

## Online CME/CPE Medical Simulation: REGISTER TODAY!

# Sleep Case Series, Part 5: Student Missing Classes: Habit, Medical Issue, or Sleep Disorder?

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Release Date: May 21, 2009  
Credit Expiration Date: May 21, 2010  
Archive Offered Until: May 21, 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

Delayed sleep phase syndrome (DSPS) is responsible for 7% to 10% of cases where patients complain of chronic insomnia and it is frequently misdiagnosed.<sup>1,2</sup> Mild depression and substance abuse share some symptoms with DSPS. In fact, recent studies have almost half of all college students report depression severe enough to interfere with daily activities, and nearly one-quarter of male college students have a clinically significant alcohol-related problem.<sup>3,4</sup>

Evidence-based recognition, screening, and diagnosis are key components improving management strategies for these patients. Recent studies support the use of light therapy, cognitive behavioral therapy, pharmacotherapy, and chronotherapy as effective treatments for DSPS.<sup>5-9</sup>

Clinicians need ready access to evidence-based data on recognition, diagnosis, and treatment of DSPS. This interactive, case-based learning tool offers a unique opportunity for clinicians to further develop their problem-solving skills, benefit from the input and expertise of experienced faculty, and practice real-world clinical skills as they explore the integration of various treatments to improve outcomes for patients with DSPS.

<sup>1</sup> Cataletto ME, Hertz G. Sleeplessness and Circadian Rhythm Disorder. eMedicine Available at: <http://emedicine.medscape.com/article/1188944-overview>. 2008.

<sup>2</sup> Dagan Y, Abadi J. Sleep-wake schedule disorder disability: a lifelong untreatable pathology of the circadian time structure. *Chronobiol Int* 2001;18:1019-1027.

<sup>3</sup> American College Health Association Survey Shows Increase of Depression Among College Students Over Four-Year Period. Available at: [http://www.acha.org/newsroom/pr\\_ncha\\_11\\_18\\_04.cfm](http://www.acha.org/newsroom/pr_ncha_11_18_04.cfm).

<sup>4</sup> Slutske WS. Alcohol use disorders among US college students and their non-college-attending peers. *Arch Gen Psychiatry* 2005;62:321-327.

<sup>5</sup> Sack RL, Auckley D, Auger RR, et al. Circadian rhythm sleep disorders: part II, advanced sleep phase disorder, delayed sleep phase disorder, free-running disorder, and irregular sleep-wake rhythm. An American Academy of Sleep Medicine review. *Sleep* 2007;30:1484-1501.

<sup>6</sup> Morgenthaler TI, Lee-Chiong T, Alessi C, et al. Practice parameters for the clinical evaluation and treatment of circadian rhythm sleep disorders. An American Academy of Sleep Medicine report. *Sleep* 2007;30:1445-1459.

<sup>7</sup> Parker G, Fletcher K. Treating depression with the evidence-based psychotherapies: a critique of the evidence. *Acta Psychiatr Scand* 2007;115:352-359.

<sup>8</sup> Prasko J. Bright light therapy. *Neuro Endocrinol Lett* 2008;29(Suppl 1).

<sup>9</sup> Lack LC, Wright HR. Clinical management of delayed sleep phase disorder. *Behav Sleep Med* 2007;5:57-76.

### ACTIVITY GOAL

To identify and utilize evidence-based management strategies to improve outcomes for patients with delayed sleep phase syndrome.

### 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: \_\_\_\_\_



### FACULTY INFORMATION

**Meeta Singh, MD**

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### LEARNING OBJECTIVES

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

- Recognize the signs and symptoms of delayed sleep phase syndrome (DSPS).
- Evaluate the differential diagnosis of DSPS and possible treatments.
- Utilize effective, evidence-based psychosocial and pharmacological strategies to improve overall outcomes in patients with DSPS.

### TARGET AUDIENCE

Physicians, physician assistants, pharmacists, and other healthcare professionals interested in management and treatment of patients with delayed sleep phase syndrome.

### 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 0.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. 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.

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0.5 contact hours (0.05 CEUs)

Universal Program Number: 376-000-09-017-H01-P  
Activity Type: knowledge-based

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