SLEEP 2012
June 9-13, 2012
John B. Hynes Convention Center
Boston, Massachusetts

KEYNOTE SPEAKERS
Mark Rosekind, PhD
Robert Stickgold, PhD

Preliminary Program

A JOINT MEETING OF THE AMERICAN ACADEMY OF SLEEP MEDICINE AND THE SLEEP RESEARCH SOCIETY
On behalf of the Associated Professional Sleep Societies, LLC, (APSS) Program Committee, I invite you to join more than 5,500 sleep medicine and sleep research professionals for SLEEP 2012, 26th Annual Meeting of the APSS, from Saturday, June 9 – Wednesday, June 13, 2012, at the Hynes Convention Center in Boston, Massachusetts.

SLEEP 2012 includes a broad array of sessions that will be of interest to seasoned sleep clinicians and researchers as well as to those just entering the field. This year’s meeting boasts:

- A full slate of Postgraduate Courses (June 9-10);
- A scientific program of more than 90 sessions including bench to bedside sessions, brown bag report of challenging cases, business- and patient-related clinical workshops, discussion groups, lunch debate sessions, meet the professor sessions, oral presentations and symposia;
- Two keynote addresses during the plenary session – “From Bench to Planes, Trains and Automobiles: How Sleep Science Can Enhance Transportation Safety” presented by Mark Rosekind, PhD and “Sleep, Memory, and Dreams: Extracting the Meaning of Our Lives” presented by Robert Stickgold, PhD;
- Nine experts presenting one-hour lectures on topics from health care reform to OSA and diabetes mellitus to brainstem circuitry for arousals during sleep;
- Presentations of more than 1,300 abstracts;
- The opportunity to earn CME credits for physicians, CE credits for psychologists and AANP contact hours for nurse practitioners;
- A vast exhibit hall in which you can learn about the latest products and services available in the field;
- Increased opportunities to network with your colleagues including the SLEEP 2012 networking reception on the evening of Sunday, June 10 and the poster viewing sessions on Monday and Tuesday evenings;
- And much more!

The SLEEP Annual Meeting is the premier event each year for medical professionals and researchers interested in sleep. No other meeting in 2012 will provide you with this comprehensive and in-depth coverage of the latest topics and issues for sleep clinical practitioners and researchers.

We hope that you will join colleagues from around the world for SLEEP 2012!

Sincerely,

H. Craig Heller, PhD
Chair, APSS Program Committee

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Register by April 25 to save!

There are 3 easy ways to register for SLEEP 2012:

1. Online: www.sleepmeeting.org (credit card only)
2. Fax: 630-737-9789 (credit card only)
3. Mail: Associated Professional Sleep Societies, LLC
Attention: Meeting Department
2510 North Frontage Road
Darien, IL 60561 (credit card or check)
MAKE SURE YOU ARRIVE IN BOSTON IN TIME TO ATTEND THE FIRST SCIENTIFIC SESSIONS STARTING AT 1:00PM ON SUNDAY, JUNE 10.
Educational Opportunities

**C**  **Postgraduate Courses** — Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.

**B**  **NEW**  **Bench to Bedside Sessions** — Two-hour sessions focusing on the latest advances in translational science and clinical applications on a specific topic.

**W**  **Clinical Workshops** — Reviews of patient-related and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.

**D**  **Discussion Groups** — Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.

**I**  **Invited Lecturers** — One-hour lectures during which senior level investigators/clinicians present in their areas of expertise.

**L**  **Lunch Debates** — Large-group lunch sessions during which two experts in the field debate on a single topic.

**M**  **Meet the Professors** — Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic.

**O**  **Oral Presentations** — 15-minute presentations during which investigators present their latest research and new ideas in the field.

**P**  **Poster Presentations** — Visual representations of the latest research and new ideas in the field.

**R**  **NEW**  **Brown Bag Report Session** — Review of challenging cases by an expert panel.

**S**  **Symposia** — Two-hour sessions focusing on the latest data and ideas in the field.
## Schedule at a Glance

### Saturday, June 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30am – 5:30pm</td>
<td>Registration Open</td>
</tr>
<tr>
<td>8:00am – 5:00pm</td>
<td>Full-day Postgraduate Courses</td>
</tr>
<tr>
<td>C01:</td>
<td>Year-in-Review</td>
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<td>C02:</td>
<td>Trends in Sleep Medicine Practice</td>
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<td>C03:</td>
<td>Management of Sleep Disordered Breathing: Special Populations and Therapies</td>
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<tr>
<td>C04:</td>
<td>PedSleep 2012: Hot Topics and Controversies in Pediatric Sleep Medicine</td>
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<tr>
<td>8:00 am – 12:00pm</td>
<td>Half-day Postgraduate Course</td>
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<tr>
<td>C05:</td>
<td>The New Treatments for RLS: How and When To Use Them</td>
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<tr>
<td>12:00pm – 1:00pm</td>
<td>Lunch Break</td>
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<tr>
<td>1:00pm – 5:00pm</td>
<td>Half-day Postgraduate Course</td>
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<tr>
<td>C06:</td>
<td>Evaluation and Management of Abnormal Nocturnal Behaviors</td>
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### Sunday, June 10

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<tr>
<td>6:30am – 5:30pm</td>
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<tr>
<td>8:00am – 5:00pm</td>
<td>Full-day Postgraduate Courses</td>
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<tr>
<td>C07:</td>
<td>2012 State of the Art for Clinical Practitioners</td>
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<td>C08:</td>
<td>Gizmos and Gadgets: Technological Advances in Clinical Outpatient Sleep Medicine</td>
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<td>C09:</td>
<td>Diagnosis and Treatment of Circadian Rhythm Sleep Disorders</td>
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<td>8:00 am – 12:00pm</td>
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<tr>
<td>C10:</td>
<td>The Basics of Sleep</td>
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<td>1:00pm – 5:00pm</td>
<td>Half-day Postgraduate Course</td>
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<td>C11:</td>
<td>Sleep and Sleep Disorders in Pregnancy</td>
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<td>1:00pm – 3:00pm</td>
<td>General Sessions</td>
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<tr>
<td>O01:</td>
<td>Sleep Loss and Weight Gain</td>
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<td>O02:</td>
<td>Restless Legs Syndrome</td>
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<td>S01:</td>
<td>Functional Significance of Sleep Spindles</td>
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<tr>
<td>3:00pm – 3:15pm</td>
<td>Refreshment Break</td>
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<td>3:15pm – 5:15pm</td>
<td>General Sessions</td>
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<tr>
<td>O03:</td>
<td>Insomnia, Arousal and Neuroimaging</td>
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<td>O04:</td>
<td>Effects of Sleep Deprivation on Brain and Behavior</td>
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<td>S02:</td>
<td>Genetic Manipulation of Wake-Sleep Circuitry</td>
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<tr>
<td>6:00pm – 7:30pm</td>
<td>SLEEP 2012 Networking Reception</td>
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<td>Schedule at a Glance</td>
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<td><strong>Monday, June 11</strong></td>
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<tr>
<td>6:30am – 5:30pm</td>
<td>Registration Open</td>
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<tr>
<td>7:00am – 7:45am</td>
<td>Poster Set-up</td>
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<tr>
<td>7:45am – 10:00am</td>
<td>Plenary Session and Keynote Addresses</td>
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**Presentations**

**I01:** Mark Rosekind, PhD  
From Bench to Planes, Trains and Automobiles: How Sleep Science Can Enhance Transportation Safety

**I02:** Robert Stickgold, PhD  
Sleep, Memory and Dreams: Extracting the Meaning of Our Lives

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<th>Time</th>
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<tr>
<td>10:00 am – 4:00pm</td>
<td>Exhibit Hall Open</td>
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<tr>
<td>10:00 am – 10:30am</td>
<td>Refreshment Break</td>
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<tr>
<td>10:30am – 12:30pm</td>
<td>General Sessions</td>
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**Presentations**

**W01:** Personalizing Therapies: Addressing Circadian Factors in the Treatment of Insomnia

**D01:** Measuring Sleepiness in Drivers: The Challenges and Controversies

**D02:** Sleep and Health Disparities: Follow-up from the 2011 NHLBI Workshop

**O05:** Pediatric Sleep: Homeostasis and Obstructive Sleep Apnea

**O06:** Risks and Assessments of Patients with Sleep Disordered Breathing

**S03:** Local Sleep: Basic Mechanisms and Implications for Sleep Medicine

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<th>Time</th>
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<tr>
<td>12:30pm – 1:45pm</td>
<td>Lunch Break</td>
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<td>12:30pm – 1:45pm</td>
<td>AASM General Membership Meeting</td>
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<td>12:30pm – 1:30pm</td>
<td>Lunch Sessions</td>
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**Presentations**

**L01:** Does the MSLT Provide a Useful Measure of Daytime Sleepiness in Clinical Practice?

**M01:** Biomarkers for Predicting Response to Sleep Loss

**M02:** Diagnosis and Management of Dream-enacting Behavior

**M03:** How Much Sleep Do We Really Need?

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<th>Time</th>
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<td>1:45pm – 2:45pm</td>
<td>Invited Lecturers</td>
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**Presentations**

**I03:** Dean W. Beebe, PhD  
Inadequate Sleep and the Brain and Behavior of Adolescents: The Impact is Real, Causal and Beyond Falling Asleep in Class

**I04:** Helen A. Baghdoyan, PhD  
Sleep Neurochemistry: Insights into the Clinical Pharmacology of Behavioral State Control

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<td>2:45pm – 3:00pm</td>
<td>Refreshment Break</td>
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<tr>
<td>3:00pm – 5:00pm</td>
<td>General Sessions</td>
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**Presentations**

**B01:** Bench to Curbside: Adolescent Sleep as a Public Health Issue

**W02:** Management of Complicated Sleep Disordered Breathing

**W03:** Legal Update for Sleep Centers: Health Reform, Health Information Technology and Compliance

**W04:** Meeting the Challenges of Providing Clinical Care for Patients with Sleep Disorders Using Advanced Practices Nurses and Physician Assistants

**S04:** Adverse Metabolic Consequences of Sleep and Circadian Disturbances

**S05:** General Anesthesia: Sleep Circuits and Arousal Pathways

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<th>Time</th>
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<tr>
<td>4:00pm – 6:00pm</td>
<td>Poster Presentations</td>
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Register Online at www.sleepmeeting.org
### Schedule at a Glance

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<th>Time</th>
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<td>7:00am – 8:00am</td>
<td>Poster Set-up</td>
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<td>7:30am – 5:00pm</td>
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<td>8:00am – 9:00am</td>
<td>Invited Lecturer</td>
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<td>General Sessions</td>
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<td>9:00am – 10:00am</td>
<td>Invited Lecturer</td>
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<td>10:00am – 4:00pm</td>
<td>Exhibit Hall Open</td>
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<td>Refreshment Break</td>
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<td>General Sessions</td>
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<td>Lunch Break</td>
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<td>SRS General Membership Meeting</td>
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<td>General Sessions</td>
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<td>4:00pm – 6:00pm</td>
<td>Poster Presentations</td>
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**Tuesday, June 12**

**8:00am – 9:00am**

**Invited Lecturer**

**I05:** Naresh M. Punjabi, MD
Obstructive Sleep Apnea and Diabetes Mellitus: Does One Disorder Alter the Development or Progression of the Other?

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**8:00am – 10:00am**

**General Sessions**

D03:
Should We Treat Periodic Limb Movements during Sleep?

D04:
Organization and Structure of Academic Sleep Centers

S06:
Sleep, Anxiety and Mood from Pre-school through Adolescence: Possible Pathways and Promising Targets

S07:
Glial Cell Regulation of Sleep and Circadian Rhythms

S08:
Work and Disturbed Sleep: Determinants and Consequences

S09:
Physical Activity and Sleep: Integrating Science, Methodology and Measurement

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**9:00am – 10:00am**

**Invited Lecturer**

**I06:** Charles Buck, JD
Health Care Reform and Sleep Medicine

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**10:00am – 10:15am**

**Refreshment Break**

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**10:15am – 12:15pm**

**General Sessions**

W05:
Changes to the CPT Guidelines for Sleep Medicine Services: How Will They Affect My Practice?

D05:
Internet-Based Interventions and Other Self-help Therapies for Insomnia

O11:
Sleep Neurophysiology in Mice, Rats, Cats and Seals

O12:
New Clinical Research on PAP Therapy

O13:
Human Learning and Memory

S10:
Individual Differences in Sleep and Vulnerability to Sleep Loss: From Behavior to Genes to Behavior

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**12:15pm – 1:30pm**

**Lunch Break**

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**12:15pm – 1:30pm**

**SRS General Membership Meeting**

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**12:30pm – 1:30pm**

**Lunch Sessions**

R01:
Brown Bag Report: Challenging Cases

L02:
Are Periodic Limb Movements during Sleep Dangerous?

M09:

M10:
Cognition and Sleep

M11:
DME In Your Sleep Center: Pearls, Perils and Pitfalls

M12:
Physicians’ Sleep and Safety

M13:
Shift Work Disorder: What to Do?

M14:
Sleep-related Eating Disorder: Features, Diagnosis, Treatment and Many Remaining Questions

M15:
Some Controversies in Sleep Neurobiology

M16:
Upcoming Changes in the ICSD

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**1:30pm – 2:30pm**

**Invited Lecturers**

**I07:** Clifford Saper, MD, PhD
Brainstem circuitry for arousals during sleep apnea

I08:
Rachel Manber, PhD
Psychological Treatment of Comorbid Insomnia: Challenges and Tentative Answers

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**1:30pm – 2:30pm**

**General Sessions**

O14:
Research of non-PAP Treatments for Sleep Disordered Breathing

O15:
Drowsy Drivers

O16:
Sleep in Women

O17:
Cardio-respiratory Physiology of Sleep

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**2:30pm – 2:45pm**

**Refreshment Break**

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**2:45pm – 4:45pm**

**General Sessions**

W06:
Integrating Dental Science into Sleep Medicine Practice

D06:
Developing ICSD-3: Work to Date and Future Directions

D07:
Clinical Implications of Different Hypnotic Regimens

O18:
Clinical Chronobiology: Pathophysiological Mechanisms and Treatment

O19:
Childhood and Adolescent Sleep Restriction and Behavior

S11:
Sleep Disturbance and Risk for Adverse Pregnancy Outcomes

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**4:00pm – 6:00pm**

**Poster Presentations**

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Questions? Call the Meeting Department at 630-737-9768
Schedule at a Glance

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<tr>
<td>7:00am – 8:00am</td>
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<td>7:30am – 5:00pm</td>
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<td>Invited Lecturer</td>
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<td></td>
<td>William J. Schwartz, MD</td>
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<td>Social Forces on Clocks: Curious Cases of</td>
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<td>a Reclusive Yankee and an African Rat</td>
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<td>W07: Minimally-invasive Treatment</td>
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<td>of CPAP-intolerant Patients</td>
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<td>D08: Integrated Pediatric Sleep Medicine:</td>
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<td>Practice and Policy Gaps</td>
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<td>O20: Understanding Parasomnias: What You</td>
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<td>Need to Know in 2012</td>
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<td></td>
<td>O21: Medical Disorders and Sleep</td>
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<td>S12: Sleep and Affective Brain Function</td>
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<td>Donald L. Bliwise, PhD</td>
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<td>Sleep Disorders in Neurodegenerative</td>
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<td>Diseases: Outcome, Risk Factor or Both?</td>
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<td>General Sessions</td>
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<td>B02: The Influence of Blue Light on</td>
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<td>Human Circadian Rhythms, Alertness and</td>
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<td>Cognition</td>
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<td>D09: New Horizons in Cancer-related</td>
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<td>Sleep Disturbances</td>
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<td>O22: Treatment of Insomnia</td>
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<td>O23: Molecular Biology and Genetics of</td>
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<td>O24: Neuroimaging and Neurophysiology of</td>
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<td>Human Sleep</td>
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<td>S13: Abnormal Nocturnal Eating: New</td>
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<td>Findings on Circadian Dysregulation and</td>
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<td>the Strong Links With RLS, Narcolepsy,</td>
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<td>Lunch Break</td>
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<td>12:15pm – 1:30pm</td>
<td>Late-breaking Abstracts</td>
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<td>L03: REM Sleep and Dreaming: Cause or</td>
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<td>Consequence of Emotions</td>
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<td>M17: Circadian Rhythms and Psychiatric</td>
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<td>M18: Development of the MSLT</td>
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<td>M19: Ethics in Sleep Medicine Practice</td>
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<td>M20: Evaluating OSA Outside of the Lab</td>
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<td>M21: Evaluation and Treatment of Pediatric RLS</td>
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<td>M22: Imaging of the Brain in Sleep</td>
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<td>M23: The Treatment of Some Parasomnias</td>
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<td>Invited Lecturer</td>
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<td>Janet M. Mullington, PhD</td>
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<td>Inflammatory, Metabolic and Autonomic</td>
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<td>Consequences of Sleep Loss in Humans</td>
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<td>1:30pm – 2:30pm</td>
<td>General Sessions</td>
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<td></td>
<td>O25: Sleep Biochemistry and Pharmacology</td>
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<td>O26: Sleep and PTSD</td>
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<td>O27: Too Late to Bed in a Technological</td>
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<td>O28: Sleep and Work Force Health</td>
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<td>O29: Sleep and Waking Function in the</td>
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<td>W08: Multidisciplinary Sleep Centers:</td>
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<td>Integration across Specialties, Growing</td>
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<td>Pains and Strategies for Success</td>
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<td>W09: Should Dopamine Agonists Still be</td>
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<td>First-line Treatment for Restless Legs</td>
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<td>Syndrome?</td>
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<td>O30: Circadian Rhythms: Fiat Lux!</td>
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<td>O31: Pathophysiology of Hypersomnia</td>
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<td>S14: Updating the Evidence Base on</td>
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<td>Insomnia Treatment: Psychiatric Comorbidity and Beyond</td>
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<td>S15: Obstructive Sleep Apnea: A Chronic</td>
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In order to register for postgraduate courses, you must be registered for SLEEP 2012. The APSS does not offer registration to attend only postgraduate courses. Space is limited and postgraduate courses sell-out quickly. If the postgraduate course you select is full when your registration is received, you will not be charged the additional course fees. Attendees registered at the reduced rate (i.e. Resident/Postdoctoral or Student/Predoctoral) may register for postgraduate courses at the member rate regardless of membership status. Register online at www.sleepmeeting.org, or fax or mail the completed registration form on page 45 to the APSS national office.

