


NATIONAL SLEEP
FOUNDATION

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SLEEP HEALTH & SAFETY 2010

March 5-6, 2010 | Washington, DC



 NATIONAL SLEEP FOUNDATION

SLEEP HEALTH & SAFETY 2010

March 5-6, 2010
Washington, DC

CO-CHAIRS

Gregory Belenky, MD
and
Andrew D. Krystal, MD, MS

JOINTLY SPONSORED BY

The Atlanta School
of Sleep Medicine & Technology



sleepfoundation.org



WELCOME TO SLEEP HEALTH & SAFETY 2010

Dear Colleagues:

Sleep profoundly affects our health and safety. Millions of people have sleep disorders, and most go undiagnosed and untreated. Sleep-deprived high school students under-perform, and thousands of fatigue-related car crashes occur each year.


Sleep Health & Safety 2010 is the first conference to examine sleep from both clinical and public health perspectives. It will offer two tracks—a Health Care Professional Track, providing CME credits for physicians and health care professionals plus a Public Health and Safety Track for public health, transportation safety, and school health professionals, government officials, and sleep researchers.

The Health Care Professional Track will present medically sound, practical instruction on the physiology of sleep and the diagnosis and treatment of insomnia, sleep apnea, restless legs syndrome (RLS), and circadian rhythm disorders. It will address sleep problems in special populations and cover the management of sleep and comorbid medical conditions, such as pain, diabetes, hypertension, and depression.

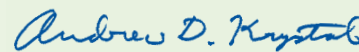
The Public Health and Safety Track will present new data on the epidemiology of sleep and sleep disorders. It will address public health and public policy issues related to sleep and alertness, including drowsy driving legislation, medical certification of transportation operators, new alertness monitoring technology, and drowsy driving counter-measures. It will also discuss policy issues related to sleep, adolescent school health and educational performance and the emerging art and science of fatigue risk management.

Please join us this March at the gorgeous Gaylord Hotel, right on the Potomac River and just minutes from Washington, DC.

Sincerely,



Gregory Belenky, MD
Washington State University
Conference Co-Chair



Andrew D. Krystal, MD, MS
Duke University
Conference Co-Chair



TARGET AUDIENCE

- Primary care physicians
- Sleep clinicians and researchers
- CBT specialists
- Physician Assistants
- Nurses
- Public health officials
- Transportation safety experts
- Educators or school nurses concerned about school start times
- Public policy specialists
- Chronic disease directors

LEARNING OBJECTIVES (For Health Care Professional Track)

Upon completion of this activity, learners will be able to:

- Discuss the implications for clinical medicine posed by sleep disorders
- List the risk factors of various sleep and circadian disorders
- Describe the clinical characteristics of various sleep and circadian disorders
- Distinguish treatment approaches for various sleep and circadian disorders
- Use appropriate diagnostic tools to assess patient's sleep health
- Explain the association of sleep loss, sleep disorders and comorbid conditions

SLEEP HEALTH & SAFETY 2010 PRELIMINARY PROGRAM

FRIDAY, MARCH 5

8:30 am – 9:00 am JOINT SESSION

Sleep and Public Health

Keynote Speaker: Janet Collins, PhD *(invited)*
Acting Associate Director of Programs
Centers for Disease Control and Prevention
Atlanta, Georgia

9:00 am – 10:00 am

Health Care Professional Track (CME)

Impact of Sleep-Wake Function on Health

Highlights of Sleep-Wake Physiology for the Primary Care Physician

Andrew D. Krystal, MD, MS
Professor of Psychiatry and Behavioral Sciences
Duke University School of Medicine
Durham, NC

Circadian Function in Your Patients

Phyllis C. Zee, MD, PhD
Professor of Neurology, Neurobiology and Physiology
Northwestern University Feinberg School of Medicine
Chicago, Illinois

10:00 am – 10:30 am *break*

9:00 am – 10:30 am

Public Health & Safety Track
Sleepiness in America

What Americans Tell Us: Data from National Sleep Foundation's *Sleep in America* Polls

Woodie Kessel, MD, MPH
Assistant Surgeon General (Ret.)
United States Public Health Service
North Bethesda, Maryland

Sleepiness in Adults and Young People: Data from the Behavioral Risk Factors Surveillance System (BRFSS) and Youth Risk Behavior Survey

