RECORDED CE JOURNAL CLUB ACTIVITY: Register today at www.neuroscienceCME.com/CMW396

Evolving Sleep-Wake Research: Implications for Improved Patient Outcomes, Part 3

Participate online anytime at www.neuroscienceCME.com/CMW396

Release Date: October 19, 2009
Credit Expiration Date: October 19, 2010
Archive Offered Until: October 19 , 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:
- Link the neuronal process of electrical coupling to sleep-wake control.

The following learning objectives pertain only to those requesting CNE credit:
- Describe the physiology of electrical couple and the relationship to sleep-wake control.
- Describe the impact of medication on electrical coupling and ability to modulate arousal.

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:_____
Fax:_____ Email:_____

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FACULTY INFORMATION

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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
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CREDIT INFORMATION

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 AOACCME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.*

CNE Credit (Nurses): This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned approval code 7ZEJDF-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)

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: 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 (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. CE credit expires October 19, 2010.

This continuing education activity is provided by CME Outfitters

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