**Electronic Course Materials **

In its continued effort to “Go Green,” the APSS will provide postgraduate course materials in an electronic-format only. Attendees who pre-register will be sent instructions one week prior to the meeting to download and/or print the materials at home and will receive a flash drive at the meeting. Attendees who register on site will only receive the materials on a flash drive.

Please note that the APSS will not supply computers or tablets to view the material or power for computers or tablets. It is imperative that attendees wishing to view the course materials on their laptops or tablets have them sufficiently powered prior to arrival at the meeting each day.

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**Co1: Year-In-Review 2012**

*Saturday, June 9, 2012*

*8:00am-5:00pm*

**Member Fee:** $150  
**Nonmember Fee:** $200

During this annual course, faculty will highlight new perspectives and recent findings in translational science from the past year. The 2012 installment of this course will highlight advances in the areas of: narcolepsy and CNS hypersomnias; parasomnias; dental sleep medicine; insomnia and pharmacology; sleep apnea; pediatrics; medical, neurological and psychiatric disorders; and circadian rhythms.

**Co-chairs:** Teofilo Lee-Chiong, MD; and Thomas Scammell, MD  
**Faculty:** Isabelle Arnulf, MD; PhD; Daniel Buysse, MD; B. Gail Demko, DMD; Neil Freedman, MD; Ann Halbower, MD; Richard Schwab, MD; John Winkelman, MD; and Kenneth Wright, PhD

**Psychologist Level of Content:** Intermediate

**Objectives:**

1. Discuss key concepts of recent basic and clinical sleep research and how these concepts apply to current practice;
2. Apply up-to-date information and evidence-based knowledge to the clinical management of patients with a variety of sleep disorders; and
3. Improve clinical care and outcomes as a result of application of this knowledge in the clinical setting.
C02: Trends in Sleep Medicine Practice
Saturday, June 9, 2012
8:00am-5:00pm

Member Fee: $150
Nonmember Fee: $200

This new course will focus on the latest clinical trends relevant to the practice of sleep medicine in 2012. Insurance regulations, coding and reimbursement, home sleep testing, autoPAP, CPAP adherence, actigraphy and the integrated model for sleep medicine will all be discussed.

Co-chairs: Douglas Kirsch, MD; and Michael Littner, MD
Faculty: Richard Berry, MD; Nancy Collop, MD; Lawrence Epstein, MD; Samuel Fleishman, MD; Joseph Ojile, MD; Paul Valentine, MBA; and James Wyatt, PhD

Psychologist Level of Content: Intermediate

Objectives
1. Discuss the current trends of insurance regulations, coding and reimbursement;
2. Review the impact of new technologies on the way that sleep centers operate to diagnose and treat patients;
3. Integrate new mechanisms to track and improve PAP adherence into sleep centers; and
4. Discuss expansion of sleep center practice to include actigraphy, portable monitoring and provision of DME.

C03: Management of Sleep Disordered Breathing: Special Populations and Therapies
Saturday, June 9, 2012
8:00am-5:00pm

Member Fee: $150
Nonmember Fee: $200

This course was developed for experienced sleep clinicians interested in learning how to manage more complex sleep disordered breathing and treatment modalities. Complex populations including patients with CHF/CSA, opioid use, COPD and neuromuscular disease will be discussed along with several modalities of PAP including bilevel PAP, ASV, AVAPS and APAP. New therapies for OSA will also be presented including expiratory pressure valves and genioglossus stimulation.

Co-chairs: Richard Berry, MD; and Vishesh Kapur, MD
Faculty: Dennis Auckley, MD; Peter Gay, MD; Shahrokh Javaheri, MD; Matthew Naughton, MD; Sairam Parthasarathy, MD; and Susheel Patil, MD, PhD

Psychologist Level of Content: Advanced

Objectives:
1. Recognize and understand the pathogenesis of the various categories of sleep disordered breathing and how therapy is related to pathogenesis;
2. Assess how to manage sleep disordered breathing that occurs in patients with CHF, COPD, neuromuscular disease and patients taking narcotic medications; and
3. Describe how and when to use special technologies including ASV, Bilevel PAP, AVAPS, APAP and newer novel OSA therapies.
**C04: PedSleep 2012: Hot Topics and Controversies in Pediatric Sleep Medicine**

*Saturday, June 9, 2012*
*8:00am-5:00pm*

**Member Fee:** $150  
**Nonmember Fee:** $200

An increasing number of children and adolescents are being referred to adult and pediatric sleep specialists for expert advice. This course will provide attendees with a balanced, evidence-based, panoramic overview of current hot topics and controversies impacting the evaluation and treatment of pediatric sleep disorders.

**Co-chairs:** Madeleine Grigg-Damberger, MD; and Sanjeev Kothare, MD  
**Faculty:** Rakesh Bhattacharjee, MD, RPSGT; David Gozal, MD; Emmanuel Mignot, MD, PhD; Hawley Montgomery-Downs, PhD; Judith Owens, MD; and Daniel Picchietti, MD

**Psychologist Level of Content:** Intermediate

**Objectives:**

1. Recognize how and where the polysomnogram is failing us in the diagnosis of pediatric obstructive sleep apnea (OSA);
2. Debate whether tonsillectomy should be a treatment for OSA in older and/or obese children;
3. Outline the short- and long-term maternal, fetal and infant morbidity of OSA, insomnia, and drugs in pregnancy;
4. Recognize and reduce the risks of general anesthesia in children with different forms of sleep disordered breathing and co-morbidities;
5. Describe how different definitions of insomnia in children influence our ability to treat it;
6. Review the role of infections and vaccination upon the development of childhood onset narcolepsy;
7. Discuss prevention strategies to reduce the risk of sudden unexpected death in epilepsy during sleep; and
8. Describe the roles of ferritin and iron deficiency in attention deficit hyperactivity disorder and pediatric restless legs syndrome.

**C05: The New Treatments for RLS: How and When to Use Them**

*Saturday, June 9, 2012*
*8:00am-12:00pm*

**Member Fee:** $85  
**Nonmember Fee:** $150

Long-term use of oral dopamine agonists treatment for restless legs syndrome (RLS) has revealed problems including loss of efficacy, RLS augmentation and more. This course will review the advantages, limits and problems related to several new treatment options for RLS including 24-hour continuous release dopamine agonists, long-acting alpha-2-delta anticonvulsants and a new iron formulation for IV iron treatment.

**Chair:** Richard Allen, PhD  
**Faculty:** Mark Buchfuhrer, MD; Christopher J. Earley, MD, PhD; Diego Garcia-Borreguero, MD; and William Ondo, MD

**Psychologist Level of Content:** Intermediate

**Objectives:**

1. Recognize the problems with current oral dopamine agonist treatment;
2. Utilize new options for treatment of RLS and describe how and when to use them;
3. Demonstrate how to switch from one treatment to another and discuss the problems when switching and options for avoiding them;
4. Explain options for combination medication treatments of RLS; and
5. Examine the biological basis for treatment development.
**Co6: Evaluation and Management of Abnormal Nocturnal Behaviors**

*Saturday, June 9, 2012*

1:00pm-5:00pm

**Member Fee:** $85  
**Nonmember Fee:** $150

A variety of nocturnal behaviors may occur during sleep including NREM and REM sleep parasomnias, sleep related movement disorders and nocturnal seizures. Through a case-based format and referring to empirical evidence where applicable, this course will review evaluation methods and therapeutic guidelines available for these nocturnal behaviors.

**Co-chairs:** Ramadevi Gourineni, MD; and Milena Pavlova, MD  
**Faculty:** Hrayr Attarian, MD; and Mark Mahowald, MD

**Psychologist Level of Content:** Intermediate

**Objectives:**

1. Discuss the evaluation process of patients with abnormal nocturnal behaviors using both clinical and objective evaluation tools such as PSG and overnight EEG monitoring; and

2. Review the evaluation and management of specific abnormal nocturnal behaviors that sleep clinicians and technicians may encounter in the sleep clinic and lab.

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**POSTGRADUATE COURSES**

**Sunday, June 10, 2012**

**C07: 2012 State of the Art for Clinical Practitioners**

*Sunday, June 10, 2012*

*8:00am-5:00pm*

**Member Fee:** $150  
**Nonmember Fee:** $200

Ideal for individuals looking for a broad overview of clinical sleep medicine in 2012, this course will provide attendees with tips for the practical application of treatments for several common sleep disorders based on clinical evidence. Topics covered will include: out of center sleep testing for OSA; sleep in the elderly; insomnia; narcolepsy; sleep disordered breathing in patients with heart failure; parasomnias and nocturnal seizures; childhood sleep disorders; and hypersomnolence in OSA.

**Co-chairs:** Charles Atwood, MD; and Michael Littner, MD  
**Faculty:** Alon Avidan, MD; Richard Berry, MD; Nalaka Gooneratne, MD; Sharokh Javaheri, MD; Suresh Kotagal, MD; Andrew Krystal, MD; Emmanuel Mignot, MD, PhD; and Sigrid Veasey, MD

**Psychologist Level of Content:** Intermediate

**Objectives:**

1. Describe the best evidence-based practices for evaluating and diagnosing various sleep disorders seen in clinical practice;
2. Discuss the best evidence-based and cutting edge treatments for various sleep disorders in 2012; and
3. Identify major areas of uncertainty regarding best treatment practices in sleep medicine.

**C08: Gizmos and Gadgets: Technological Advances in Clinical Outpatient Sleep Medicine**

*Sunday, June 10, 2012*

*8:00am-5:00pm*

**Member Fee:** $150  
**Nonmember Fee:** $200

During this course, faculty will review the indications and limitations of various technologies including PAP devices, portable monitoring systems and actigraphy devices. The afternoon portion of the course will be devoted to hands-on, interactive sessions to provide attendees with knowledge needed to evaluate, prescribe, adjust and trouble-shoot these various devices.

**Chair:** Neil Freedman, MD  
**Faculty:** Ann Cartwright, PA-C; Douglas Kirsch, MD; Lisa Meltzer, PhD; Shawna Sullivan, APN, NP; and Lisa Wolfe, MD

**Psychologist Level of Content:** Advanced

**Objectives:**

1. Explain the indications and limitations of various PAP devices in the management of the spectrum of sleep disordered breathing;
2. Describe the indications and limitations, as well as interpret downloaded data and trouble shoot common problems of several different portable monitoring systems that are commonly used in an outpatient setting to diagnose obstructive sleep apnea; and
3. Define the indications, limitations and technology underlying various actigraphy devices, as well as be able to interpret downloaded data and trouble shoot common problems of several devices that are on the market today.
C09: Diagnosis and Treatment of Circadian Rhythm Sleep Disorders
Sunday, June 10, 2012
8:00am-5:00pm

Member Fee: $150
Nonmember Fee: $200

Due to the complexity of clinical presentations, circadian rhythm sleep disorders (CRSDs) are often perplexing to manage. During this course, faculty will provide attendees with practical examples of CRSDs and will review the assessment and management of CRSDs including delayed sleep phase disorder, advanced sleep phase disorder, jet lag sleep disorder, shiftwork sleep disorder and more.

Chair: R. Robert Auger, MD
Faculty: Helen Burgess, PhD; Katherine Sharkey, MD, PhD; Kenneth Wright, PhD; James Wyatt, PhD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Introductory

Objectives:
1. Identify various ICSD-2-defined circadian rhythm sleep disorders (CRSDs) in the clinical setting with inclusion of the use of actigraphy, sleep logs and salivary melatonin as assessment tools;
2. Review the treatment of CRSDs, taking into account best available evidence; and
3. Elucidate the various experimental protocols used in chronobiologic assessments and, in turn, to facilitate an understanding of the CRSD-related literature.

C10: The Basics of Sleep
Sunday, June 10, 2012
8:00am-5:00pm

Member Fee: $150
Nonmember Fee: $200

This course will provide clinicians and scientists with a background in the fundamental principles and findings that form the core knowledge of the field of sleep. Driven by the second edition of the SRS Basics of Sleep Guide, the course will explore the multidisciplinary nature of the field and will review new and emerging data covered in this publication, highlighting basic findings that translate to clinical areas.

Co-chairs: Namni Goel, PhD; Kathleen Sexton-Radek, PhD; and James Shaffery, DPhil
Faculty: Mary Carskadon, PhD; Chiara Cirelli, MD, PhD; David Dinges, PhD; James Krueger, PhD; Andrew Krystal, MD; Jodi Mindell, PhD; Mark Opp, PhD; and Ronald Szymusiak, PhD

Psychologist Level of Content: Introductory

Objectives:
1. Examine concepts underlying the organization of sleeping and waking behavior, sleep-wake homeostasis, and circadian timing;
2. Distinguish the changes in normal sleep that emerge across the human life cycle;
3. Gain familiarization with the neuroanatomical and neurophysiologic systems underlying sleep-wake regulation;
4. Identify the genetic basis of sleep phenotypes and sleep disorders and the genetics of sleep in animals;
5. Assess the interplay of sleep-wake and endocrine systems and how sleep loss can alter these associations;
6. Evaluate the role of sleep in thermoregulation, immune function and autonomic regulation of multiple organ systems;
7. Describe the effects sleep loss produces on the brain and behavior; and
8. Review the major categories and types of sleep-wake disorders, in pediatric and adult populations, and the pharmacological therapies used to treat these disorders.
C11: Sleep and Sleep Disorders in Pregnancy  
**Sunday, June 10, 2012**  
8:00am-12:00pm  
  
**Member Fee:** $85  
**Nonmember Fee:** $150  

In recent years, data has emerged on sleep and pregnancy and the link between sleep disturbances and adverse outcomes in pregnancy. This course will provide a broad overview of normal sleep changes and common disorders of sleep in pregnancy. Topics include: normal and abnormal sleep, risk factors for RLS, effects of sleep disordered breathing and mood disorders.  

**Co-chairs:** Ghada Bourjeily, MD; and Katherine Sharkey, MD, PhD  
**Faculty:** Margaret Miller, MD; Louise O’Brien, PhD; and Barbara Phillips, MD  

**Psychologist Level of Content:** Intermediate  

**Objectives:**  
1. Assess “normal” sleep in pregnancy;  
2. Review common abnormal sleep disorders in pregnancy; and  
3. Describe basic management principles in pregnancies that are relevant to sleep and clarify common misconceptions regarding the pregnant patient.