Janet Croft, PhD
Chief, Emerging Investigations and Analytic Methods Branch
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
Atlanta, Georgia

Public Health & Safety Track, continued

The Impact of Sleep and Sleepiness

Allan I. Pack, MBChB, PhD
Chief, Division of Sleep Medicine
University of Pennsylvania Medical Center
Philadelphia, Pennsylvania

10:30 am – 11:00 am *break*

10:30 am – 12:00 pm

Health Care Professional Track (CME)

Identifying and Treating Sleep-Wake Disorders - Part I

Movement Disorders and Sleep: Focus on Restless Legs Syndrome (RLS)

John W. Winkelman, MD, PhD
Assistant Professor of Psychiatry
Harvard Medical School
Cambridge, Massachusetts

Broken Sleep Clocks: Circadian Rhythm Disorders (Shift Work Disorder, Jet Lag, Advanced & Delayed Sleep Phase Disorders)

Richard Simon, Jr., MD
Medical Director
Kathryn Severyns Dement Sleep Disorders Center
Walla Walla, Washington

Patients Stuck in the Twilight Zone: Parasomnias

Mark W. Mahowald, MD
Professor of Neurology
University of Minnesota Medical School
Minneapolis, Minnesota

11:00 am – 12:00 pm

Public Health & Safety Track

Sleep Disorders & Medical Certification for Transportation Operators

Barbara A. Phillips, MD, MSPH
Professor of Pulmonary, Critical Care, and Sleep Medicine
University of Kentucky
Lexington, Kentucky

Mitchell A. Garber, MD, MPH, MSME

Medical Officer
National Transportation Safety Board
Washington, DC

12:00 pm – 1:00 pm *lunch*

-  Joint Session
-  Health Care Professional Track
-  Public Health and Safety Track

1:00 pm – 1:30 pm JOINT SESSION

Fatigue and Transportation Safety

Keynote Speaker:

The Honorable Deborah A.P. Hersman

Chairman

National Transportation Safety Board

Washington, DC

Public Health & Safety Track, continued

The Alertness Management in Military Operations System

Nancy Wesensten, PhD

Division of Psychiatry and Neuroscience

Walter Reed Army Institute of Research

Silver Spring, Maryland

Integrating Fatigue Risk Management into Rostering and Scheduling Software: An Example from Commercial Aviation

Emma Romig

Principal Investigator, Flight Deck Research & Development

Boeing Commercial Airplanes

Chicago, Illinois

1:30 pm – 3:00 pm CONCURRENT SESSIONS

Health Care Professional Track (CME)

Identifying and Treating Sleep-Wake Disorders - Part II (Insomnia)

Prevalence and Diagnosis

Thomas Roth, PhD

Chief, Division Head and Director of the Sleep Disorders and Research Center

Henry Ford Hospital

Detroit, Michigan

Pharmacotherapy

Andrew D. Krystal, MD, MS

Professor of Psychiatry and Behavioral Sciences

Duke University School of Medicine

Durham, NC

Principles of Cognitive Behavioral Therapy (CBT) for Primary Care

Michael Smith, PhD

Assistant Professor of Psychiatry

Johns Hopkins School of Medicine

Baltimore, Maryland

Managing Insomnia in Primary Care Patients

Paul P. Doghramji, MD

Attending Physician, Collegeville Family Practice

Medical Director, Health Services

Ursinus College

Collegeville, Pennsylvania

Public Health & Safety Track

Fatigue Risk Management – Implications for Occupational Settings

Chair: Gregory Belenky, MD

Research Professor and Director

Sleep and Performance Research Center

Washington State University

Spokane, Washington

Impact of Long Work Hours and Shift Work on Health, Safety and Productivity

Claire Caruso, RN, PhD

Research Health Scientist

National Institute for Occupational Safety and Health

Cincinnati, OH

3:00 pm – 3:30 pm *break*

3:30 pm – 5:00 pm CONCURRENT SESSIONS

Health Care Professional Track (CME)

Sleep & Comorbid Conditions

The Reciprocal Relationship of Sleep and Pain

Michael Smith, PhD

Assistant Professor of Psychiatry

Johns Hopkins School of Medicine

Baltimore, Maryland

Will Sleeping Too Little Make You Fat or Give You Diabetes? Obesity/Metabolic Syndrome

