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# Evolving Sleep-Wake Research: Implications for Improved Patient Outcomes, Part 2

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**FACULTY INFORMATION**

**Graciela E. Silva, PhD**  
Assistant Professor  
Southland Borders Scholar  
College of Nursing & Health Innovation  
Arizona State University  
Phoenix, AZ

**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;32:1049-1057.

**MODERATOR**

**Thomas Roth, PhD**  
Director, Sleep Disorders and Research Center  
Henry Ford Hospital  
Clinical Professor of Psychiatry  
University of Michigan School of Medicine  
Detroit, MI

**CREDIT INFORMATION**

**CME Credit (Physicians):** CME Outfitters, LLC, is CME Outfitters 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.

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**CNE Credit (Nurses):** This continuing nursing education activity was approved by the National Nurses Credentialing Center's Commission on Accreditation.

It has been assigned approval code 7ZEJTL-10. 1.0 contact hours will be awarded upon successful completion.

**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)

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

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Universal Activity Number: 376-000-09-023-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 expires October 5, 2010.

Release Date: October 5, 2009  
Credit Expiration Date: October 5, 2010  
Archive Offered Until: October 5, 2010  
*NOTE: No live CE credit is being offered for this activity.*

This ARCHIVE activity 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.

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

**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 this evidence-based neuroscienceCME Journal Club session, 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.

**ACTIVITY 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:

- Assess the impact of sleep disordered breathing, sleep quality, and excessive sleepiness on physical and mental quality of life.

*The following learning objectives pertain only to those requesting CNE credit:*

- Identify the impact of sleep disordered breathing, sleep quality, and excessive sleepiness on physical and mental quality of life.
- Recognize drivers of poor sleep quality.

**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 activity.

FAX completed form to **240.243.1033**

**YES! Register me for this Journal Club Internet ARCHIVE.** (Participation details will be sent to you via email.)

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

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

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

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

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

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