C12: Pediatric Behavioral Sleep Medicine  
**Sunday, June 10, 2012**  
1:00pm-5:00pm  

**Member Fee:** $85  
**Nonmember Fee:** $150  

Assessment methods for evaluating the sleep habits of pediatric patients and specific interventions to improve sleep in this population will be presented at this intermediate to advanced course for clinicians engaged in behavioral sleep medicine. Throughout the course, case examples will highlight appropriate implementation of presented interventions.  

**Chair:** Lisa Meltzer, PhD  
**Faculty:** Kristin Avis, PhD; Valerie Crabtree, PhD; and Jodi Mindell, PhD  

**Psychologist Level of Content:** Intermediate  

**Objectives:**  
1. Review intermediate to advanced level skills in engaging in pediatric behavioral sleep medicine practice with infants through adolescents;  
2. Explain the importance of the use of actigraphy in assessing sleep/wake patterns and guiding interventions in a pediatric population; and  
3. Discuss interventions for improving CPAP adherence in children and adolescents.
SLEEP 2012 NETWORKING

RECEPTION

Attention SLEEP 2012 Attendees:
Make plans to attend this casual event to network with other SLEEP 2012 attendees and to support future research in the field (proceeds benefit the American Sleep Medicine Foundation and the Sleep Research Society Foundation).

Learn more and purchase tickets on the SLEEP 2012 website.
www.sleepmeeting.org

Purchase your tickets early for this popular networking event...it is expected to sell out!
SCIENTIFIC PROGRAM
Sunday, June 10, 2012

Oral Presentations
1:00pm – 3:00pm
Authors selected for oral presentations are allotted a 10-minute
time period to present their abstract, followed by a 5-minute
time period for questions and answers.

O01: Sleep Loss and Weight Gain
Psychologist Level of Content: Intermediate
Objective: Describe the relationship between sleep loss and
body weight gain and some of the underlying mechanisms.

O02: Restless Legs Syndrome
Psychologist Level of Content: Intermediate
Objective: Describe the sleep and awake signs and symptoms
of restless legs syndrome.

Symposium
1:00pm – 3:00pm

S01: Functional Significance of Sleep
Spindles
Co-chairs: Stuart Fogel, PhD; and Thien Thanh Dang-Vu, MD, PhD
Faculty: Robert Stickgold, PhD; and Igor Timofeev, PhD
Psychologist Level of Content: Intermediate
Objectives:
1. Describe the mechanisms of sleep spindle generation in
animals and humans;
2. Explain the critical role of spindles in the processing of
external stimulation and memory consolidation during
sleep; and
3. Discuss the clinical relevance of spindles for sleep
maintenance and psychiatric disorders.

Refreshment Break
3:00pm – 3:15pm

Oral Presentations
3:15pm – 5:15pm
Authors selected for oral presentations are allotted a 10-minute
time period to present their abstract, followed by a 5-minute
time period for questions and answers.

O03: Insomnia, Arousal and Neuroimaging
Psychologist Level of Content: Intermediate
Objective: Describe the mechanisms of insomnia.

O04: Effects of Sleep Deprivation on Brain
and Behavior
Psychologist Level of Content: Intermediate
Objective: Explain the effects of sleep deprivation on brain
mechanisms and associated changes in behavior and cognition.

Symposium
3:15pm – 5:15pm

S02: Genetic Manipulation of Wake-Sleep
Circuitry
Chair: Clifford Saper, MD, PhD
Faculty: Antoine Adamantidis, PhD; Michael Lazarus, PhD;
Michiro Mieda, PhD; and Thomas Scammell, MD
Psychologist Level of Content: Advanced
Objectives:
1. Review brain circuitry for wake-sleep regulation; and
2. Describe new genetically based methods for
manipulating neurons in those circuits.

SLEEP 2012 Networking
Reception
6:00pm – 7:30pm
Pre-registration is required.
See page 14 for more information about this event.

Questions? Call the Meeting Department at 630-737-9768
Poster Set-Up
7:00am – 7:45am
Posters should be set-up for display during this time and should not be removed until 6:00pm.

Plenary Session
7:45am – 10:00am

Welcome
AASM and SRS Presentations

Keynote Addresses
See page 33 for more information about the keynote speakers.

I01: From Bench to Planes, Trains and Automobiles: How Sleep Science Can Enhance Transportation Safety
Mark Rosekind, PhD

Objectives:
1. Describe how sleep and circadian disruption contribute to transportation accidents;
2. NTSB recommendations that address sleep and circadian safety risks in transportation; and
3. Identify the roles and activities for sleep professionals to enhance transportation safety.

I02: Sleep, Memory and Dreams: Extracting the Meaning of Our Lives
Robert Stickgold, PhD

Objectives:
1. Demonstrate that different sleep stages play different roles in memory processing;
2. Describe the wide range of memory processing functions carried out during sleep; and
3. Propose a role for dream processes in extracting information of future relevance from recent memories.

Exhibit Hall Open
10:00am – 4:00pm

Refreshment Break in the Exhibit Hall
10:00am – 10:30am

Clinical Workshop
10:30am – 12:30pm

W01: Personalizing Therapies: Addressing Circadian Factors in the Treatment of Insomnia
Chair: Kelly Baron, PhD, MPH
Faculty: Kelly Byars, PsyD; Leon Lack, PhD; Brandon Lu, MD; Rachel Manber, PhD; and James Wyatt, PhD

Objectives:
1. Describe the prevalence of circadian factors in patients presenting with insomnia;
2. Describe the research evidence to support use of phase shifting therapies in patients who have insomnia with circadian factors; and
3. Demonstrate real-world examples of personalizing cognitive behavioral therapy for insomnia in patients who have insomnia with circadian factors.

D01: Measuring Sleepiness in Drivers: The Challenges and Controversies
Chair: Siobhan Banks, PhD
Faculty: Thomas Balkin, PhD; Charles Czeisler, MD, PhD; David Dinges, PhD; Ronald Grunstein, MD, PhD; Jim Horne, PhD; and Allan Pack, MBChB, PhD

Objectives:
1. Explain the usefulness of current clinical and research tools for measuring sleepiness and assessing fitness to drive;
2. Identify the legal implications of assessing fitness to drive in both clinical and operational settings; and
3. Describe the issues related to management and enforcement of driver safety in patients with sleep disorders and/or individuals who are sleep deprived due to fatiguing work schedules.
D02: Sleep and Health Disparities: Follow-Up from the 2011 NHLBI Workshop

Co-chairs: Michael Grandner, PhD; Kristen Knutson, PhD; and Aaron Laposky, PhD
Faculty: Orfeu Buxton, PhD; Lauren Hale, PhD; Girardin Jean-Louis, PhD; Nancy Kressin, PhD; and Sanjay Patel, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Discuss the significance of racial/ethnic and socioeconomic disparities in the diagnosis, treatment and adherence to treatment of sleep disorders;
2. Identify research opportunities that will advance understanding of sleep disparities and the impact of sleep on health disparities; and
3. Discuss specific challenges investigators face in advancing research and practice on sleep and health disparities.

Oral Presentations
10:30am – 12:30pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O05: Pediatric Sleep: Homeostasis and Obstructive Sleep Apnea

Psychologist Level of Content: Intermediate

Objective: Describe metabolic changes associated with childhood obstructive sleep apnea.

O06: Risks and Assessments of Patients with Sleep Disordered Breathing

Psychologist Level of Content: Intermediate

Objective: Describe novel methods of assessing patients with sleep disordered breathing.

Symposium
10:30am – 12:30pm

S03: Local Sleep: Basic Mechanisms and Implications for Sleep Medicine

Co-chairs: Mark Mahowald, MD; and Lino Nobili, PhD
Faculty: Chiara Cirelli, MD, PhD; and James Krueger, PhD

Psychologist Level of Content: Advanced

Objectives:
1. Explain how findings related to the basic mechanisms regulating local sleep can be translated into the practice of sleep medicine; and
2. Analyze pathological sleep events within the framework of the interpretation of sleep as a local phenomenon.

American Academy of Sleep Medicine General Membership Meeting
12:30pm – 1:45pm

L01: Does the MSLT Provide a Useful Measure of Daytime Sleepiness in Clinical Practice?

Faculty: Ronald Chervin, MD; and Michael Silber, MBChB

Objectives:
1. Generate a well-informed decision about whether to ask specific patients to undergo an MSLT after a polysomnogram;
2. Classify what clinical value is and is not provided by an MSLT;
3. Identify how to perform and interpret an MSLT in a manner that will maximize usefulness of this test for clinical assessment and patient management;
4. Examine the basis for normative values of the MSLT;
5. Inspect the uses of the MSLT in the diagnosis of disorders of excessive sleepiness; and
6. Discuss the limitations in the clinical use of the MSLT.

Questions? Call the Meeting Department at 630-737-9768
Meet the Professors

12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member fee: $45 Nonmember fee: $55

CE credits for psychologists are not provided for these sessions.

M01: Biomarkers for Predicting Response to Sleep Loss
Namni Goel, PhD

M02: Diagnosis and Management of Dream-enacting Behavior
Kenneth Casey, MD

M03: How Much Sleep Do We Really Need?
James Horne, PhD

M04: How to Sleep Like a Rockstar
William Dement, MD, PhD

M05: New Insights into the Pathogenesis of Restless Legs Syndrome and Periodic Limb Movements in Sleep
Arthur Walters, MD

M06: Sleep and Its Relationship to Epilepsy and Other Nocturnal Events in Children
Sanjeev Kothare, MD

M07: Using ASV in Clinical Practice
Shahrokh Javaheri, MD

M08: Using Actigraphy in Clinical Practice
James Wyatt, PhD

Invited Lecturers

1:45pm – 2:45pm
See page 34 for more information about these invited lecturers.

I03: Inadequate Sleep and the Brain and Behavior of Adolescents: The Impact is Real, Causal and Beyond Falling Asleep in Class
Dean Beebe, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Identify the short-term neuropsychological consequences of adolescent sleep restriction;
2. Summarize the available evidence on changes in neurological functioning that follow such sleep restriction; and
3. Describe how inadequate sleep, even if limited to adolescence, can have life-long implications.

I04: Sleep Neurochemistry: Insights into the Clinical Pharmacology of Behavioral State Control
Helen Baghdoyan, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review data demonstrating that states of sleep and wakefulness are generated by complex interactions between many neurotransmitters and neuromodulators acting at multiple sites within the brain;
2. Review recent findings indicating that neurotransmitters can have opposite effects on sleep depending on site of action within the brain; and
3. Describe the translational relevance of the foregoing neurochemical data for the clinical management of disordered sleep, affect and pain.
Oral Presentations
1:45pm – 2:45pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

**007: Screening and Assessment of Sleep Disordered Breathing**

*Psychologist Level of Content:* Intermediate

**Objective:** Review methods of screening certain populations for obstructive sleep apnea.

**008: Epidemiology of Psychiatric Disturbances and Sleep**

*Psychologist Level of Content:* Intermediate

**Objective:** Describe the inter-relationship between sleep disturbances and psychiatric symptoms in large populations.

**009: Stroke and Traumatic Brain Injury**

*Psychologist Level of Content:* Intermediate

**Objective:** Evaluate diagnostic and pathophysiologic mechanisms in stroke and the treatment of post-traumatic hypersonolence.

**010: New Approaches to Sleep Measurement**

*Psychologist Level of Content:* Intermediate

**Objective:** Describe new methods of sleep detection and refinements in existing technologies.

Refreshment Break in the Exhibit Hall
2:45pm – 3:00pm

Bench to Bedside Session
3:00pm – 5:00pm

**B01: Bench to Curbside: Adolescent Sleep as a Public Health Issue**

*Chair:* Judith Owens, MD  
*Faculty:* Fred Danner, PhD; Kristen Knutson, PhD; and Amy Wolfson, PhD

*Psychologist Level of Content:* Advanced

**Objectives:**
1. Review the current evidence for a link between sleep and risk of obesity among adolescents and the magnitude and consequences of consumption of caffeine and other stimulants on the health of adolescents;  
2. Review the extent and implications of adolescent drowsy driving and the impact of modifiable etiologic factors such as school start times, lax parenting and sleep knowledge gaps; and  
3. Summarize the current literature regarding the impact of school start times on the health of adolescents and implications for public policy at the individual school district, regional and national levels.

Clinical Workshops  
3:00pm – 5:00pm

**W02: Management of Complicated Sleep Disordered Breathing**

*Chair:* Peter Gay, MD  
*Faculty:* Babak Mokhlesi, MD; Timothy Morgenthaler, MD; Winfried Randerath, MD; and Lisa Wolfe, MD

*Psychologist Level of Content:* Advanced

**Objectives:**
1. Identify patients that might want to consider treatments beyond simple CPAP for complex sleep disordered breathing problems;  
2. Describe potential treatment plans for patients with obesity hypoventilation syndrome, central sleep apnea syndromes, COPD and ALS; and  
3. Explain the application of alternative PAP treatments and diaphragmatic stimulation.
W03: Legal Update for Sleep Centers: Health Reform, Health Information Technology and Compliance

Chair: David Szabo, JD
Faculty: Kate Borten and Eric Fader

Psychologist Level of Content: Intermediate

Objectives:
1. Describe how health care reform and accountable care could impact sleep centers;
2. Explain legal obligations and risks associated with implementing health information technology; and
3. Discuss the regulatory and compliance challenges facing sleep centers that seek to integrate lab testing, home testing and CPAP to improve outcomes.

W04: Meeting the Challenges of Providing Clinical Care for Patients with Sleep Disorders using Advanced Practice Nurses and Physician Assistants

Chair: Loretta Colvin, APN, RN
Faculty: Ann Cartwright, MPAS, PA-C; Nancy Collop, MD; Neil Freedman, MD; and Ann Rogers, PhD, RN

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the educational background, training, licensure, prescriptive authority and billing for advanced practice nurses (APN) and physician assistants (PA);
2. Describe current models for utilization of APNs and PAs within sleep related fields; and
3. Explain potential roles for these practitioners in the future.

S04: Adverse Metabolic Consequences of Sleep and Circadian Disturbances

Chair: Frank Scheer, PhD
Faculty: Orfeu Buxton, PhD; Mukesh Jain, MD; Andries Kalsbeek, PhD; and Eve Van Cauter, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review the data on the impact of the circadian system and physiological sleep on glucose, lipid and nitrogen metabolism;
2. Describe the adverse metabolic consequences of disturbances of the circadian system and/or sleep; and
3. Discuss the mechanisms underlying physiological and pathophysiological changes during sleep and circadian disturbances.

S05: General Anesthesia: Sleep Circuits and Arousal Pathways

Chair: Christa Van Dort, PhD
Faculty: Matthias Eikermann, MD, PhD; Max Kelz, MD, PhD; George Mashour, MD, PhD; and Ken Solt, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the role of sleep circuits in general anesthetic-induced loss of consciousness;
2. Explain the relationship between general anesthesia and sleep homeostasis; and
3. Review the manipulation of arousal pathways to control emergence from general anesthesia.

Poster Viewing

4:00pm – 6:00pm
SLEEP 2012 will feature cash bar receptions in the Poster Hall on Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the latest discoveries in the field and network with colleagues.

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**Poster Set-Up**
7:00am – 8:00am
Posters should be set-up for display during this time and should not be removed until 6:00pm.

**Invited Lecturer**
8:00am – 9:00am
See page 37 for more information about this invited lecturer.

**I05: Obstructive Sleep Apnea and Diabetes Mellitus: Does One Disorder Alter the Development or Progression of the Other?**
*Naresh Punjabi, MD, PhD*

**Objectives:**
1. Review the evidence linking obstructive sleep apnea to diabetes and other hyperglycemic states;
2. Identify the effects of diabetes on the natural history of obstructive sleep apnea; and
3. Summarize the observational and experimental data on the potential bi-directional nature of the association.

**Discussion Groups**
8:00am – 10:00am

**D03: Should We Treat Periodic Limb Movements during Sleep?**
*Co-chairs: Arthur Walters, MD; and Marco Zucconi, MD*
*Faculty: Raffaele Ferri, MD; Mark Mahowald, MD; Mauro Manconi, MD, PhD; Daniel Picchietti, MD; Robert Skomro, MD; and Lynn Marie Trotti, MD*

**Objectives:**
1. Discuss the value and the significance of PLMs in sleep and wakefulness in the presence or absence of RLS, and in relationship with disturbed sleep (fragmentation and microstructural modifications);
2. Evaluate the effect of different drugs on PLMs and sleep and on different targets of sleep disorders; and
3. Debate when and in which sleep disorders PLMs may be susceptible of treatment, or whether they can be considered as having low clinical significance.

