

# Advanced Sleep Medicine Course

The American Academy of Sleep Medicine's Advanced Sleep Medicine Course will be held February 4-6, 2005 at the Fontainebleau Hilton Resort in Miami, Florida.

## TARGET AUDIENCE & TOPICS

The course is a timely comprehensive review of relevant clinical topics in sleep medicine for physicians specializing in sleep medicine. Daily case-based meet the professor sessions and reviews of important topics will be delivered by an outstanding faculty of practicing and academic experts in sleep medicine. The course will cover recent developments in clinical sleep medicine.

## COURSE OBJECTIVES

**At the conclusion of this course, attendees should be able to:**

- Integrate up-to-date information and evidence based knowledge to the clinical management of patients with a variety of sleep disorders
- Discuss the essential elements of lectures designed to provide an "expert's" synthesis of the most recent developments in selected topics in sleep medicine
- Interpret the viewpoints on specific topics provided by case-based discussions by practicing clinicians and academic researchers and through the extended opportunity for informal interaction with lecturers
- Identify recent practice guidelines and demonstrate practical ideas to enhance sleep practice management

## Continuing medical education

The **American Academy of Sleep Medicine** is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The **American Academy of Sleep Medicine** designates this educational activity for a maximum of 20.25 in category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity.

### *Course Director:*

**Allan I. Pack, M.B., Ch.B., Ph.D.**

Director of the Center for Sleep & Respiratory Neurobiology  
University of Pennsylvania  
Chief of the Division of Sleep Medicine

# general information

## LOCATION

The AASM Advanced Sleep Medicine Course will be held at the Fontainebleau Hilton Resort, 4441 Collins Avenue, Miami FL, (305) 538-2000. For more information on the Fontainebleau Hilton Resort, visit their web site at:  
<http://www.fontainebleauhiltonresort.com>

## ROOM RESERVATIONS

A block of guest rooms has been reserved at the Fontainebleau Hilton Resort. **All** reservations are to be made by individual attendees directly with the hotel's reservation department at 1-800-548-8886. Please inform the hotel's reservation department that you are booking with **code ASM**. Space is limited. Check in time at the Fontainebleau Hilton Resort is 3:00pm; check out is at 11:00am.

## ROOM RATE

The room rate at the Fontainebleau Hilton Resort is \$239 per night plus tax (single/double). Please make your reservations well in advance. The special group rate of \$239 is valid only until **January 7, 2005** or until the AASM room block sells out.

## MEALS

Your registration payment includes breakfast and lunch on February 4th & 5th and breakfast on February 6th. Meal functions are available for registered attendees only. Guest of attendees cannot be accommodated during meal functions due to capacity constraints. All other meals are the responsibility of the attendee.

## TRANSPORTATION

The official travel agency for ASMC is Stellar Access' Conventions in America. Call toll-free 1-866-929-4242 and ask for **Event # 259** to receive air travel and car rental discounts that have been negotiated for you or other available low rates. You may also visit [www.conventions-in-america.com](http://www.conventions-in-america.com). The airport nearest to the Fontainebleau Hilton Resort is the Miami International Airport.

Taxi service to and from the airport is approximately \$28 each way and shuttle service, by Super Shuttle, is available at approximately \$16 per person each way. You may visit [www.supershuttle.com](http://www.supershuttle.com) for more information. Super Shuttle offers shuttle service from the airport to surrounding hotels, not directly to the Fontainebleau Hilton Resort. Please anticipate a 20-35 minute travel time to and from the Miami International Airport.

## CANCELLATION

Please submit written notification to the AASM Meeting Department for registration cancellations. A \$50 administrative fee will be withheld on cancellations postmarked prior to **January 7, 2005**. After this date, refunds will be subject to a 50% administrative fee. The AASM is not responsible for hotel room cancellations. Please make hotel room cancellations prior to 5 days of arrival to avoid any hotel cancellation fees.

The AASM reserves the right to cancel the ASMC and provide full refund should conditions warrant.