Gary S. Richardson, MD

Senior Research Scientist and Staff Physician, Sleep Disorders and Research Center

Henry Ford Hospital

Detroit, Michigan

Tips and Tools for Evaluating Sleep Disorders in a Primary Care Setting

Larry Culpepper, MD, MPH

Professor and Chair, Department of Family Medicine

Boston University

Boston, Massachusetts

Public Health & Safety Track

Technology Panel: Alertness Monitoring & Drowsy Driving Countermeasures

Chair: Allan I. Pack, MBChB, PhD

Chief, Division of Sleep Medicine

University of Pennsylvania Medical Center

Philadelphia, Pennsylvania

5:30 pm – 9:00 pm

National Sleep Foundation's Annual Awards Dinner

SATURDAY, MARCH 6

8:30 am – 10:30 am JOINT SESSION

Sleep Apnea (CME)**Prevalence and Diagnosis****Meir H. Kryger, MD**Director, Sleep Medicine Research and Education
Gaylord Hospital
Wallingford, Connecticut**Treatments****Jonathan R. L. Schwartz, MD**Clinical Professor of Medicine
University of Oklahoma Health Services Center
Oklahoma City, Oklahoma**Comorbid Conditions in Obstructive Sleep Apnea (OSA)****Barbara A. Phillips, MD, MSPH**Professor of Pulmonary, Critical Care, and Sleep Medicine
University of Kentucky College of Medicine
Lexington, Kentucky**Management of Obstructive Sleep Apnea (OSA) in Primary Care****James F. Pagel, MD**Associate Clinical Professor of Family Medicine
University of Colorado Medical School
Pueblo, Colorado10:30 am – 11:00 am *break*

11:00 am – 12:30 pm CONCURRENT SESSIONS

Health Care Professional Track (CME)**Sleep Through the Lifecycle & Special Populations - Part I****Pediatric/Adolescent Sleep****Jodi A. Mindell, PhD**Associate Director of the Sleep Center
Children's Hospital of Philadelphia
Philadelphia, Pennsylvania**The Most Important Sleep Issues for Mid-Life Adults****Martica Hall, PhD**Associate Professor of Psychiatry
University of Pittsburgh School of Medicine and Western
Psychiatric Institute and Clinic
Pittsburgh, Pennsylvania**Sleep and Aging: "Is Sleep Disturbance Inevitable in Late Life?"****James F. Pagel, MD**Associate Clinical Professor of Family Medicine
University of Colorado Medical School
Pueblo, Colorado**Public Health & Safety Track****Fatigue and Public Safety: Research and Policy Issues in Law Enforcement, Homeland Security, and the Driving Public****Chair: Bryan Vila, PhD**Professor, Criminal Justice Program
Washington State University
Spokane, Washington**State Physician Reporting Requirements Regarding Sleep Disorders****Allan I. Pack, MBCChB, PhD**Chief, Division of Sleep Medicine
University of Pennsylvania Medical Center
Philadelphia, Pennsylvania**Drowsy Driving: The 100-Car Naturalistic Study****Richard J. Hanowski, PhD**Director, Center for Truck and Bus Safety
Virginia Tech Transportation Institute
Blacksburg, Virginia**Tired Cops' Cardio-metabolic Disease: The BCOPS Study****Michael Andrew, PhD**Senior Statistician
Biostatistics and Epidemiology Branch
National Institutes for Occupational Safety and Health
Morgantown, West Virginia12:30 pm – 1:30 pm *lunch*

1:30 pm – 3:30 pm

Health Care Professional Track (CME)**Sleep Through the Lifecycle & Special Populations - Part II****Sleep Disorders Affecting Women****Barbara A. Phillips, MD, MSPH**Professor of Pulmonary, Critical Care, and Sleep Medicine
University of Kentucky College of Medicine
Lexington, Kentucky**Sleep and Minority Populations****Martica Hall, PhD**Associate Professor of Psychiatry
University of Pittsburgh School of Medicine and Western
Psychiatric Institute and Clinic
Pittsburgh, Pennsylvania**Disorders of Excessive Sleepiness (DOES) in Primary Care****"Doc I'm Sleepy All the Time:" A DOES Overview: Sleep Deprivation, Obstructive Sleep Apnea, Periodic Limb Movements in Sleep (PLMS) & Narcolepsy****Paul P. Doghramji, MD**Attending Physician, Collegeville Family Practice
Medical Director, Health Services, Ursinus College
Collegeville, Pennsylvania*continued*