**D04: Organization and Structure of Academic Sleep Centers**
*Co-chairs: Ronald Chervin, MD; and Andrew Cheson, MD*
*Faculty: Dennis Auckley, MD; Ruth Benca, MD, PhD; Michael Littner, MD; and Atul Malhotra, MD*

**Psychologist Level of Content: Intermediate**

**Objectives:**
1. List examples for structures of successful current academic sleep programs;
2. Describe challenges, limitations and barriers that have arisen for academic development of the field; and
3. Explain basic elements of sleep program infrastructure at academic institutions that would enhance effectiveness of academic sleep programs and advance the field of sleep medicine.

**Symposia**
8:00am – 10:00am

**S06: Sleep, Anxiety and Mood from Pre-school through Adolescence: Possible Pathways and Promising Targets**
*Chair: Candice Alfano, PhD*
*Faculty: Graham Emslie, MD; Allison Harvey, PhD; and Jonathan Kushnir, PhD*

**Psychologist Level of Content: Intermediate**

**Objectives:**
1. Identify specific types of subjective and objective sleep problems co-occurring with anxiety and depression in youth;
2. Identify potential developmental and disorder-based mechanisms linking sleep dysregulation, anxiety and depression in youth; and
3. Identify specific behavioral targets for early intervention of sleep problems in anxious and/or depressed youth.
**S07: Glial Cell Regulation of Sleep and Circadian Rhythms**

**Co-chairs:** Marcos Frank, PhD; and Jason Gerstner, PhD  
**Faculty:** Ted Abel, PhD; Phil Haydon, PhD; and Rob Jackson, PhD

*Psychologist Level of Content: Intermediate*

**Objectives:**
1. Review mechanisms of glial cell biology to both basic and clinical sleep researchers;  
2. Examine genetic, molecular and cellular pathways in glial cells which affect or are affected by changes in behavioral state or circadian rhythms; and  
3. Discuss phylogenetic examples of regulatory processes of glial cells in sleep and circadian rhythms using various species.

**Invited Lecturer**  
9:00am – 10:00am  
See page 33 for more information about this invited lecturer.

**S08: Work and Disturbed Sleep: Determinants and Consequences**

**Co-chairs:** Torbjörn Åkerstedt, PhD; and Goran Kecklund, PhD  
**Faculty:** Mathias Basner, MD, PhD, MSc; Ronald Kessler, PhD; and Børge Sivertsen, PsyD

*Psychologist Level of Content: Advanced*

**Objectives:**
1. Summarize the knowledge of work-related factors as predictors of disturbed sleep, including both clinical diagnosis and partial sleep deprivation; and  
2. Discuss how disturbed sleep affects work performance, injuries/accidents and productivity, including medically-certified sickness absence.

**S09: Physical Activity and Sleep: Integrating Science, Methodology and Measurement**

**Co-chairs:** Daniel Lewin, PhD; and James McClain, PhD  
**Faculty:** Sonia Ancoli-Israel, PhD; Charlotte Pratt, PhD, RD, FAHA; and Kenneth Wright, PhD

*Psychologist Level of Content: Introductory*

**Objectives:**
1. Describe the state of the science on mechanisms linking physical activity, sleep and circadian regulation and health behavior that is relevant to research;  
2. Discuss approaches to assessment of physical activity, sleep and circadian regulation; and  
3. Develop research questions and implement clinical applications that integrate measurement of sleep, circadian regulation and physical activity to address health behavior and disease risk in clinical populations.

**W05: Changes to the CPT Guidelines for Sleep Medicine Services: How Will They Affect My Practice?**

**Co-chairs:** Amy Aronsky, DO; and Kelly Carden, MD

*Psychologist Level of Content: Intermediate*

**Objectives:**
1. Describe the revisions to the sleep medicine section of the CPT codes for 2012 and the impact they have on how physicians submit claims;  
2. Define the pre, intra and post service physician/technical work and practice expense associated with each of the sleep medicine codes;  
3. Provide an overview of Evaluation and Management (E/M) with emphasis on the documentation necessary to support the services provided; and  
4. Review “incident-to” requirements for services performed in the sleep center.
Discussion Group
10:15am – 12:15pm

**D05: Internet-based Interventions and Other Self-Help Therapies for Insomnia**

**Co-chairs:** Rachel Manber, PhD; and Charles Morin, PhD  
**Faculty:** Colin Espie, PhD; Lee Ritterband, PhD; Josée Savard, PhD; and Kai Spiegelhalder, MD, PhD

*Psychologist Level of Content: Intermediate*

**Objectives:**
1. Describe Internet-based and other self-help programs in various stages of development/validation for insomnia;  
2. Review the evidence-based efficacy, utility, feasibility and limitations of these programs; and  
3. Discuss practical and logistical challenges in implementing self-help interventions.

Oral Presentations
10:15am – 12:15pm

Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

**O11: Sleep Neurobiology in Mice, Rats, Cats and Seals**

*Psychologist Level of Content: Intermediate*

**Objective:** Review recent advances in the understanding of sleep physiology in animals.

**O12: New Clinical Research on PAP Therapy**

*Psychologist Level of Content: Intermediate*

**Objective:** Describe the effects of PAP therapy on patients with sleep disordered breathing.

**O13: Human Learning and Memory**

*Psychologist Level of Content: Intermediate*

**Objective:** Describe the complex relationship between different features of sleep and the formation of memories.

Symposium
10:15am – 12:15pm

**S10: Individual Differences in Sleep and Vulnerability to Sleep Loss: From Behavior to Genes to Behavior**

**Co-chairs:** Daniel Aeschbach, PhD; and Nayantara Santhi, PhD  
**Faculty:** Namni Goel, PhD; and Christopher Jones, MD, PhD

*Psychologist Level of Content: Advanced*

**Objectives:**
1. Discuss the physiological, behavioral and genetic differences between short and long sleepers and why some people sleep less than others;  
2. Discuss the phenotypic and genetic basis of neurobehavioral vulnerability to sleep deprivation and understand why some people are more affected by sleep loss than others; and  
3. Discuss the real world implications and applications of individual differences in sleep-wake regulation and sleep-loss related neurobehavioral impairment.

R01: Brown Bag Report: Challenging Cases
12:30pm – 1:30pm

*CE credits for psychologists are not provided for this session.*

During this session, three to four challenging cases will be presented and an expert panel will discuss their approach to diagnosis and treatment. This session is included in the general session registration; lunch is not provided.
Lunch Debate
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member fee: $40 Nonmember fee: $30

We credits for psychologists are not provided for this session.

L02: Are Periodic Limb Movements during Sleep Dangerous?

Faculty: Daniel Picchietti, MD; and David Rye, MD, PhD

Objectives:
1. Explain the evidence for the association of PLMs with cardiovascular disease and hypertension;
2. Describe the potential impact of periodic limb movements during sleep; and
3. Conclude that further work needs to be done to establish causality and define potential treatment options.

Meet the Professors
12:30pm – 1:30pm
Pre-registration is required. See page 44 for complete details.
Member fee: $45 Nonmember fee: $55

CE credits for psychologists are not provided for these sessions.

Merrill Wise, MD

M10: Cognition and Sleep
Gina Poe, PhD

M11: DME In Your Sleep Center: Pearls, Perils and Pitfalls
Amy Aronsky, DO

M12: Physicians’ Sleep and Safety
Christopher Landrigan, MD

M13: Shift Work Disorder: What to Do?
Gary Richardson, MD

M14: Sleep-related Eating Disorder: Features, Diagnosis, Treatment and Many Remaining Questions
John Winkelman, MD, PhD

M15: Some Controversies in Sleep Neurobiology
Clifford Saper, MD, PhD

M16: Upcoming Changes in the ICSD
Michael Sateia, MD

Invited Lecturers
1:30pm – 2:30pm
See pages 36-37 for more information about these invited lecturers.

I07: Brainstem circuitry for arousals during sleep apnea
Clifford Saper, MD, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the brainstem circuitry that is activated by hypoxia and hypercarbia;
2. Explain the role of the parabrachial nucleus and projections to the forebrain in maintaining arousal; and
3. Describe the role of the parabrachial nucleus in arousal from hypercarbia and hypoxia.

I08: Psychological Treatment of Comorbid Insomnia: Challenges and Tentative Answers
Rachel Manber, PhD, CBSM

Psychologist Level of Content: Intermediate

Objectives:
1. Describe the efficacy of CBT for insomnia comorbid with psychiatric disorders;
2. Describe the adaptation of CBT for insomnia comorbid with psychiatric disorders; and
3. List the effects of CBT for insomnia on comorbid psychiatric disorders.
Oral Presentations
1:30pm – 2:30pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

**O14:** Research on non-PAP Treatments for Sleep Disordered Breathing
*Psychologist Level of Content: Intermediate*

**Objective:** Describe the effects of non-PAP forms of therapy for the treatment of sleep disordered breathing.

**O15:** Drowsy Drivers
*Psychologist Level of Content: Intermediate*

**Objective:** Describe the effect of sleepiness on automobile driving and technologies to detect sleepiness.

**O16:** Sleep in Women
*Psychologist Level of Content: Intermediate*

**Objective:** Discuss the sleep disruptions that are unique to women’s health.

**O17:** Cardio-respiratory Physiology of Sleep
*Psychologist Level of Content: Intermediate*

**Objective:** Identify how sleep alters cardio-respiratory physiology.

Refreshment Break in the Exhibit Hall
2:30pm – 2:45pm

Clinical Workshop
2:45pm – 4:45pm

**W06:** Integrating Dental Science into Sleep Medicine Practice

**Chair:** Dennis Bailey, DDS

**Faculty:** Fernanda Almeida, DDS, MSc, PhD; and Robert Merrill, DDS

*Psychologist Level of Content: Introductory*

**Objectives:**
1. Describe the role of the dentist in treating patients with sleep disorders; and
2. Describe how dentists can be involved with treating patients with sleep disorders who complain of orofacial pain, headaches and bruxism.

Discussion Groups
2:45pm – 4:45pm

**D06:** Developing ICSD-3: Work to Date and Future Directions

**Chair:** Michael Sateia, MD

**Faculty:** Richard Berry, MD; Michel Cramer-Bornemann, MD; Jack Edinger, PhD; Gerald Rosen, MD; Michael Silber, MBChB; Arthur Walters, MD; and Phyllis Zee, MD, PhD

*Psychologist Level of Content: Intermediate*

**Objectives:**
1. Describe the proposed structure of the revised International Classification of Sleep Disorders and its relationship to prior nosologies;
2. Identify major areas of change, controversy and uncertainty within the nosology system; and
3. Recognize the relationships, similarities and differences among the major diagnostic systems including ICSD, DSM and ICD.
**D07: Clinical Implications of Different Hypnotic Regimens**

**Chair:** Thomas Roth, PhD  
**Faculty:** Sonia Ancoli-Israel, PhD; Ruth Benca, MD, PhD; Daniel Buysse, MD; Karl Doghramji, MD; Andrew Krystal, MD; Timothy Roehrs, PhD; and James Walsh, PhD

**Psychologist Level of Content:** Intermediate

**Objectives:**
1. Describe the nature of different hypnotic treatment regimens and their differential use in various insomnia populations;  
2. Explain the safety and efficacy of hypnotics when used in different treatment regimens; and  
3. Discuss the pharmacological properties of hypnotics which make them differentially appropriate for different treatment regimens.

**Oral Presentations**

2:45pm – 4:45pm  
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

**O18: Clinical Chronobiology: Pathophysiological Mechanisms and Treatment**

**Psychologist Level of Content:** Intermediate

**Objective:** Discuss factors underlying circadian sleep disorders and their treatment.

**O19: Childhood and Adolescent Sleep Restriction Behavior**

**Psychologist Level of Content:** Intermediate

**Objective:** Describe the relationship between restriction and disruption of childhood sleep and behavior.

**Symposium**

2:45pm – 4:45pm

**S11: Sleep Disturbance and Risk for Adverse Pregnancy Outcomes**

**Co-chairs:** Aaron Laposky, PhD; and Phyllis Zee, MD, PhD  
**Faculty:** Francesca Faccio, MD; Louise O’Brien, PhD; and Michele Okun, PhD

**Psychologist Level of Content:** Intermediate

**Objectives:**
1. Describe the impact of sleep disordered breathing and sleep disturbances on adverse pregnancy outcomes and post-partum health;  
2. Discuss treatments for pregnancy-related sleep disturbance; and  
3. Describe the NIH nuMoM2b sleep and breathing study.

**NEW Poster Viewing**

4:00pm – 6:00pm  
SLEEP 2012 will feature cash bar receptions in the Poster Hall on Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the latest discoveries in the field and network with colleagues.
SCIENTIFIC PROGRAM
Wednesday, June 13, 2012

Poster Set-Up
7:00am – 8:00am
Posters should be set-up for display during this time and should not be removed until 5:00pm.

Invited Lecturer
8:00am – 9:00am
See page 38 for more information about this invited lecturer.

I09: Social Forces on Clocks: Curious Cases of a Reclusive Yankee and an African Rat
William Schwartz, MD
Psychologist Level of Content: Intermediate

Objectives:
1. Describe the possible impact of social interactions on circadian clocks, using human and animal examples; and
2. Identify the challenges for research on this topic.

Clinical Workshop
8:00am – 10:00am

W07: Minimally-invasive Treatment of CPAP-intolerant Patients
Chair: Michael Friedman, MD
Faculty: Ofer Jacobowitz, MD, PhD; B. Tucker Woodson, MD; and Kathleen Yaremchuk, MD
Psychologist Level of Content: Intermediate

Objectives:
1. Summarize the findings of the latest evidence on the efficacy of and indications for a range of minimally-invasive non-CPAP techniques for the management of mild or moderate obstructive sleep apnea;
2. Describe a recommended systematic approach to the assessment and management of CPAP-intolerant patients, including a detailed anatomical assessment;
3. Apply the described system of assessment to a practice and make best-evidence-based decisions regarding the management of patients, whether through performance of indicated minimally-invasive techniques or referral to other specialists versed in these techniques; and
4. Describe the principals of thermoplastic mandibular advancement devices.

Discussion Group
8:00am – 10:00am

D08: Integrated Pediatric Sleep Medicine: Practice and Policy Gaps
Chair: Judith Owens, MD, MPH
Faculty: William Kohler, MD; Richard Millman, MD; Jodi Mindell, PhD; Carol Rosen, MD; Stephen Sheldon, DO; and Manisha Witmans, MD
Psychologist Level of Content: Intermediate

Objectives:
1. Review the administrative, technical and clinical challenges involved in providing comprehensive sleep medicine services to children and families;
2. Discuss the establishment of standards for the clinical assessment and management of pediatric sleep disorders in a variety of practice settings; and
3. List the relative pros and cons of conducting out-of-center testing versus in-center polysomnography on children.

Oral Presentations
8:00am – 10:00am
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O20: Understanding Parasomnias: What You Need to Know in 2012
Psychologist Level of Content: Intermediate

Objective: Describe the clinical manifestations and pathologic correlates of REM and NREM parasomnias.

O21: Medical Disorders and Sleep
Psychologist Level of Content: Intermediate

Objective: Characterize how medical disorders interact with sleep disorders.
Symposium
8:00am – 10:00am

**S12:** Sleep and Affective Brain Function

**Co-chairs:** Sean Drummond, PhD; and Matthew Walker, PhD

**Faculty:** Ruth Benca, MD, PhD; and Michael Czisch, PhD

*Psychologist Level of Content:* Intermediate

**Objectives:**
1. Describe the bi-directional interaction between sleep and affective brain function;
2. Discuss the emerging neural and physiological mechanisms that underpin this intimate relationship; and
3. Recognize the translational relevance of this relationship regarding the relationship between sleep abnormalities and clinical mood disorders.

Invited Lecturer
9:00am – 10:00am

See page 35 for more information about this invited lecturer.