Dress code at the Advanced Sleep Medicine Course is business casual.

**For information or questions regarding the ASMC, please contact:**

AASM Meeting Department  
One Westbrook Corporate Center  
Suite 920  
Westchester, IL 60154  
(708) 492-0930  
Fax: (708) 492-0943

# Program of events

All lectures will be 35 minutes with the 10 minutes reserved for audience questions and discussion.

## Thursday, February 3, 2005

6:30pm – 8:00pm Registration

## Friday, February 4, 2005

7:15am – 7:55am Continental Breakfast & Registration

7:55am – 8:00am Introduction & Welcome  
**Allan I. Pack, M.B., Ch.B., Ph.D.**  
**University of Pennsylvania**

### Alternative Approaches to Diagnosis & Therapeutics

8:00am – 8:45am Ambulatory Approaches to Diagnosis – State of the Evidence  
**Patrick Strollo, M.D.**  
**Montefiore University Hospital**

8:45am – 9:30am Alternative Approaches to Titration of CPAP  
**Richard Berry, M.D.**  
**Gainesville VA Medical Center**

9:30am – 9:45am Break

### Neurological Aspects of Sleep

9:45am – 10:30am Sleep Disturbance/Sleepiness in Parkinson's & Neurodegenerative Disorders  
**David Rye, M.D., Ph.D.**  
**Emory University**

10:30am – 11:15am Approach to Adult Patients Who Go Bump in the Night  
**Flavia Consens, M.D.**  
**University of Michigan**

11:15am – 12:00pm Current Management of Restless Legs Syndrome  
**Christopher Earley, M.D., Ph.D.**  
**Johns Hopkins School of Medicine**

12:00pm – 1:30pm Lunch with Discussion

### Metabolic Consequences, Obesity, Sleep Apnea & Sleep Duration

1:30pm – 2:15pm Sleep Apnea, Insulin Resistance & Metabolic Syndrome  
**Naresh Punjabi, M.D., Ph.D.**  
**Johns Hopkins School of Medicine**

2:15pm – 3:00pm Cumulative Sleep Deprivation & Its Metabolic Consequences  
**Eve van Cauter, M.D.**  
**University of Chicago**

3:00pm – 3:45pm Management of Obesity – State of the Art  
**Gary Foster, Ph.D.**  
**University of Pennsylvania**

3:45pm – 4:00pm Break

### Shift Work

4:00pm – 4:45pm Management of Shift Work Sleep Disorder  
**Helen Burgess, Ph.D.**  
**Rush University Medical Center**

4:45pm – 5:30pm Afternoon Questions & Discussion

7:30pm – 9:30pm **Stump the Experts** – Panel of Faculty:

Participants are invited to bring their difficult diagnostic and management cases to test the knowledge of experts, get help with problem patients and educate the audience. Overhead projectors, power point projection, and a slide projector will be available for participants to project case histories, polysomnogram pages, lab flow sheets, etc. The venue is informal with heavy audience participation. Beverages and light snacks will be available.

## Saturday, February 5, 2005

7:15am – 8:00am Continental Breakfast

### Pediatric Sleep Issues

8:00am – 8:45am Pediatric Sleep Apnea – State of the Art  
**Carol Rosen, M.D.**  
**Case Western University**

8:45am – 9:30am Parasomnias in Children – Evaluation & Treatment  
**Thornton B.A. Mason, M.D., Ph.D.**  
**Children's Hospital of Philadelphia**

9:30am – 9:45am Break

### Insomnia and Its Management

10:00am – 10:45am Newer Approaches to Pharmacological Management of Insomnia  
**Daniel Buysse, M.D.**  
**Pittsburgh School of Medicine**

10:45am – 11:30am Behavioral Approaches to Management of Insomnia  
**Michael Perlis, Ph.D.**  
**University of Rochester**

11:30am – 12:15pm Melatonin and Its Potential Therapeutic Role  
**Phyllis Zee, M.D., Ph.D.**  
**Northwestern University**

