

**Online CME/CNE/CPE Medical Simulation: REGISTER TODAY!**

**Sleep Case Series, Part 2:  
Assessing and Managing the Symptom  
of Excessive Sleepiness in a Patient  
with an Abnormal Sleep-Wake Cycle**

Participate online anytime at  
[www.neuroscienceCME.com/CMW343](http://www.neuroscienceCME.com/CMW343)



**FACULTY INFORMATION**

**Mary O'Malley, MD, PhD**  
Program Director, Sleep Fellowship  
Norwalk Hospital Sleep Disorders Center  
Norwalk, CT

**TARGET AUDIENCE**

Physicians, physician assistants,  
pharmacists, and other healthcare  
professionals with an interest in  
sleep-wake disorders.

**CREDIT INFORMATION**

**CME Credit (Physicians):** CME  
Outfitters, LLC, is accredited  
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Universal Program Number:  
376-000-09-006-H01-P

Activity Type: knowledge-based

Post-tests, credit request forms, and activity  
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Release Date: March 26, 2009  
Credit Expiration Date: March 26, 2010  
Archive Offered Until: March 26, 2010

This activity offers CE credit for:  
• Physicians (CME) • 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**

The symptom of excessive sleepiness can be the manifestation of a number of underlying sleep disorders, each with different biological underpinnings, consequences, patient characteristics, and management strategies. Accurate differential diagnosis of a sleep disorder with the use of appropriate clinical tools is key to ensuring that optimal treatments are initiated. A number of distinct disorders can be responsible for or result from altered sleep-wake cycles, characterized by abnormal timing of the desire to sleep, the drive for wakefulness, or both. Clinically, these patients may experience both insomnia and excessive sleepiness, but at inappropriate times. This can result in impaired work and psychosocial function, as well as accidents, and often have multiple other medical and/or psychiatric comorbidities.<sup>1</sup> In spite of this, there is expert consensus that this population has been relatively neglected, and in some instances the diagnoses lack proper definition. In this interactive neuroscienceCME Medical Simulation, participants will navigate through a real-life clinical situation and hone their clinical decision-making skills by assessing and managing a patient with symptoms of excessive sleepiness and abnormal sleep-wake patterns.

<sup>1</sup> O'Malley MB. Treatment of excessive daytime sleepiness. *CNS Spectrums* 2007;12(Suppl 2):1-16.

**ACTIVITY GOAL**

To provide clinicians with strategies drawn from the latest evidence for assessing, diagnosing, and treating common sleep-wake disorders to improve patient outcome.

**LEARNING OBJECTIVES**

- At the end of this CE activity, participants should be able to:
- Identify symptoms characteristic of a sleep-wake disorder.
  - Utilize diagnostic tools to improve the differential diagnosis of patients with sleep-wake disorders.
  - Develop a treatment plan including both behavioral measures and, if warranted, pharmacotherapy, for patients with sleep-wake disorders.

**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 online neuroscienceCME activity.**

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: \_\_\_\_\_