**I10:** Sleep Disorders in Neurodegenerative Diseases: Outcome, Risk Factor or Both?
*Donald Blilwise, PhD*

*Psychologist Level of Content:* Intermediate

**Objectives:**
1. Describe how neurodegenerative diseases may impact sleep/wake;
2. Review evidence investigating whether sleep disorders may predispose for development of neurodegenerative diseases; and
3. Describe selected intervention trials that are attempting to treat neurodegenerative conditions by treating sleep pathology.

Bench to Bedside Session
10:15am – 12:15pm

**B02:** The Influence of Blue Light on Human Circadian Rhythms, Alertness and Cognition

**Chair:** Mark Smith, PhD, RPSGT

**Faculty:** Christian Cajochen, PhD; Steven Lockley, PhD; and Victoria Revell, PhD

*Psychologist Level of Content:* Intermediate

**Objectives:**
1. Describe the basic characteristics of two human phase response curves (PRCs) to blue and blue-enriched light;
2. Describe ways in which blue light influences subjective and objective measures of sleepiness and alertness, as well as performance; and
3. Recognize the benefits, possible limitations and areas in which more information is needed, regarding the use of blue and blue-enriched light relative to the “white” lights that have been well used for clinical applications.

Discussion Group
10:15am – 12:15pm

**D09:** New Horizons in Cancer-related Sleep Disturbances

**Chair:** Valerie Crabtree, PhD

**Faculty:** Sonia Ancoli-Israel, PhD; Leanne Fleming, PhD; Kathryn Lee, PhD, RN; Gerald Rosen, MD; and Josée Savard, PhD

*Psychologist Level of Content:* Intermediate

**Objectives:**
1. Discuss current findings on cancer-related sleep disturbance during treatment in adults and children;
2. Discuss potential late effects of cancer-directed therapy on sleep in pediatric and adult cancer survivors; and
3. Review non-pharmacological and pharmacological interventions for sleep disturbances in individuals with cancer.

Exhibit Hall Open
10:00am – 2:00pm

Refreshment Break in the Exhibit Hall
10:00am – 10:15am
Oral Presentations
10:15am – 12:15pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O22: Treatment of Insomnia
Psychologist Level of Content: Intermediate
Objective: Describe various types and effects of insomnia treatment.

O23: Molecular Biology and Genetics of Sleep
Psychologist Level of Content: Intermediate
Objective: Describe new gene mutations affecting sleep duration, new brainstem areas involved in sleep regulation and new genetic and pharmacogenetic methods used in sleep research.

O24: Neuroimaging and Neurophysiology of Human Sleep
Psychologist Level of Content: Intermediate
Objective: Explain how new imaging, stimulation and analysis techniques reveal novel aspects of human sleep physiology.

Poster Viewing
10:15am – 12:15pm
L03: REM Sleep and Dreaming: Cause or Consequence of Emotions?
Faculty: Sean Drummond, PhD; and Matthew Walker, PhD
Objectives:
1. Discuss the connection between memory networks and dream content;
2. Analyze clinical implications of emotion regulation during REM sleep and dreams; and
3. Review the latest data on bottom-up regulation of emotional processing in REM sleep.

Symposium
10:15am – 12:15pm
S13: Abnormal Nocturnal Eating: New Findings on Circadian Dysregulation and the Strong Links with RLS, Narcolepsy and Hypno-sedative Use
Chair: Carlos Schenck, MD
Faculty: Kelly Baron, PhD, MPH; Michael Howell, MD; Federica Provini, MD, PhD; and Fred Turek, PhD
Psychologist Level of Content: Intermediate
Objectives:
1. Review new findings on circadian dysregulation that predispose to abnormal nocturnal eating and its adverse consequences;
2. Describe new findings on the strong links of abnormal nocturnal eating with RLS and narcolepsy; and
3. Discuss new findings on the link between hypnosedative medication use and amnestic sleep-related eating.
Invited Lecturer
1:30pm – 2:30pm
See page 36 for more information about this invited lecturer.

I11: Inflammatory, Metabolic and Autonomic Consequences of Sleep Loss in Humans
Janet Mullington, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Analyze and synthesize the literature in the area of inflammatory, metabolic and autonomic consequences of sleep loss in humans; and
2. Examine directions for future research related to sleep loss.

Oral Presentations
1:30pm – 2:30pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O25: Sleep Biochemistry and Pharmacology

Psychologist Level of Content: Intermediate

Objective: Describe the role of human metabolism in sleep homeostasis and new drugs that are potentially useful in treating insomnia.

O26: Sleep and PTSD

Psychologist Level of Content: Intermediate

Objective: Describe the impact of PTSD on sleep.

O27: Too Late to Bed in a Technological Age

Psychologist Level of Content: Intermediate

Objective: Recognize the impact of modern technology on bedtimes and the consequences thereof.

O28: Sleep and Workforce Health

Psychologist Level of Content: Intermediate

Objective: Describe how sleep and sleep disorders affect workforce health.

O29: Sleep and Waking Function in the Older Brain

Psychologist Level of Content: Intermediate

Objective: Describe brain changes that occur with age and effects of the changes on sleep and waking functions.

Refreshment Break
2:30pm – 2:45pm

Clinical Workshops
2:45pm – 4:45pm

W08: Multidisciplinary Sleep Centers:
Integration across Specialties, Growing Pains and Strategies for Success

Chair: Anita Valanj Shergikar, MD
Faculty: Jeffrey Durmer, MD, PhD; Jay Flanagan; Karen Joynt, MD, MPH; and Eric Olson, MD

Psychologist Level of Content: Introductory

Objectives:
1. Identify aspects of sleep medicine clinical practice that are most challenging to integrate in a multidisciplinary setting;
2. Describe how measures of quality and integration of care used on a policy level relate to multidisciplinary sleep medicine groups; and
3. Examine business methods that can improve the quality of patient care and provider workflow in a multidisciplinary group.

W09: Should Dopamine Agonists Still be First-line Treatment for Restless Legs Syndrome?

Chair: John Winkelman, MD, PhD
Faculty: Richard Allen, PhD; Diego Garcia-Borreguero, MD; Birgit Hogl, MD; Mauro Manconi, MD, PhD; and Michael Silber, MBChB

Psychologist Level of Content: Intermediate

Objectives:
1. Identify the current approved and non-approved treatments for restless legs syndrome;
2. Describe the short-term efficacy data of various treatments for restless legs syndrome; and
3. Identify the long-term benefits and risks of various treatments for restless legs syndrome.
Oral Presentations
2:45pm – 4:45pm
Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

O30: Circadian Rhythms: Fiat Lux!
Psychologist Level of Content: Intermediate

Objective: Discuss novel findings on the effects of light on circadian rhythms.

O31: Pathophysiology of Hypersomnia
Psychologist Level of Content: Intermediate

Objective: Discuss the pathophysiologic underpinnings of excessive sleepiness.

Symposia
2:45pm – 4:45pm

S14: Updating the Evidence Base on Insomnia Treatment: Psychiatric Comorbidity and Beyond
Chair: Allison Harvey, PhD
Faculty: Greg Clarke, PhD; Anne Germain, PhD; Leon Lack PhD; and Charles Morin, PhD

Psychologist Level of Content: Intermediate

Objectives:
1. Review studies related to the adaptation of brief behavioral therapy for insomnia for military personnel;
2. Compare behavior therapy, cognitive therapy or combination therapies for adults with chronic insomnia;
3. Discuss therapies for patients with insomnia and mood disorders; and
4. Identify special considerations for the effective treatment of sleep in adolescents.

S15: Obstructive Sleep Apnea: A Chronic Inflammatory Disease?
Co-chairs: David Gozal, MD; and Atul Malhotra, MD
Faculty: Sanja Jelic, MD; Leila Kheirandish-Gozal, MD; Peter Libby, MD; and Alexandros Vgontzas, MD

Psychologist Level of Content: Intermediate

Objectives:
1. Apply the newly acquired knowledge to both clinical and research practice, targeting improved patient care/outcome; and
2. Explain that inflammatory response is a possible responsible part for OSA manifestations.
Focused on better patient care and your success.

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Dr. Mark Rosekind, PhD
From Bench to Planes, Trains and Automobiles: How Sleep Science Can Enhance Transportation Safety.
Monday, June 11

Dr. Rosekind’s lecture is during the Plenary Session and will follow the welcome address and AASM and SRS presentations.

Dr. Mark Rosekind was sworn in as the 40th Member of the National Transportation Safety Board (NTSB) on June 30, 2010. He was nominated by President Obama and confirmed by the United States Senate for a term that expires December 31, 2014.

Member Rosekind is an internationally recognized fatigue expert who has conducted research and implemented programs in diverse settings, including all modes of transportation. He has published 150 scientific, technical, and industry papers and provided hundreds of presentations to operational, general and scientific audiences. His contributions have been acknowledged through numerous honors and awards, including the NASA Exceptional Service Medal, six other NASA Group/Team Awards, two Flight Safety Foundation honors (Presidential Citation for Outstanding Safety Leadership, Business Aviation Meritorious Award) and as a Fellow of the World Economic Forum in Davos, Switzerland. In 2011, Member Rosekind received the Mark O. Hatfield Public Policy Award from the American Academy of Sleep Medicine.

Prior to joining the NTSB, Dr. Rosekind was Founder, President and Chief Scientist of Alertness Solutions, a scientific consulting firm that specializes in fatigue management. Before establishing Alertness Solutions, Dr. Rosekind directed the Fatigue Countermeasures Program and was Chief of the Aviation Operations Branch in the Flight Management and Human Factors Division at the NASA Ames Research Center. Prior to his work at NASA, Dr. Rosekind was the Director of the Center for Human Sleep Research at the Stanford University Sleep Disorders and Research Center.

Member Rosekind earned his A.B. with Honors at Stanford University, his MS, MPhil, and PhD at Yale University and completed a postdoctoral fellowship at the Brown University Medical School.

Member Rosekind is married and has two children.

Dr. Robert Stickgold, PhD
Sleep, Memory, and Dreams: Extracting the Meaning of Our Lives
Monday, June 11

Dr. Stickgold’s lecture is during the Plenary Session and will follow the welcome address and AASM and SRS presentations.

Dr. Robert Stickgold is an Associate Professor of Psychiatry at Beth Israel Deaconess Medical Center and Harvard Medical School. He received his BA from Harvard University and his PhD from the University of Wisconsin, Madison, both in biochemistry. His early research was on bacterial cell wall synthesis and bacterial DNA replication. He had postdoctoral fellowships at Stanford Medical School in neurochemistry (with Eric Shooter) and at Harvard Medical School in neurophysiology (with Stephen Kuffler) before becoming an Assistant Professor of Physiology at the University of Massachusetts Medical School. He subsequently left this position to work in the private sector for several years before taking his current position at Harvard, where he has been since 1990. He has published two science fiction novels and over 100 scientific articles.

In the last several years, he has had two papers in Science, two in Nature, and three in Nature Neuroscience. His work has been written up in Time, Newsweek, The New York Times, The Boston Globe Magazine and Seed Magazine, and he has given invited talks around the world, including Brazil, Sweden, Switzerland, Japan and The Netherlands. He has been a guest on The Newshour with Jim Leher and NRP’s Science Friday with Ira Flato several times.

His current work looks at the nature and function of sleep and dreams from a cognitive neuroscience perspective, with an emphasis on the role of sleep and dreams in memory consolidation and integration. In addition to studying the normal functioning of sleep, he is currently investigating alterations in sleep-dependent memory consolidation in a range of neurological and psychiatric conditions, including schizophrenia, bipolar disorder, Parkinson’s disease, cocaine addiction, PTSD, insomnia and sleep apnea. His research is supported by the NIMH.
Dr. Helen Baghdoyan’s research program aims to identify the neurochemical mechanisms and brain regions regulating sleep and anesthesia. Her work is focused on interactions between cholinergic, GABAergic, adenosinergic and hypocretinergic transmission in the pontine reticular formation, basal forebrain and prefrontal cortex. The health-relatedness of this research program derives from the fact that sleep disruption is a characteristic of all psychiatric diseases, and that some clinical features of depression and anxiety are caused by altered cholinergic transmission. Use of in vivo microdialysis for drug delivery to specific brain regions of behaving animals while collecting endogenous neurotransmitters is providing unique insights into the mechanisms by which states of arousal are generated. Identifying modulators of cholinergic and GABAergic transmission within the context of behavioral state control has enhanced understanding of the neurochemical substrates of mental health and the mechanisms of anesthetic action.

Dr. Baghdoyan joined the University of Michigan in 1999 as Professor of Anesthesiology and Professor of Pharmacology. She earned her PhD from the University of Connecticut and completed her postdoctoral training in the Department of Psychiatry at the Harvard Medical School. Her research program has been funded by the National Institutes of Mental Health since 1989. She also receives research support from the National Heart, Lung, and Blood Institute, and from the University of Michigan’s Department of Anesthesiology. Dr. Baghdoyan is committed to education and training. She trains PhD students and postdoctoral fellows. She also welcomes undergraduate researchers into her laboratory. She is co-developer and co-director of the first comprehensive course on sleep at the University of Michigan, entitled “Sleep: Neurobiology, Medicine, and Society.” This course is attended by undergraduates, MS, PhD, and PharmD students, as well as sleep medicine fellows from the University of Michigan’s Department of Neurology.

Dr. Dean Beebe is an Associate Professor of Pediatrics at Cincinnati Children’s Hospital Medical Center and the University of Cincinnati College of Medicine. He directs the neuropsychology program and postdoctoral fellowship in pediatric neuropsychology at Cincinnati Children’s and co-directs the behavioral core of the local clinical-translational research center. He sits on the board of directors for the American Academy of Clinical Neuropsychology, with a particular emphasis on leading initiatives in pediatric neuropsychology and the development of early-career professionals. Board-certified in clinical neuropsychology, he is also a member of advisory committees for the American Board of Clinical Neuropsychology. He is an Associate Editor of Journal of Pediatric Psychology, is on the editorial board of Journal of Child Neuropsychology, acts as ad-hoc reviewer for multiple journals and book series, and has reviewed funded applications for private foundations and the National Institutes of Health.

Dr. Beebe received his PhD from Loyola University Chicago in 1998 and completed fellowship at Cincinnati Children’s in 2000. A clinician by training, his focus in the past few years has been on professional service, administration, training and both basic and applied research. His research has focused primarily on the impact of inadequate sleep upon the cognitive, behavioral, neurological and adaptive functioning of children and adolescents. His most recent research has focused on the neurological and functional consequences of experimental sleep restriction in adolescents. His work is multidisciplinary — bridging pediatric psychology, neuropsychology, sleep medicine, neurology and radiology — with the ultimate goals of advancing science, improving clinical care and informing public policy. Secondary research interests include the neuropsychological sequelae of childhood medical conditions that affect the developing brain, including brain tumor, traumatic brain injury, spina bifida/ myelomeningocele, epilepsy and cardiac conditions. His research has been supported by grants from the American Sleep Medicine Foundation and National Institutes of Health.
Dr. Donald Bliwise currently is Professor of Neurology at Emory University School of Medicine in Atlanta, Georgia, where he also holds secondary appointments as Professor of Psychiatry and Behavioral Sciences and Professor of Nursing in the Hodgson School of Nursing. He received his PhD in 1982 from the University of Chicago where he conducted sleep research in the laboratory of Dr. Allan Rechtschaffen. From 1982-1992 he trained in the sleep program at Stanford University School of Medicine under Drs. William Dement and Christian Guilleminault. In 1992 he moved to Emory, where he joined the faculty as Associate Professor in the Department of Neurology.

He has published over 200 papers in peer-reviewed journals, 50 book chapters and over 250 abstracts. He has been Principal Investigator or Co-Investigator on grants from a variety of National Institutes of Health Institutes including NINDS, NIA, NCCAM, NIMH, NIDDK, NINR and NIMHD, as well as the Alzheimer’s Association.

Service commitments include Deputy Editor of SLEEP and Editorial Board of Sleep Medicine. Dr. Bliwise has served on over 100 Scientific Review Groups for grant applications from the National Institute of Health, including eight years of standing Study Section membership. He has reviewed on the Emory University Institutional Review Board and currently represents Emory in the Sleep Research Network of the national network of CTSAs. He is a fellow of the American Academy of Sleep Medicine and has served on the Research Committee and Chaired the Sleep Disorders Section of the Sleep Research Society.