12:15pm – 1:30pm Lunch and Discussion

1:30pm – 2:15pm Cardiovascular Consequences of Sleep Apnea  
**Atul Malhotra, M.D.**  
**Harvard University**

2:15pm – 3:00pm Intra-Oral Devices – State of the Art  
**Kathleen Ferguson, M.D.**  
**University of Western Ontario**

3:00pm – 3:45pm Current Surgical Management of Sleep Apnea  
**Edward Weaver, M.D., M.P.H.**  
**University of Washington**

3:45pm – 4:00pm Break

## Basic Science Developments for Clinicians

- 4:00pm – 4:30pm New Insights About the Circadian Clock  
**Phyllis Zee, M.D., Ph.D.**  
**Northwestern University**
- 4:30pm – 5:00pm New Insights into Sleep Mechanisms  
**Allan I. Pack, M.B., Ch.B, Ph.D.**  
**University of Pennsylvania**
- 5:00pm – 5:45pm Afternoon Discussion

## Sunday, February 6, 2005

- 7:45am – 8:30am Continental Breakfast
- 8:30am – 9:15am Sleep Issues/Disorders in Women  
**Grace Pien, M.D.**  
**University of Pennsylvania**
- 9:15am – 10:00am Sleep Disorders in the Elderly  
**Sonia Ancoli-Israel, Ph.D.**  
**University of California, San Diego**
- 10:00am – 10:15am Break
- 10:15am – 11:00am EEG Issues During Sleep Studies  
**Selim Benbadis, M.D.**  
**University of South Florida**
- 11:00am – 11:45am Genetics of Sleep & Its Disorders  
**Allan I. Pack, M.B., Ch.B, Ph.D.**  
**University of Pennsylvania**
- 11:45am – 12:00pm Closing Remarks and Evaluation

**For information or questions regarding the  
ASMC, please contact:**

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One Westbrook Corporate Center  
Suite 920  
Westchester, IL 60154  
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Fax: (708) 492-0943

PLEASE TYPE *or* PRINT CLEARLY

# REGISTRATION FORM

Advanced Sleep Medicine Course

FEBRUARY 4 THRU 6 2005

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ DEGREE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ COUNTRY \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

E-MAIL \_\_\_\_\_

PRIMARY SPECIALTY *please pick one*

- INTERNAL MEDICINE   
  NEUROPHYSIOLOGY   
  PEDIATRICS   
  PSYCHOLOGY   
  OTHER \_\_\_\_\_  
 PULMONOLOGY   
  OTOLARYNGOLOGY   
  PSYCHIATRY   
  NEUROLOGY  
 *Please check here if you require special accommodations to fully participate. Attach a written description of your needs*

## REGISTRATION CATEGORY & PAYMENT INFORMATION

Please check one:

- AASM Member      \$650  
 Non-Member      \$800

*The registration fee includes meals and breaks for the attendee.*

**3 ways to register**  
*Use Only One Method:*

Online *(credit card only)*  
[www.aasmnet.org/asmc.asp](http://www.aasmnet.org/asmc.asp)

Fax *(credit card only)*  
708-492-0943

Mail *(credit card or checks ONLY)* to:

AASM Meeting Department  
One Westbrook Corporate Center, Suite 920  
Westchester, IL 60154

**Please make checks payable to  
AASM (U.S. funds drawn on a U.S. banks)**

*circle one*

Visa    Master Card    American Express

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Validation Code\* \_\_\_\_\_ Cardholder Name: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Cancellations postmarked prior to January 7, 2005 are subject to a \$50 administrative fee. Cancellations after this date are subject to a 50% administrative fee. Notification must be received in writing. \*For a Visa or Mastercard, the validation code is the last 3 numbers in the signature box.\*For an American Express, the validation code is the 4 numbers above the credit card number.*

*Registration is limited to 175 people. Please register early. Confirmation letters will be sent within two weeks of receipt of this registration form and payment. All participants must pre-register for the Advanced Sleep Medicine Course; on-site registrations will not be accepted. The AASM will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for this course.*