

**DID YOU MISS ONE OF THE PREVIOUS OFFERING DATES? PARTICIPATE IN THE RECORDED JOURNAL CLUB SERIES: Register today at [www.neuroscienceCME.com/CMW410](http://www.neuroscienceCME.com/CMW410)**

# Evolving Sleep-Wake Research: Implications for Improved Patient Outcomes, Parts 1-3

Earn up to 3.0 CE credits by completing all 3 parts!

[www.neuroscienceCME.com/CMW410](http://www.neuroscienceCME.com/CMW410)

Participate in this recorded format as a group on one or more of the following 3 dates to receive pizza coupons toward lunch:

**PART 1: Friday, December 4, 2009, 12:00–1:00 p.m. ET** (Dr. Dijk/Dr. Roth)

**PART 2: Tuesday, January 5, 2010, 12:00–1:00 p.m. ET** (Dr. Silva/Dr. Roth)

**PART 3: Thursday, January 7, 2010, 12:00–1:00 p.m. ET** (Dr. Garcia-Rill/Dr. Roth)

*NOTE: No live CE credit is being offered for this ARCHIVE CE series.*



**Pizza Coupon Eligibility:**

Group size: 10 or more • Proportion of MD/DO/PA/NP clinicians: 5 or more



**Questions?**  
Call **877.CME.PROS**

These ARCHIVE activities offers CE credit for:

- Physicians (CME)
- Case Managers (CCMC)
- Social Workers (NASW)
- Psychologists (CEP)
- Nurses (CNE)
- Pharmacists (CPE)

All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

**STATEMENT OF NEED**

Evolving research in the field of sleep-wake medicine has offered insights regarding the linkage between sleep disturbances and adverse consequences related to performance, mood, behavior, and medical illness. Unremitting symptoms of excessive sleepiness related to sleep disordered breathing or circadian misalignment can have a significant impact on overall health and quality of life. As developments in the science of sleep-wake medicine emerge, there is a need to understand the implications of the data for clinical practice and for improved patient outcomes. In these evidence-based neuroscienceCME Journal Club sessions, the faculty will explore data on the genetic link to sleep loss and circadian misalignment, the impact of sleep disordered breathing on quality of life, and the neurobiology of sleep-wake control and translate the evidence into clinical insights that can improve patient outcomes.

Shepard JW Jr, Buysse DJ, Chesson AL Jr, et al. History of the development of sleep medicine in the United States. *J Clin Sleep Med* 2005;1:61-82.

**SERIES GOAL**

To translate new evidence in the literature into improved treatment of sleep-wake disorders.

**LEARNING OBJECTIVES**

At the end of each CE activity, participants should be able to:

- **PART 1:** Recognize the relationship between genetics and individual differences in susceptibility to sleep loss and circadian misalignment.
- **PART 2:** Assess the impact of sleep disordered breathing, sleep quality, and excessive sleepiness on physical and mental quality of life.
- **PART 3:** Link the neuronal process of electrical coupling to sleep-wake control.

**TARGET AUDIENCE**

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals interested in sleep-wake medicine.

**COMMERCIAL SUPPORT**

CME Outfitters, LLC, gratefully acknowledges an independent educational grant from Cephalon, Inc., in support of this CE series.

FAX completed form to **240.243.1033**

**YES! I would like to participate in a Journal Club Internet ARCHIVE on the following date(s).**

(Participation details will be sent to you via email.)

- PART 1: Friday, 12/4/09     PART 2: Tuesday, 1/5/10     PART 3: Thursday, 1/7/10     All three parts

Site Name: \_\_\_\_\_ # Participants: \_\_\_\_\_

Individual Name: \_\_\_\_\_ Degree: \_\_\_\_\_

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

City/State/ZIP: \_\_\_\_\_

Practice Setting:  Community Mental Health     State Mental Health     Primary Care  
 Private Practice     Other: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_



**FACULTY INFORMATION**

**Derk-Jan Dijk, PhD**

The University of Surrey  
Guildford, UK

**PART 1: Featured Article:** Viola AU, Archer SN, James LM, et al. PER3 polymorphism predicts sleep structure and waking performance. *Curr Biol* 2007;17:613-618.

**Graciela E. Silva, PhD**

Arizona State University  
Phoenix, AZ

**PART 2: Featured Article:** Silva GE, An M, Goodwin J, et al. Longitudinal evaluation of sleep-disordered breathing and sleep symptoms with change in quality of life: the Sleep Heart Health Study (SHHS). *Sleep* 2009;32:11049-12057.

**Edgar Garcia-Rill, PhD**

University of Arkansas for Medical Sciences  
Little Rock, AR

**PART 3: Featured Article:** Beck P, Odle A, Wallace-Huitt T, Skinner R, Garcia-Rill E. Modafinil increases arousal determined by P13 potential amplitude: an effect blocked by gap junction antagonists. *Sleep* 2008;31:1647-1654.

**MODERATOR**

**Thomas Roth, PhD**

Henry Ford Hospital  
University of Michigan School of Medicine  
Detroit, MI

**CREDIT INFORMATION (FOR EACH PART)**

**CME Credit (Physicians):** CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Note to Physician Assistants:** AAPA accepts Category I credit from AOACME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.

**CNE Credit (Nurses):** CME Outfitters, LLC, is an approved provider of continuing nursing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned code 6WASUP-PRV-0670 (Part 1), 6WASUP-PRV-0671 (Part 2), 6WASUP-PRV-0672 (Part 3). 1.0 contact hours will be awarded for each part upon successful completion.

**Note to Nurse Practitioners:** The content of this CNE activity pertains to Pharmacology.

**CEP Credit (Psychologists):** CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

**NASW Credit (Social Workers):** This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

**CCMC Credit (Certified Case Managers):** This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

**CPE Credit (Pharmacists):** CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)

Universal Activity Number:  
PART 1: 376-000-09-022-H01-P  
PART 2: 376-000-09-023-H01-P  
PART 3: 376-000-09-024-H01-P  
Activity type: Knowledge-based

Post-tests, credit request forms, and activity evaluations can be completed online at [www.neuroscienceCME.com](http://www.neuroscienceCME.com) (click on the Testing/Certification link under the Activities tab—requires free account activation), and participants can print their certificate or statement of credit immediately (80% pass rate required). This website supports all browsers except Internet Explorer for Mac. For complete technical requirements and privacy policy, visit [www.neuroscienceCME.com/technical.asp](http://www.neuroscienceCME.com/technical.asp). CE credit for Part 1 expires September 29, 2010. CE credit for Part 2 expires October 5, 2010. CE credit for Part 3 expires October 19, 2010.

This continuing education activity is provided by