His general area of research has been the description, elucidation of pathophysiology, and treatment of sleep disorders in the aged humans, with special focus special on sleep in neurodegenerative conditions such as Alzheimer’s disease and Parkinson’s disease. His research approaches include observational, population-based studies, descriptive, laboratory-based research and randomized clinical trials. Most recently he has focused on the sleep/wake disturbances and their concomitants across the broad spectrum of Lewy Body Disease.
Dr. Rachel Manber is a Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University. She is the director of the insomnia and behavioral sleep medicine program at the Stanford Center for Sleep Sciences and Medicine. Dr. Manber received a PhD in Mathematics from the University of Washington in 1982 and a second PhD in Clinical Psychology from the University of Arizona in 1993. Her clinical psychology internship was at the University of Washington. Prior to joining Stanford University, Dr. Manber was on the faculty in the Department of Psychiatry at the University of Arizona.

Dr. Manber’s current research brings together two strands of her prior experience in sleep research and separately in depression research. She is leading an ongoing three-site NIMH study on the treatment of insomnia in depression (TRIAD). She is also leading a nationwide initiative to train mental health providers to competency for the delivery of cognitive behavioral therapy for insomnia in the Veterans Administration Healthcare System, where insomnia comorbid with other psychiatric, medical and sleep disorders is common.

Dr. Janet Mullington is Associate Professor of Neurology at Harvard Medical School and Beth Israel Deaconess Medical Center. She received her PhD from the University of Ottawa in 1994 and did postdoctoral fellowships at the Max-Planck Institute and the University of Pennsylvania. She is on the Editorial Board of SLEEP, has served on the APSS Program Committee, and is now Secretary/Treasurer of the Sleep Research Society.

Dr. Mullington’s research focuses on the interactions of sleep and inflammation to establish if good sleep promotes health through its anti-inflammatory, analgesic and stress-reducing effects. Some of her work examines how sleep loss in humans affects inflammatory, autonomic, neuroendocrine and metabolic systems, focusing on changes blood pressure, coagulation factors, cytokines and inflammatory mediators in blood and urine. Other research has overlaid physiological challenges on various models of experimental sleep deprivation and inadequate sleep due to insomnia. Recent work of the group is testing if sleep extension improves hypertension.
Dr. Naresh Punjabi, MD, PhD is a Professor of Medicine and Epidemiology in the Division of Pulmonary and Critical Care Medicine at the Johns Hopkins University School of Medicine. He received his undergraduate education in Biomedical Engineering from Northwestern University in 1987 and his MD from the University of Chicago in 1991. He completed his postdoctoral clinical training in internal medicine, pulmonary/critical medicine and sleep medicine all at the Johns Hopkins University School of Medicine. Subsequently, he completed his PhD in clinical investigation at the Johns Hopkins University School of Public Health. His current research interests are in the epidemiology of obstructive sleep apnea with a particular emphasis on outcomes including insulin resistance, diabetes mellitus and cardiovascular disease. Ongoing work in his laboratory is examining intermediate pathways through which obstructive sleep apnea may perturb normal glucose homeostasis and predispose to hyperglycemic states. He has been one of the principal investigators for the longitudinal multi-center Sleep Heart Health Study examining the impact of obstructive sleep apnea on development of hypertension, cardiovascular disease and all-cause mortality.

Dr. Clifford Saper received his MD and PhD degrees and did his internship in internal medicine at Washington University School of Medicine in St. Louis, before doing a neurology residency at Cornell University Medical Center- New York Hospital. He then joined the faculty of Washington University School of Medicine where he served from 1981-1985 as Assistant and then Associate Professor of Neurology and Anatomy and Neurobiology. He then moved to the University of Chicago, where from 1985-1992, he was an Associate Professor, then William D. Mabie Professor of Physiology and Neurology and Chairman of the Committee on Neurobiology. In 1992, he moved to his present position at Harvard Medical School, where he is the James Jackson Putnam Professor of Neurology and Neuroscience and Chairman of the Harvard Department of Neurology at Beth Israel Deaconess Medical Center. Dr. Saper served from 1994-2011 as the Editor-in-Chief of the Journal of Comparative Neurology, the oldest basic neuroscience journal in the English language. He also serves on the Editorial Board of Neurology and has been on the Editorial Boards of Brain, Journal of Neuroscience, SLEEP and Physiological Genomics.

Dr. Saper has received a Javits Neuroscience Investigator Award from the National Institutes of Health and was named one of the 100 most frequently cited neuroscientists by the Institute for Scientific Information. From 2006-2011, Dr. Saper served on the Board of Directors of the Sleep Research Society and in 2009-2010 as President of the SRS. He has served as Vice President and Councilor of the American Neurological Association, served on the Publications Committee and has chaired the Program Committee of both that organization and the Society for Neuroscience. Dr. Saper was elected to the Institute of Medicine in 2009, and has been named a Fellow of the American Academy of Neurology, the American Association for the Advancement of Science, the Royal College of Physicians (London) and a member of the American Association of Physicians.

Dr. Saper’s research has explored circuitry of the brain that controls basic functions such as wake-sleep cycles and circadian rhythms, as well as cardiovascular and respiratory function. His laboratory has contributed to our understanding of the ascending arousal systems in the brain, the sleep promoting systems in the brain, as well as switching between different behavioral states, and the brainstem circuitry controlling autonomic and respiratory activity.
INVITED LECTURERS

William Schwartz, MD
Social Forces on Clocks: Curious Cases of a Reclusive Yankee and an African Rat
Wednesday, June 13
8:00am - 9:00am

Dr. William Schwartz is Professor of Neurology at the University of Massachusetts Medical School. He received his MD (1974) and neurology residency training (1978–1981) at the University of California, San Francisco, completed a research fellowship at the National Institute of Mental Health (1975–1978) and was on the faculties of Harvard Medical School and the Massachusetts General Hospital (1981–1986) before moving to the University of Massachusetts. His research program has focused on the neural regulation of circadian rhythms in mammals by the suprachiasmatic nucleus of the hypothalamus. He was elected President of the Society for Research on Biological Rhythms (2004–2006) and currently serves as an Associate Editor of the Journal of Biological Rhythms (2002–). He has been honored as the Special (Plenary) Lecturer at the Founding Congress of the Japanese Society for Chronobiology (1994), the 6th Michael S. Aldrich Commemorative Lecturer in Sleep Medicine at the University of Michigan Medical School (2007), as well as the Boerhaave Professor at Leiden University Medical Centre (2005) and the Baerends Visiting Chair at Rijksuniversiteit Groningen (2008) both in the Netherlands.
GENERAL INFORMATION

Location
John B. Hynes Veterans Memorial Convention Center
900 Boylston Street
Boston, Massachusetts 02115
Phone: 617-954-2000

Registration
There are 3 easy ways to register for SLEEP 2012:
1. Online: www.sleepmeeting.org (credit card only)
2. Fax: 630-737-9789 (credit card only)
3. Mail: Associated Professional Sleep Societies, LLC
   Attention: Meeting Department
   2510 North Frontage Road
   Darien, IL 60561 (credit card or check)

General registration includes admission to the general sessions from 1:00pm on Sunday, June 10 – Wednesday, June 13, 2012, industry supported events and the exhibit hall. All postgraduate courses, meet the professor sessions and lunch debate sessions require additional registration fees. Registration forms submitted via mail or fax that are incomplete or do not include proper payment will be returned. All payments made by check or international money order must be U.S. funds drawn on a U.S. bank.

Discounted Registration
Individual members of the AASM and the SRS qualify for reduced registration fees; for more information about membership, visit the AASM or SRS websites at www.aasmnet.org or www.sleepresearchsociety.org. If you are interested in becoming a member of the AASM or SRS, please see the membership application forms on pages 51-52.

Cancellation of Registration
Notification of cancellation should be submitted in writing to the APSS national office. A $50 administrative fee will be withheld on cancellations postmarked on or before Wednesday, May 23, 2012. Refunds are not possible after this date.

On-site Registration Hours
Friday, June 8 4:30pm – 6:00pm*
Saturday, June 9 6:30am – 5:30pm
Sunday, June 10 6:30am – 5:30pm
Monday, June 11 6:30am – 5:30pm
Tuesday, June 12 7:30am – 5:00pm
Wednesday, June 13 7:30am – 5:00pm
*Registration on Friday is only for pre-registered attendees.

Registration materials (including badges, final programs, tickets, etc.) will be provided at the registration counter located on level two of the Hynes Convention Center. Tickets are required for entry to postgraduate courses, meet the professor sessions and lunch debate sessions.

Traineef Symposia Series
The 17th Annual Sleep Research Society Trainee Symposia Series will be held Saturday, June 9 – Sunday, June 10, 2012, at the Hynes Convention Center. The event is free to AASM and/or SRS student members. In order to attend, you must register by April 25, 2012. For complete qualification details and program information, please see the registration form on page 49.

Exhibit Hall
The SLEEP 2012 exhibit hall showcases booths displays of pharmaceutical companies, equipment manufacturers, medical publishers and software companies. You must be at least 16 years of age to enter the exhibit hall.

Exhibit Hall Hours
The exhibit hall will be open during the following hours:
Monday, June 11 10:00am – 4:00pm
Tuesday, June 12 10:00am – 4:00pm
Wednesday, Jun 13 10:00am – 2:00pm

Photography/Recording
Photography and/or recording of any kind, other than by the APSS or registered press approved by the APSS, of sessions, speakers and the exhibit hall is prohibited. No cameras will be allowed on the exhibit floor or in the meeting rooms at any time. Violation of this rule could result in removal from the Hynes Convention Center and the confiscation of the film or recording device.

Press Room
Members of the press are encouraged to utilize the press room, operating during meeting registration hours from Monday, June 11, 2012, through Wednesday, June 13, 2012. The press room contains resources to assist reporters with their stories, including detailed information on the participating organizations, meeting program books, a computer and a fax machine. Please contact Doug Dusik, Public Relations Coordinator, at 630-737-9700 or ddusik@aasmnet.org for more information.

Boston Tourism
For information on Boston, contact the Greater Boston Convention & Visitors Bureau via phone at 617-424-4100 or their visit website at www.bostonusa.com.

Industry Supported Events
Industry Supported Events are educational events coordinated by third-party medical education organizers that are often supported by industry grants. While held in conjunction with SLEEP 2012, these events are not part of the scientific program that is coordinated by the APSS Program Committee. Industry Supported Events are scheduled for evening time slots following the daily scientific program. More information will be available on the official SLEEP 2012 meeting website at www.sleepmeeting.org and will be included in the SLEEP 2012 Final Program.
Transportation

Airfare
Book flights through the SLEEP 2012 Housing Bureau when you book your hotel room online at www.sleepmeeting.org. Click on “Book A Room” and then on “Flights” at the top of the page. You can also contact CTS/American Express to book your flight. Call toll-free at 800-526-4540 on Monday-Friday from 8:00am-5:00pm CST or email res@ctsinc.com. Reference SLEEP 2012 when making your reservation.

Taxi Service
Taxi stands are located outside each terminal at Boston Logan International Airport. Average fare to downtown Boston is approximately $25-35 and the ride can take about 15-20 minutes depending on traffic conditions and your destination.

Amtrak
For information regarding travel via Amtrak, visit the Amtrak website at www.amtrak.com.

Massachusetts Bay Travel Authority
For information regarding travel by subway, bus or rail, visit the Massachusetts Bay Travel Authority website at www.mbta.com.

Hotel Information

Hotel Reservations
A block of guest rooms has been reserved at the headquarter hotel, the Sheraton Boston. The special room rate is only available until May 17, 2012, or until the room block sells out. Guest room blocks are reserved at the Hilton Boston Back Bay, Marriott Boston Copley Place, The Midtown Hotel and Westin Copley Place Hotel.

Guest room reservations must be made directly with the SLEEP 2012 Housing Bureau. Any changes or cancellations in your reservation may be done through the housing bureau through May 17, 2012. After May 17, 2012, contact your hotel directly for all changes or cancellations. Visit www.sleepmeeting.org to make your housing reservations online or refer to the housing form located on page 47 for additional information.

Questions regarding SLEEP 2012 housing should be directed to:

SLEEP Housing Bureau
Toll Free: 866-611-8832 | Fax: 312-329-9513
Email: sleep@onpeakevents.com

Hotel Room Rates

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Single Rate</th>
<th>Double Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sheraton Boston - HEADQUARTER HOTEL</td>
<td>$225</td>
<td>$225</td>
</tr>
<tr>
<td>2. Hilton Boston Back Bay</td>
<td>$254</td>
<td>$254</td>
</tr>
<tr>
<td>3. Marriott Boston Copley Place</td>
<td>$254</td>
<td>$254</td>
</tr>
<tr>
<td>4. The Midtown Hotel</td>
<td>$179</td>
<td>$179</td>
</tr>
<tr>
<td>5. Westin Copley Place Hotel</td>
<td>$244</td>
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</tr>
</tbody>
</table>
Continuing Medical Education (CME) Credit for Physicians

Accreditation Statement
SLEEP 2012 meeting activities have been planned and implemented in accordance with the guidelines of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Sleep Medicine designates this live educational activity for a maximum of 38.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Sessions Available to Earn CME Credit
SLEEP 2012 offers physicians the opportunity to earn as many as 38.25 CME credits. CME credit is awarded for bench to bedside sessions, brown bag reports, clinical workshops, discussion groups, invited lectures, keynote addresses, lunch debate sessions, meet the professor sessions, oral presentations, postgraduate courses and symposia. Specific details as to which sessions are eligible for CME credit are listed on the CME Reference Form, which is distributed during registration. Only those sessions sponsored by the APSS and listed on the CME Credit Claim Form are eligible for CME credit. Note: Poster viewing sessions are not eligible for CME credit.

Credit is awarded based on the amount of time spent in each activity (rounded to the nearest quarter hour). Physicians may earn the following maximum number of credits each day:

Saturday, June 9: 7.50
Sunday, June 10: 7.75
Monday, June 11: 7.00
Tuesday, June 12: 8.00
Wednesday, June 13: 8.00

CME may also be available by attending industry sponsored events. These credits are made available by the event organizer and are not processed by the AASM.

Satisfactory Completion
To receive CME credits, SLEEP 2012 attendees must register for CME credit and pay the appropriate fee. The administrative fees are $20 for members and $35 for nonmembers. Individuals must complete an online evaluation form to receive CME credit. Further information will be detailed on the CME Reference Form included with your registration materials.

Target Audience for SLEEP 2012
Participants of the SLEEP 2012 meeting will include clinicians, including psychologists, scientists, students and other health care professionals seeking to increase their knowledge of the fields of sleep medicine and sleep research. Attendees should possess a basic knowledge of biological systems and/or operational issues in medical practice.

Overall Educational Objectives
Attendance at SLEEP 2012 should give participants a broad understanding of the current state-of-the-art of sleep medicine, including current clinical practices used when investigating and treating sleep disorders in adults and children; areas of controversy in clinical practice; recent basic science research in both animals and humans; and social, business and political issues relevant to sleep medicine.

By the end of SLEEP 2012, participants should be able to:
1) Summarize relevant information on the latest sleep research and clinical practices; 2) Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of sleep medicine or topics related to the field of sleep; 3) Integrate strategies and tools for the enhancement/advancement of sleep medicine; and 4) Recognize and have a basic understanding of common sleep disorders.

Continuing Education (CE) for Psychologists

Accreditation Statement
SLEEP 2012 is co-sponsored by Amedco and the Associated Professional Sleep Societies, LLC (APSS). Amedco is approved by the American Psychological Association to sponsor Continuing Education for psychologists. Amedco maintains responsibility for this program and its content. 35.25 hours.
Sessions Available to Earn CE Credit
Psychologists may receive up to 35.25 hours of continuing education credit for attending SLEEP 2012. CE credit is awarded for clinical workshops, discussion groups, invited lectures, keynote address, oral presentations, postgraduate courses and symposia. Note: Poster viewing, lunch debate sessions, meet the professor sessions and the brown bag report session are not eligible for CE credit.

Psychologists may earn the following maximum number of CE credits per day:

- Saturday, June 9: 7.50
- Sunday, June 10: 7.75
- Monday, June 11: 6.00
- Tuesday, June 12: 7.00
- Wednesday, June 13: 7.00

Satisfactory Completion for Psychologists
To receive CE credits, SLEEP 2012 attendees must register for CE credit. The administrative fees are $40 for members and nonmembers. Attendees must have attended each of their sessions in their entirety and complete an online evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Further information will be detailed on the CE Reference Form included with your registration materials.

