

MANAGING SLEEP HEALTH IN THE PRIMARY CARE SETTING

March 6, 2015 – 12:15pm to 4:00pm

Frances C. Arrillaga Alumni Center
Stanford, CA

A Continuing Medical Education Conference Presented by the Department of Sleep Sciences and Medicine at the Stanford University School of Medicine. Sponsored by the Stanford University School of Medicine in Collaboration with the National Sleep Foundation.



PROGRAM (subject to change)

- 12:15-12:25 pm **Introduction and Welcome Remarks**
Shannon Sullivan, MD
William Dement, MD
- 12:25-1:15 pm **Optimizing Sleep for Children and Adolescents**
Stephen Sheldon, DO
Rafael Pelayo, MD
- 1:15-2:05 pm **Sleep Behaviors and Movement Disorders for the Primary Care Provider: RLS and Parasomnias**
Juliane Winkelmann, MD
Mark Mahowald, MD
- 2:05-2:20 pm **Break**
- 2:20-3:10 pm **Hypersomnia in Primary Care**
Emmanuel Mignot, MD, PhD
Paul Doghramji, MD, FAAFP
- 3:10-3:50 pm **Sleep, Circadian Rhythms, and Performance**
Charles Czeisler, MD, PhD, FRCP
- 3:50-4:00 pm **Closing Remarks**
Christian Guilleminault, MD
- 4:00 pm **Adjourn**

Opportunities for Q&A will be provided at the conclusion of each presentation

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SCHOOL OF MEDICINE IN COLLABORATION WITH THE
NATIONAL SLEEP FOUNDATION**



**Stanford
MEDICINE**

FACULTY

All faculty are affiliated with Stanford University School of Medicine unless otherwise noted.

Course Director, Moderator & Course Content Validation Reviewer:

Shannon Sullivan, MD
Clinical Assistant Professor, Psychiatry and Behavioral Sciences Stanford Center for Sleep Sciences and Medicine

Charles A. Czeisler, MD, PhD, FRCP
Baldino Professor of Sleep Medicine Division of Sleep and Circadian Disorders Brigham and Women's Hospital

William C. Dement, MD
Professor, Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine Professor (By courtesy), Psychology

Paul P. Doghramji, MD, FAAFP
Family Medicine, Colleagueville Family Practice

Christian Guilleminault, MD
Professor of Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine

Mark W. Mahowald, MD
Former Director of the Minnesota Regional Sleep Disorders Center Professor, Department of Neurology (Retired), University of Minnesota Medical School Adjunct Clinical Professor, Department of Psychiatry and Behavioral Sciences, Stanford University

Emmanuel Mignot, MD, PhD
Professor of Psychiatry and Behavioral Sciences and Director of the Stanford Center for Sleep Sciences and Medicine

Rafael Pelayo, MD
Clinical Professor, Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine

Stephen H. Sheldon, DO
Professor in Pediatrics-Pulmonology Medicine and Neurology, Northwestern University Feinberg School of Medicine

Juliane Winkelmann, MD
Professor of Neurology and Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine

Faculty Disclosure
The Stanford University School of Medicine adheres to ACCME Essential Areas, Standards, and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity.



**NATIONAL SLEEP
FOUNDATION**

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STATEMENT OF NEED

This CME conference will focus on gaps in medical knowledge and competence related to sleep disorders. The course will present didactic lectures and Q&A sessions that will provide the learner with strategies to implement when addressing sleep disorders that are prevalent, readily identified using appropriate tools, and can be largely managed by primary providers. Topics will include pediatric sleep, sleep behaviors and movements that are commonly encountered, evaluating the complaint of sleepiness in primary care and circadian rhythms, sleep timing, and performance.

TARGET AUDIENCE

This regional conference is designed to meet the specialty and subspecialty needs of internists, family practitioners, primary care physicians, pediatricians, neurologists, psychiatrists, psychologists, residents/fellows in training, and interested allied health professionals.

LEARNING OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Work-up and manage:
 - a) Common issues in pediatric sleep (such as behavioral insomnia, understanding changes in normal sleep through childhood, and the influence of “screens” on sleep).
 - b) Sleep behaviors and movements that are commonly encountered in clinic.
- Evaluate the complaint of sleepiness in primary care using clinical tools (such as questionnaires) and resources.
- Evaluate and treat patients with circadian rhythm disturbance; including sleep timing and performance.

ACCREDITATION

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION

Stanford University School of Medicine designates this live activity for a maximum of 3.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for *AMA PRA Category 1 Credit(s)*[™] (rn.ca.gov).

Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

REGISTRATION

Managing Sleep Health in the Primary Care Setting

Please register early – space is limited. Registration fee includes: refreshment break and course materials. Tuition may be paid by check, Visa, or MasterCard. Cash is not accepted. Onsite registration is subject to space availability.

Please register and pay online by credit card at <http://cme.stanford.edu/sleep/>

If you prefer to pay by phone or check, please contact the Stanford Center for CME at (650) 497-8554 for assistance (Note that your registration is not confirmed until payment is received).

REGISTRATION FEES:

All practitioners registration fee: \$50.00

Stanford Center for Continuing Medical Education

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Phone: 650.497.8554 • Email: stanfordcme@stanford.edu

• Web: <http://cme.stanford.edu/>



Stanford University School of Medicine is fully ADA compliant. If you have needs that require special accommodations, including dietary concerns, please contact ycervant@stanford.edu.

CONFERENCE LOCATION

The Frances C. Arrillaga Alumni Center is located on the Stanford campus at 326 Galvez Street, at the intersection of Campus Drive and Galvez Street. For an interactive campus map visit <http://ucomm.stanford.edu/map/>.

Conference parking is available in Galvez lot (L-96) on Friday, March 6. The discounted conference parking rate is \$8.00/day. One week before the conference parking information will be emailed to all registered attendees. A parking code for the Galvez lot will be provided at that time. The parking code allows for an \$8.00 conference rate.

CONTACT

For questions about the symposium, please contact Yolanda Cervantes, CME Conference Coordinator, at (650) 724-9549 or email ycervant@stanford.edu

ACCOMMODATIONS

For lodging near the Stanford campus, please visit <http://visit.stanford.edu/plan/lodging> to view the Stanford Lodging Guide.

CANCELLATION POLICY

A written notice of cancellation must be received by February 27, 2015. A \$25 cancellation fee will be assessed at that time; after that date, cancellation requests cannot be honored. Please send requests to stanfordcme@stanford.edu. Stanford University School of Medicine reserves the right to cancel this program. In the event of cancellation, course fees will be fully refunded.

To register and pay online, visit <http://cme.stanford.edu/sleep>