Health Care Professional Track (CME), continued
Interpreting Objective and Subjective Measures of Excessive Sleepiness

Richard Simon, Jr., MD

Medical Director
Kathryn Severyns Dement Sleep Disorders Center
Walla Walla, Washington

Assessing Sleepiness in Your Patients & Referring to Sleep Centers

Jonathan R. L. Schwartz, MD

Clinical Professor of Medicine
University of Oklahoma Health Services Center
Oklahoma City, Oklahoma

Public Health & Safety Track, continued
Teenagers' Environment and Sleep: Caffeine, Screens, etc.

Amy Wolfson, PhD

Chair, Department of Psychology
College of the Holy Cross
Worcester, Massachusetts

Sleep for Success – A School-Board University Partnership Aimed at Improving the Lives of Student Sleepers

Reut Gruber, PhD

Assistant Professor, Department of Psychiatry
Douglas Institute & McGill University
Montreal, Quebec

1:30 pm – 4:00 pm

Public Health & Safety Track
School Health: Adolescent Sleep and Public Policy Interventions

Chair: Amy Wolfson, PhD

Chair, Department of Psychology
College of the Holy Cross
Worcester, Massachusetts

Developmental Changes in Adolescents' Sleep and Circadian Timing

Mary A. Carskadon, PhD

Director of Chronobiology and Sleep Research
Emma P. Bradley Hospital & Brown University
Providence, Rhode Island

Challenges of Adjusting School Start Times: Reflections on Past Success Stories and Looking Forward

Kyla L. Wahlstrom, PhD

Director, Center for Applied Research and Educational Improvement
University of Minnesota
Minneapolis, Minnesota

Challenges of Adjusting School Start Times: The Reality of Changing School Start Times

Rhoda Au, PhD

Associate Professor of Neurology
Boston University School of Medicine
Boston, Massachusetts

Deepika Cattray

Boston University
Boston, Massachusetts

Sleepy at School – Is Anyone Noticing? Roles for School Psychologists, Counselors, Administrators, Teachers, and Parents

Joseph A. Buckhalt, PhD

Wayne T. Smith Distinguished Professor
Auburn University
Auburn, Alabama

ANNUAL AWARDS DINNER

Sleep Health & Safety attendees will receive a complimentary ticket to the National Sleep Foundation's Annual Awards Dinner. The Awards Dinner recognizes select individuals and organizations that have made outstanding contributions to the sleep and health fields. It attracts thought leaders, health care professionals, scientists, researchers and industry executives. Funds raised by the dinner support the Foundation's ongoing public education, awareness, and advocacy programs throughout the year.

HONOREES

Allan I. Pack, MBChB, PhD

Lifetime Achievement Award

Pietro Badia, PhD

Sleep Educator Award

Wallace B. Mendelson, MD

Excellence in Sleep & Psychiatry Award

GUEST SPEAKER

A. Roger Ekirch, PhD

author of *At Day's Close: Night in Times Past*

EVENT DETAILS

Friday, March 5, 2010

Gaylord National Hotel & Convention Center

5:30 pm Networking Reception, Woodrow Wilson Ballroom

6:30 pm Dinner & Awards Presentation, Woodrow Wilson Ballroom

Business Attire

CME INFORMATION

Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Atlanta School of Sleep Medicine and the National Sleep Foundation. The Atlanta School of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Designation of Credit

The Atlanta School of Sleep Medicine designates this educational activity for a maximum of 11 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure

It is the policy of the Atlanta School of Sleep Medicine to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. All faculty participating in programs sponsored or jointly sponsored by Atlanta School of Sleep Medicine are expected to disclose to the program audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Having an interest in or affiliation with any corporate organization does not necessarily influence a speaker's presentation, but the relationship must be made known in advance to the audience in accordance with the standards of the Accreditation Council for Continuing Medical Education. It is the policy of the Atlanta School of Sleep Medicine that all faculty disclose the following information (1) if the CME content over which the speaker has control contains information about healthcare products or services, (2) if so, the financial relationship of individual and spouse/partner in the last 12 months with manufacturers of products or providers of services must be stipulated; and (3) attestation whether any identified relationship would cause information about healthcare products and services in the CME content to be commercially biased.