Continuing Education for Others
Accreditation Statement
SLEEP 2012 has been planned and implemented through the joint sponsorship of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The AMA Council on Medical Education mandates that accredited providers only offer *AMA PRA Category I Credits™* to physicians. The AASM will issue individuals who are not eligible for any type of continuing education credits offered at SLEEP 2012 a letter of attendance outlining the number of *AMA PRA Category I Credits™* designated for the sessions they attend at SLEEP 2012.

To receive a letter of attendance, SLEEP 2012 attendees must register and pay the appropriate fee. The administrative fees are $20 for members and $35 for nonmembers. Individuals must complete an online evaluation form to receive the letter of attendance. Further information will be detailed on the Letter of Attendance Reference Form included with your registration materials.

*AAST CECs are not provided for SLEEP 2012 sessions.*
Registration Instructions

How to Register
There are 3 easy ways to register for SLEEP 2012:
1. Online: www.sleepmeeting.org (credit card only)
2. Fax: 630-737-9789 (credit card only)
3. Mail: Associated Professional Sleep Societies, LLC
   Attention: Meeting Department
   2510 North Frontage Road
   Darien, IL 60561 (credit card or check)

Reasons to Pre-register!
• Obtain access to be able to download and print postgraduate course books prior to arriving in Boston;
• Get into the ticketed sessions you want;
• Save money by paying the early-bird rate; and
• Use ExpressPass® to save valuable time at the registration kiosks.

Members Save!
Not an AASM or SRS member? Join today to receive the discounted members-only registration fees. Visit the AASM or SRS websites for more information and to join: www.aasmnet.org or www.sleepresearchsociety.org.

Section I - Registration Information
Type or print your information clearly. A registration form must be completed for each person attending the meeting. The form is on page 45.

Membership Disclaimer
To register as a member, the registrant must currently be an individual member of the American Academy of Sleep Medicine (AASM), Sleep Research Society (SRS) or the American Association of Sleep Technologists (AAST). If the Associated Professional Sleep Societies, LLC (APSS) is unable to confirm that the individual is a member of any of the societies listed above, the APSS will register the individual as a nonmember for all sessions at the prevailing fees. To become a member and take advantage of the membership benefits, you must submit your membership application at the time of submission of your SLEEP 2012 registration form. The AASM and SRS membership application forms are available on pages 51-52.

Cancellation
Notification of cancellation must be submitted in writing to the APSS national office. A $50 administrative fee will be withheld on cancellations postmarked on or before May 23, 2012. No refunds are possible after this date. If you are registered for the meeting and do not attend, you will not be provided a refund for not attending.

Participation Disclaimer
The APSS, its contractors and attending news media may be photographing or videotaping, scientific sessions and events. By attending SLEEP 2012, attendees acknowledge these activities and agree to allow their image to be used by the APSS in association with the associated publications, on the SLEEP meeting website and in marketing and promotional materials. Attendees at SLEEP 2012 waive all claims against the APSS for any liability resulting from these uses.

Photography/Recording Policy
Photography and/or recording of any kind, other than by the APSS or registered press approved by the APSS, of sessions, speakers and the exhibit hall is prohibited. No cameras will be allowed on the exhibit floor or in the meeting rooms at any time. Violation of this rule could result in removal from the Hynes Convention Center and the confiscation of the film or recording device.

Ticketed Sessions
Postgraduate courses, meet the professor sessions and lunch debate sessions require tickets for admission and have limited seating. It is highly recommended that you view the list of SOLD OUT sessions available on the SLEEP 2012 website at www.sleepmeeting.org. The APSS does not offer a waiting list for those sessions that are SOLD OUT.

Terms and Conditions
By submitting your registration form, you agree to the membership disclaimer, cancellation policy, participation disclaimer, photography/recording policy and ticketed sessions terms and conditions stated above. This form must be submitted by May 30, 2012.

Section II - General Session Registration
The registration fees listed on the registration form are for pre-registration. After May 30, 2012, the national office will no longer accept registration for SLEEP 2012. Individuals wanting to register after this date must register on site, may experience long lines and will pay a registration fee that is $25 more than the pre-registration rate. All individuals are encouraged to pre-register.

General registration includes admission to the general sessions from 1:00pm on Sunday, June 10 – Wednesday, June 13, 2012, industry supported events and the exhibit hall. The required fees for attending ticketed events - postgraduate courses (June 9-10), meet the professor sessions (June 11-13) and lunch debate sessions (June 11-13) - are listed on the registration form. You must register for the SLEEP 2012 general session to register for any ticketed events. Registrations will not be processed unless accompanied by payment in full.

Membership types are as follows:
Member: Individual member of the American Academy of Sleep Medicine (AASM) or Sleep Research Society (SRS) or dual member of both the AASM and the SRS.
Nonmember: A physician, psychologist or health care professional who is not a member of the AASM or SRS.
Resident/Postdoctoral Member: Individual member of the AASM or SRS who has received his/her terminal degree and is in a residency or fellowship program.

Student/Predoctoral Member: Individual member of the AASM or SRS who is pursuing an undergraduate, masters or doctoral degree. Students in the field of sleep technology are not eligible for this registration category and must register as an AAST member.

Resident/Postdoctoral Nonmember: Individual who has received his/her terminal degree and is in a residency or fellowship program. In order to be eligible for this registration category, individuals must complete Section II.b. on the registration form. If Section II.b. is not completed, the APSS will register the individual as a nonmember at the prevailing fee.

Student/Predoctoral Nonmember: Individual who is pursuing an undergraduate, masters or doctoral degree. In order to be eligible for this registration category, individuals must complete Section II.b. on the registration form. If Section II.b. is not completed, the APSS will register the individual as a nonmember at the prevailing fee.

AAST Member: Individual member of the American Association of Sleep Technologists (AAST).

Technologist: A sleep technician or sleep technologist who is not a member of the AAST.

Guest Passes: A registered attendee may elect to buy a guest pass. Guest passes are for family members only and allow entrance to the exhibit hall and industry sponsored events only. Guests must be 16 years of age in order to enter the exhibit hall.

Section III – Postgraduate Course Registration
In order to register for postgraduate courses, you must be registered for the SLEEP 2012 general session (Section II). The APSS does not offer registration to only attend postgraduate courses. Space is limited, and postgraduate courses sell out quickly. If a postgraduate course you select is full when your registration is received, you will not be charged the additional course fees. Attendees registered for SLEEP 2012 at the reduced training rate (i.e. Resident/Postdoctoral or Student/Predoctoral), may register for the postgraduate courses at the member rate regardless of membership status.

AAST course descriptions (A01-A04) can be found in the AAST Preliminary Program. CME, CE credit for psychologists, Letters of Attendance and CE contact hours for nurse practitioners will not be offered for AAST postgraduate courses.

Section IV – Meet the Professor Sessions
Lunch is provided at these sessions. Meals are pre-selected with standard dietary needs in mind and cannot be substituted to accommodate special needs. In order to attend meet the professor sessions, you must be registered for the SLEEP 2012 general session (Section II). The APSS does not offer registration to attend only meet the professor sessions. These sessions have limited seating and are sold on a first-come, first-served basis. Advanced purchase of tickets is strongly encouraged. Please indicate your 1st – 3rd choices. If your 1st choice is full, we will register you for your 2nd or 3rd choices, if available. If none of your preferred meet the professor sessions are available, you will not be charged or you will receive a refund. Those attendees registered for SLEEP 2012 at the reduced training rate (i.e. Resident/Postdoctoral or Student/Predoctoral), may register for the meet the professor sessions at the member rate regardless of membership status.

Section V – Lunch Debate Sessions
Boxed meals are provided at these sessions. Meals are pre-selected with standard dietary needs in mind and cannot be substituted to accommodate special needs. In order to attend lunch debate sessions, you must be registered for the SLEEP 2012 general session (Section II). The APSS does not offer registration to only attend lunch debate sessions. These sessions have limited seating and are sold on a first-come, first-served basis. Advanced purchase of tickets is strongly encouraged. If a lunch debate session is sold out, you will not be charged or you will receive a refund. Those attendees registered for SLEEP 2012 at the reduced training rate (i.e. Resident/Fellow or Student/Predoctoral), may register for the lunch debate sessions at the member rate regardless of membership status.

Section VI – Credits
Detailed information about credits offered at SLEEP 2012 is available on page 41. Credit is not included in the general registration fee; you must register and pay the appropriate fee.

AAST CEC credit information for technologists is available by reviewing the AAST Preliminary Program or contacting the AAST at 630-737-9704. CECs are included in the AAST member general registration fee. Nonmembers interested in receiving CECs must register and pay the $20.00 fee. CECs are offered for AAST 34th Annual Meeting sessions only. CECs are not offered for SLEEP 2012 sessions. Additional information may be found on the AAST website at www.aastweb.org.

Section VII – SLEEP 2012 Networking Reception
The SLEEP 2012 Networking Reception will be held from 6:00pm – 7:30pm on Sunday, June 10, 2012, at the Sheraton Boston. This event provides you with the opportunity to support future research in sleep while socializing with other SLEEP 2012 attendees. The proceeds from this event will support the American Sleep Medicine Foundation (ASMF) and the Sleep Research Society Foundation (SRSF); these foundations aim to promote the advancement of knowledge in the fields of sleep medicine and sleep research. Please refer to page 14 for more details about this fundraising event.

Confirmation
After registering for SLEEP 2012, registrants will receive confirmation from the APSS via email. It is recommended that you bring your confirmation notice with you to the meeting. This will allow you to pick up your registration materials by using ExpressPass®. If there are any questions or discrepancies with your registration, the confirmation notice will provide the information necessary to quickly resolve the complication.
Section I - Registration Information (Please print clearly)

Last Name: ___________________________________________ First Name: ________________________________
Company: ___________________________________________ Department: _____________________________
Address: ______________________________________________________________________________________
City: __________________________________ State: __________ Zip Code: __________ Country: ________________
Telephone: __________________ Fax: ___________ Email Address: __________________________

On-site Mobile Number: ___________________________ NPI Number (required for MDs only): ______________

Degree(s) please check:  MD  PhD  RST  MD/PhD  CPSGT  RPSGT  DO  DDS  RN  Other

Primary Specialty: please circle

Sleep  Neurology  Pediatrics  Psychology  Internal Medicine  Neurophysiology
Psychiatry  Pulmonary Medicine  Family Medicine  ENT  Nursing  Other

Are you a resident physician?  Yes  No

Special Services:
☐ Please check here if you require special services to fully participate at the meeting. Attach a written description of your needs.

Section II – General Session Registration

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>on or before 4/25</th>
<th>4/26-5/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>AASM/SRS/Dual Individual Member*</td>
<td>$275</td>
<td>$350</td>
</tr>
<tr>
<td>Nonmember</td>
<td>$475</td>
<td>$550</td>
</tr>
<tr>
<td>Resident/Postdoctoral Member</td>
<td>$165</td>
<td>$165</td>
</tr>
<tr>
<td>Resident/Postdoctoral Nonmember - complete section II.b</td>
<td>$210</td>
<td>$210</td>
</tr>
<tr>
<td>Student/Predoctoral Member</td>
<td>$85</td>
<td>$85</td>
</tr>
<tr>
<td>Student/Predoctoral Nonmember - complete section II.b</td>
<td>$125</td>
<td>$125</td>
</tr>
<tr>
<td>AAST Member* - includes CECs for AAST Meeting</td>
<td>$220</td>
<td>$295</td>
</tr>
<tr>
<td>Technologist (AAST Nonmember) - does not include CECs</td>
<td>$300</td>
<td>$375</td>
</tr>
<tr>
<td>Guest (Family members only)</td>
<td>$100</td>
<td>$100</td>
</tr>
</tbody>
</table>

Guest Name: __________________________________________

Section II Total: $____________

Section II.b. - To register as a student nonmember, you must currently be a student enrolled in a formal training program. Students in the field of sleep technology are not eligible for this registration category.

☐ By checking this box, I am verifying that I am currently a student enrolled in a formal training program. I give permission to contact my program director to verify my student status. My program director’s name and e-mail are listed below.

Program Director’s Name: ___________________________ Program Director’s Email Address: __________________

Ticketed Sessions: All registrants must complete Section II – General Session Registration prior to registering for any of the following sections. Postgraduate courses, meet the professor sessions, lunch debate sessions and the networking reception are ticketed sessions and have limited seating. A list of sold out sessions is available at www.sleepmeeting.org. A list of AAST sold out sessions is available at www.aastweb.org.

Section III - Postgraduate Course Registration - There is no limit to the number of courses for which you can register

Saturday, June 9

Full-day Courses $150 Member, $200 Nonmember ☐ C01  ☐ C02  ☐ C03  ☐ C04
Half-day Courses $85 Member, $150 Nonmember  ☐ C05  ☐ C06

Sunday, June 10

Full-day Courses $150 Member, $200 Nonmember  ☐ C07  ☐ C08  ☐ C09  ☐ C10
Half-day Courses $85 Member, $150 Nonmember  ☐ C11  ☐ C12

Sunday, June 10

AAST Full-day Courses $130 Member, $185 Nonmember  ☐ A01  ☐ A02  ☐ A03  ☐ A04

Section III Total: $____________
### Section IV - Meet the Professor Registration - Fee per session: $45 Member, $55 Nonmember

| Monday, June 11 | M01- M08 | Choice 1: Course #M | Choice 2: Course #M | Choice 3: Course #M | Section IV Total: $__________ |
| Tuesday, June 12 | M09- M16 | Choice 1: Course #M | Choice 2: Course #M | Choice 3: Course #M |
| Wednesday, June 13 | M17- M23 | Choice 1: Course #M | Choice 2: Course #M | Choice 3: Course #M |

### Section V - Lunch Debate Registration - Fee per session: $40 Member, $50 Nonmember

| Monday, June 11 | L01: Does the MSLT Provide a Useful Measure of Daytime Sleepiness in Clinical Practice? |
| Tuesday, June 12 | L02: Are Periodic Limb Movements during Sleep Dangerous? |
| Wednesday, June 13 | L03: REM Sleep and Dreaming: Cause or Consequence of Emotions? |

### Section VI - Credits

**SLEEP 2012 Credits**
- ✧ Continuing Medical Education (CME) Credit for Physicians: $20 Member, $35 Nonmember
- ✧ Continuing Education (CE) Credit for Psychologists: $40 Member, $40 Nonmember
- ✧ Continuing Education (CE) Contact Hours for Nurse Practitioners: $20 Member, $35 Nonmember
- ✧ Letter of Attendance for Others: $20 Member, $35 Nonmember

**AAST 34th Annual Meeting Credits**
- ✧ Continuing Education Credits (CEC) for Technologists attending AAST 34th Annual Meeting*: $20 Nonmember

*CEC fee is included in the General Registration for AAST members only.

### Section VI Total: $__________

### Section VII - SLEEP 2012 Networking Reception

| Friends of the Foundation (check one) | 10 tickets = $2,500 | 20 tickets = $5,000 or 30 tickets = $10,000 |
| Individual Ticket | $50 x ________ = $__________ |

### Section VII Total: $__________

### Please total each section on both sides of this registration form.

**Grand Total:** $__________

Payment in full must accompany registration in order for it to be processed. Payment may be in the form of a check drawn on a U.S. bank or MasterCard/Visa/American Express. Registrations will be returned unprocessed if proper payment is not provided or form is incomplete. A $50 administrative fee will be withheld on cancellations postmarked on or before Wednesday, May 23, 2012. No refunds are possible after this date. The final date to pre-register is Wednesday, May 30, 2012. Registration forms received after this date will be processed on site at the on-site registration desk. Registration confirmations will be e-mailed approximately 2 business days after the receipt of your registration.

By submitting this registration form, the registrant/payer agrees to abide by the terms and conditions listed in the preliminary program.

### Payment Method

- ✧ Check: Make payable to APSS
- ✧ Credit Card (check one):  ✧ MasterCard  ✧ Visa  ✧ American Express

**Card#_____________________________ Exp. Date _____/_____ Validation Code*__________ Cardholder Name ______________________

**Address: ___________________________________________________________________________________________________________

City: _______________________________________ State: _____ Zip: _________ Country:________________________________________

Signature: _____________________________________________ Date: _____/_____/__________

Please choose ONE of the following methods to submit a registration form (registrations are not accepted by phone):

- **Online** (credit card only): www.sleepmeeting.org
- **Fax** (credit card only): (630) 737-9789
- **Mail** (check or credit card):
  APSS, Attn: Meeting Department
  2510 North Frontage Road
  Darien, IL 60561

For questions, contact the APSS Meeting Department at (630) 737-9768 or visit www.sleepmeeting.org
SLEEP 2012
June 9-13, 2012
John B. Hynes Convention Center
Boston, MA

Four Ways to Book

1 Contact Information

You can expect to receive a confirmation within 72 hours. If you do not, please contact us.

Name: ________________________________
Company: ____________________________
Address: _____________________________ State: ___________________________
City: ________________________________ Country: _________________________
ZIP/Postal Code: ______________________
Phone: ______________________________
Fax: ________________________________
Email: ______________________________

2 Category

☐ Attendee  ☐ Exhibitor

3 Hotels

Reservations are by request and will be processed on a first-come, first-served basis. Enter your first hotel choice.

1: ________________________________  Rewards Number: ______________________

Special Requests

☐ I am in need of an ADA-accessible room; I may need special assistance from my hotel in the event of an emergency.
☐ I am interested in discounted airfares or car rental rates.

4 Booking Details

Name: ________________________________  ☐ Non-Smoking
Company: ________________________________  ☐ Smoking

☐ This is an Individual Booking ☐ Room
Arrival Date: MM/DD/YY  Departure Date: MM/DD/YY
Name of person(s) sharing the room: ________________________________

☐ This is a Group Booking 2+ Rooms
Use this grid to indicate your room type(s) and number of rooms you are requesting per night. For more space, attach an additional page or log on to www.sleepmeeting.org where you can easily make your group booking through our online system.

Please Note: Any requests for 10 or more rooms or suites must be submitted in writing to KLOVATO@aasmnet.org.

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Thurs, June 7</th>
<th>Fri, June 8</th>
<th>Sat, June 9</th>
<th>Sun, June 10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

Names can be added to rooms at a later time. Please note that all names must be provided by April 25, 2012.

5 Payment Information & Cancellation Policy

Payment Guarantee: No charges are incurred at the time of booking, however, a payment guarantee is required to hold your reservation in the amount of one night’s stay at the confirmed hotel plus current tax of 14.45%, subject to change. The hotel will charge payment to the credit card used to check in. Please refer to your confirmation for full details, which may vary per hotel. Cancellation Policy: Reservations cancelled less than 72 hours from the confirmed check-in date or not cancelled at all (no-show) are subject to a financial penalty in the amount of the payment guarantee. Please refer to your reservation confirmation for full policy details, which may vary per hotel.

Contact onPeak for any changes and cancellations to your housing by May 17, 2012. After May 17, 2012, all requests for changes and cancellations must be directed to your confirmed hotel.

Payment Method

☐ Credit Card
Card Type: American Express, Diners Club, Discover, MasterCard and Visa cards are accepted

#: ________________________________  Expiration Date: MM/YY
Name: ________________________________

As it appears on card

Signature: ________________________________

☐ Check
#: ________________________________  $ ________________________________
Check Enclosed

Credit Card Information must be provided to guarantee reservation until check arrives. Check must accompany this completed form and arrive no later than April 25, 2012. Make check payable to onPeak, LLC. Add current tax of 14.45%, subject to change. Mail to: SLEEP C/o onPeak; 350 N Clark St, Ste 200, Chicago, IL 60654.
Optimizing Care For The Narcolepsy Patient
An Expert Roundtable

Monday, June 11, 2012

AGENDA

6:15 PM Registration and Dinner
6:45 PM Symposium
6:45 PM – 8:45 PM

Sheraton Boston Hotel
Connected to Convention Center
39 Dalton Street, Boston, Massachusetts

Chair
Michael Thorpy, MD
Thomas Scammell, MD
Phyllis Zee, MD, PhD

Sponsored by

This activity is supported by an educational grant from

REGISTER ONLINE AT: WWW.SYMPOSIAREG.COM/2123
Sleep Research Society 17th Annual Trainee Symposia Series

The 17th Annual Sleep Research Society Trainee Program will be held the evening of Saturday, June 9 and morning of Sunday, June 10, 2012, at the Hynes Convention Center. The series is free to AASM and/or SRS student members. You must be registered for the SLEEP 2012 meeting to participate; you can register online at www.sleepmeeting.org. Space is limited for this event. The deadline to register is April 25, 2012, or until sessions are full. Registrations will not be accepted after April 25, 2012.

Name: ___________________________________________ Institution: ________________________________

Email: (for registration confirmation and schedule) ___________________________________________________

I am a member of (check one): □ SRS □ AASM □ Both SRS/AASM

What type of training program are you in?  □ Undergraduate  □ Medical Residency in ________________________
□ Master’s Program in ____________________________ □ Postdoctoral Fellowship
□ PhD program in _______________________________ □ Psychology Internship
□ Medical School □ Medical Fellowship in ____________________________
□ Post Baccalaureate

Saturday, June 9

Datablitz, Trainee Reception & Career Development Fair:
6:00pm – 8:00pm (All Attendees)
This event will start out with a 30-minute datablitz of research presented by fellow trainees. Then, representatives from universities and research organizations will be available at the Career Development Fair to discuss their research programs and to advertise student postdoctoral and faculty positions. Afterward, an informal reception will give you the opportunity to socialize with your peers and colleagues.

Sunday, June 10

Workshop 1: 10:10am – 11:00am
Rank based on your preference; indicate your first choice with a number 1.

Optogenetics and the Neural Mechanisms of Sleep/Wake (Advanced)
Jonathon Wisor, PhD

A Survey of Sleep in the Animal Kingdom: What Are the Lessons? (Beginner)
Jerome Siegel, PhD

Managing Shift Work Settings (Intermediate)
Kenneth Wright, PhD

Sleep and Pain (Beginner)
Gilles Lavigne, DMD, PhD

Age-related Changes in Sleep (pediatric focus) (Beginner)
Mary Carskadon, PhD

Novel Insight into Psychological Approaches to Treating Insomnia (Advanced)
Leon Lack, PhD

Building and Enriching Your Mentoring Relationships (All)
Elizabeth Klerman, MD, PhD

Understanding the NIH: Sleep Research Priorities and Science Opportunities (All)
Michael Twery, PhD

Visit www.sleepresearchsociety.org for a full description of each workshop.
### Sleep Research Society 17th Annual Trainee Symposia Series

#### Registration Form

**Sunday, June 10**  
**Workshop 2: 11:10am – 12:00pm**  
*Rank based on your preference; indicate your first choice with a number 1.*

<table>
<thead>
<tr>
<th>Rank</th>
<th>Title</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Genetics of Sleep and Disordered Sleep (Beginner/Intermediate)</td>
<td>Chiara Cirelli, MD, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Sex(ual) Dimorphism and Sleep (All)</td>
<td>Ketema Paul, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Sleep and Circadian Interactions (Intermediate)</td>
<td>Derk Jan Dijk, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Disrupted Circadian Rhythms, Sleep Loss and Metabolic Disease: How Will Research Findings Influence Clinical Practice? (Intermediate/Advanced)</td>
<td>Orfeu Buxton, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Cognition and Sleep in Insomnia (Beginner/Intermediate)</td>
<td>Allison Harvey, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Stress and Sleeplessness (Beginner/Intermediate)</td>
<td>Martica Hall, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Sleep disorders in Movement Disorders (Intermediate/Advanced)</td>
<td>Alexandar Videnovic, MD</td>
</tr>
<tr>
<td>1</td>
<td>Careers Inside Science, Outside Academia / Career Coaching (All)</td>
<td>Mark Aloia, PhD</td>
</tr>
</tbody>
</table>

**Sunday, June 10**  
**Workshop 3: 12:10pm – 1:00pm**  
*Rank based on your preference; indicate your first choice with a number 1.*

<table>
<thead>
<tr>
<th>Rank</th>
<th>Title</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Successful Interviewing</td>
<td>Sean P.A. Drummond, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Patient-orientated Research in Sleep: Development of New Measurements</td>
<td>Daniel J. Buysse, MD</td>
</tr>
<tr>
<td>1</td>
<td>Sleep and the Immune System (Intermediate)</td>
<td>Mark Opp, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Light, Sleep and Circadian Rhythms (Beginner)</td>
<td>Steven Lockley, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Sleep Loss-sensitive Measures of Cognitive Performance (Intermediate)</td>
<td>Hans Van Dongen, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Sleep and Mood Disorders (Beginner)</td>
<td>Colleen Carney, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Pediatric Insomnia (Intermediate)</td>
<td>Valerie Crabtree, PhD</td>
</tr>
<tr>
<td>1</td>
<td>Establishing Connections for Collaborative Research (All)</td>
<td>Ruth Benca, MD, PhD</td>
</tr>
</tbody>
</table>

Registrations will not be accepted after April 25.
BIOGRAPHICAL DATA

Last Name: ____________________________________________ First Name: _______________________________ Middle Initial: ____________
Suffix: ______________ Degree(s):___________________________________ Date of Birth: _____/_____/_____ Gender: □ Male □ Female

ADDRESSES & DIRECTORY INFORMATION (Please provide both addresses and check preferred mailing address)

Members who join after February 29, 2012, will not receive or be included in the 2012-2013 Membership Directory. Directories will be mailed in June of each year. Send me a printed copy of future membership directories: □ Yes □ No

□ Professional Address (listed in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)

Business Name: _____________________________________________________________________________________________________
Address: ___________________________________________________________________________________________________________
City: __________________________________ State: _________ Postal Code: _______________ Country: ____________________________
Phone: __________________________ Fax: __________________________ E-mail*: _____________________________________________

□ Home Address

Address: ___________________________________________________________________________________________________________
City: __________________________________ State:_____________ Postal Code: ________________ Country: ________________________

*E-mail addresses will be used to provide members with information about AASM and industry news and events. The AASM does NOT rent e-mail addresses to third-party organizations.

MEMBERSHIP CLASSIFICATION

Membership is on a calendar-year basis (January 1 – December 31). All membership categories receive online access to the journals SLEEP and Journal of Clinical Sleep Medicine (JCSM).

□ Regular Membership: Individuals possess an MD, DO, PhD, DDS, or other doctoral degree in the healthcare field and are active in sleep disorders medicine. (Please enclose a copy of your diploma and/or medical license).
Membership Dues: $200

□ Affiliate Membership: Individuals with special training in the healthcare field such as technologists, nurses and sleep center managers who are active in the clinical and/or research aspects of sleep medicine.
Membership Dues: $200

□ Affiliate Industry Membership: Individuals employed in the manufacture or sale of pharmaceuticals or equipment who seek to improve their understanding of sleep medicine.
Membership Dues: $400

□ Student Membership: Individuals in formal training who, upon completion, will be eligible for regular membership, including medical students, residents and fellows. Students in the field of sleep technology are not eligible for this membership category; sleep technology students must apply as Affiliate Members. (Please enclose a letter from your program director verifying your student status).
Membership Dues: $40

METHOD OF PAYMENT

(Please check one) Purchase orders are not accepted as payment of membership dues.
□ Check payable to the AASM (U.S. funds drawn on a U.S. bank)
□ Payment by credit card (Visa/MasterCard/American Express)

Total: $____________________ Card Number: _____________________________________________
Exp. Date: _________/_________ Validation Code**: ______________ Cardholder Name: __________________________________________________________________________
Billing Address: _________________________________________________________________________________________________________
Signature: ____________________________________________

**For Visa or MasterCard, the validation code is the last 3 numbers in the signature box. For American Express the validation code is the 4 numbers above the credit card number.

The Revenue Act of 1987 requires the following statement to be published: “Membership dues are not deductible as charitable contributions.” However, dues may be deductible as a business expense. The Revenue Reconciliation Act of 1993 requires that the AASM disclose the percentage of your dues that relate to non-deductible lobbying expenses. The AASM estimates that in 2012, 1% of your dues represent such non-deductible lobbying expenses. You will need to reduce any claimed deduction for AASM dues by this amount.

Individuals residing internationally who seek dues assistance should refer to the AASM website for more information about how to apply as a corresponding member.

Questions? Call the Meeting Department at 630-737-9768
BIOGRAPHICAL DATA

Last Name: ____________________________________________ First Name: _______________________________ Middle Initial: ____________

Suffix: ______________ Degree(s):___________________________________ Date of Birth: _____/_____/_____ Gender: ☐ Male ☐ Female

ADDRESSES & DIRECTORY INFORMATION (Please provide both addresses and check preferred mailing address)

Members who join after February 29, 2012, will not receive or be included in the 2012-2013 Membership Directory. Directories will be mailed in June of each year. Send me a printed copy of future membership directories: ☐ Yes ☐ No

☒ Professional Address (listed in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)

Business Name: _____________________________________________________________________________________________________

Address: ___________________________________________________________________________________________________________

City: __________________________________ State: _________ Postal Code: _______________ Country: ____________________________

Phone: __________________________ Fax: __________________________ E-mail*: _____________________________________________

☒ Home Address

Address: ___________________________________________________________________________________________________________

City: __________________________________ State:_____________ Postal Code: ________________ Country: ________________________

*E-mail addresses will be used to provide members with information about SRS and industry news and events. The SRS does NOT rent e-mail addresses to third-party organizations.

APPLICANT STATEMENT (Please attach one of the following with your application for membership)

Full Members
1) Statement of research activities 2) Citation listing applicant as an author (title/journal/year) 3) Letter of recommendation from a SRS full or emeritus member in good standing

Associate or Postdoctoral, Predoctoral or Undergraduate Student Members
1) Letter of recommendation from a SRS full or emeritus member in good standing

MEMBERSHIP CLASSIFICATION (Please check the membership category for which you are applying.)

Membership is on a calendar-year basis (January 1 – December 31). All membership categories receive online access to SLEEP.

☒ Full Membership: Individuals possess doctoral degrees and have either published sleep-related research or have documentation of research.

Membership Dues: $180

☒ Associate Membership: Individuals with special training who are actively engaged in sleep research, usually in a laboratory, and have not obtained a terminal degree.

Membership Dues: $90

☒ Postdoctoral Fellow Membership: Individuals who have received their terminal degree and are in a residency or fellowship program. (Membership in this category is limited to 5 years.)

Membership Dues: $90

☐ Predoctoral Student Membership: Individuals pursuing masters and doctoral degrees. This category includes individuals who earned their undergraduate degree within the last two years and work in a sleep research laboratory prior to pursuing advanced degrees. (Membership in this category is limited to 7 years.)

Membership Dues: $45

☐ Undergraduate Student Membership: Individuals pursuing undergraduate degrees. (Membership in this category is limited to 4 years.)

Membership Dues: $45

METHOD OF PAYMENT

(Please check one) Purchase orders are not accepted as payment of membership dues.

☒ Check payable to the SRS (U.S. funds drawn on a U.S. bank)

☒ Payment by credit card (Visa/MasterCard/American Express)

Total: $ __________________ Card Number: ___________________________ Exp. Date: ______/______

Validation Code**: ______________ Cardholder Name: _________________________________________________________________________

Billing Address: _________________________________________________________________________________________________________

Signature: _____________________________________________________________________________________________________________

*For Visa or MasterCard, the validation code is the last 3 numbers in the signature box. For American Express the validation code is the 4 numbers above the credit card number.

The Revenue Act of 1987 requires the following statement to be published: “Membership dues are not deductible as charitable contributions.” However, dues may be deductible as a business expense. The Revenue Reconciliation Act of 1993 requires that the SRS disclose the percentage of your dues that relate to non-deductible lobbying expenses. The SRS estimates that in 2012, none of your dues will represent such non-deductible lobbying expenses.
The amazingly simple, clinically proven Provent® Sleep Apnea Therapy provides physicians with an effective new option for OSA patients who are noncompliant with their prescribed CPAP.

- Provides clinically significant results
- Works across all severities of OSA
- Requires no mask or machine
- Well tolerated by most patients

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You need ProFusion neXus from Compumedics!

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- Controls all patient data and documents
- Helps meet HIPAA Compliance
- Integrates with facility Electronic Medical Records
- Helps meets QA and accreditation standards
- Allows secure remote access
- Supports all Compumedics PSG and EEG systems

For more information on ProFusion neXus please visit www.compumedics.com

See more and do more.