ACCOMMODATIONS

A block of rooms has been reserved for attendees at:

Gaylord National Hotel & Convention Center

201 Waterfront Street
National Harbor, Maryland 20745
(Minutes from Washington, DC and Reagan National Airport)



Room rate: \$259 single/double per night plus tax and resort fee.

Reserve your room at sleepfoundation.org, or call (301) 965-2000. Mention the National Sleep Foundation room block. Inquire about government rates.

***Rooms must be reserved by February 4, 2010 to ensure availability and the discounted rate.**

For more information, contact Maria Butler at mbutler@sleepfoundation.org or (202) 347-3471.

Americans with Disabilities Act

In compliance with the Americans with Disabilities Act, the NSF will make every reasonable effort to accommodate your needs. For any special requests, please email Inne Barber at ibarber@sleepfoundation.org by January 31, 2010.

CALENDAR

FRIDAY, MARCH 5, 2010

Exhibit Hours8:00 am – 5:00 pm
Sleep Health & Safety 20108:30 am – 5:00 pm
National Sleep Foundation's
Annual Awards Dinner5:30 pm – 9:00 pm

SATURDAY, MARCH 6, 2010

Exhibit Hours8:00 am – 2:00 pm
Sleep Health & Safety 20108:30 am – 4:00 pm

All events will be held at the Gaylord National Hotel & Convention Center, 201 Waterfront Street, National Harbor, Maryland. (Minutes from Washington, DC and Reagan National Airport)

SLEEP HEALTH & SAFETY 2010

REGISTRATION FORM

4 Easy Ways to Register:

1. Register online at: www.sleepfoundation.org
2. Fax: (202) 347-3472
3. Email: mbutler@sleepfoundation.org
4. Mail completed form to:

National Sleep Foundation
Attn: Maria Butler
1522 K Street, NW, Suite 500
Washington, DC 20005

Please check:

- I will attend the Annual Awards Dinner
(at no extra charge)
- I am a current Sleep Care Center or
Professional Member

** Required Fields

Name**: _____ Title: _____

E-Mail**: _____ Check if you would prefer not to be on the NSF mailing list. You will still receive information related to this conference.

Institution: _____

Address**: _____

City**: _____ State**: _____ Zip**: _____ Country: _____

Telephone: (_____) _____
area code

Degree**: MD PhD DO PA RN Other _____ Years in practice**: 1-4 5-9 10-14 15+

Total Payment \$ _____

Date: _____

Check enclosed, to the National Sleep Foundation (U.S. funds only)

VISA MasterCard American Express Discover

Cardholder Name (please print) _____ Signature: _____

Card #: _____ Exp Date: _____

Check here to sign up for *NSF Alert*, the National Sleep Foundation's weekly e-newsletter

Cancellation Policy: The deadline to receive a refund for your registration is 30 business days before the event. Registration cancellations received prior to the deadline may be eligible to receive a refund less a \$75 service fee. Cancellations received after the stated deadline will not be eligible for a refund. Refunds will not be available for registrants who choose not to attend an event. Cancellations will be accepted in writing only and must be received by the stated cancellation deadline. Refunds will be credited back to the original credit card used for payment. Substitutions will not be permitted.

Fees: (please check one)

Early Bird Registration: (Register by January 28, 2010)

- Non-member Rate\$225
 Member Rate*\$180

Regular Registration: (January 29 - February 4, 2010)

- Non-member Rate\$350
 Member Rate*\$280

Late Registration: (February 5 - March 6, 2010)

(Subject to availability)

- Non-member Rate\$400
 Member Rate*\$320

Sleep Professional "In Training" Rate:

(May be asked for student ID at registration.

No further discount or Awards Dinner admission)\$80

*Amount reflects a 20% discount for Sleep Care Center and Professional Members.

Fee includes Conference syllabus and a free ticket to the National Sleep Foundation's Annual Awards Dinner. RSVP for the Awards Dinner by January 29, 2010.