

### 5th Annual Rocky Mountain Sleep Conference

**March 11, 2011**

7:00 AM to 7:50 AM

***Registration, Breakfast & Exhibits***

7:50 AM to 8:00 AM ***Opening Remarks***

8:00 AM to 9:00 AM Calling Mr. Sandman: Behavioral Aspects of Pediatric Sleep  
Lisa J. Meltzer, Ph.D., CBSM

Summary: Sleep problems are common in youth of all ages, thus it is important to understand what is normal and not normal in terms of pediatric sleep. This presentation will provide an overview of normal sleep across development and the consequences of sleep disruption/deprivation in youth. This will be followed by an introduction to common behaviorally based pediatric sleep problems, with basic recommendations for improving sleep in children and adolescents.

Learning Objectives:

- Understand the normal development of sleep in children and adolescents
- Appreciate the consequences of sleep deprivation in children
- Recognize the different types of empirically validated behavioral treatments for bedtime problems and night wakings in children
- Understand how the science of behavioral treatments can be translated to practical skills

9:00 AM to 10:00 AM Chronic Respiratory Failure: The Role of Noninvasive Ventilation  
Barry J. Make, MD, FACP, FCCP, FACVPR

Summary: Chronic respiratory failure is a complication of intrinsic lung disease, neuromuscular disease, and chest wall disorders. In order to prevent hospitalizations and death, health care practitioners should recognize the condition at its earliest stages and initiate appropriate therapy, most often noninvasive ventilatory support. This session will discuss recognition and management of patients with chronic respiratory failure.

Learning Objectives:

- Know the causes of chronic respiratory failure
- State the benefits of noninvasive ventilation in chronic respiratory failure
- Understand how to manage patients with chronic respiratory failure

10:00 AM to 10:30 AM

***Break and Exhibits***

10:30 AM to 11:30 AM Cognitive Behavioral Therapy for the Management of Insomnia  
Rachel Norwood, M.D.

Summary: Cognitive Behavioral Therapy (CBT) provides a non-medication based approach to managing chronic insomnia. It is particularly useful because often hypnotics can become ineffective in inducing and/or maintaining sleep or are associated with problematic side effects and patients need an alternative strategy for managing their insomnia. This presentation will review the tenets of CBT, the physiology of sleep and three major strategies of CBT specifically applied to insomnia.

- Learning Objectives:
- Participants in this program will understand the potential and limitations of CBT in managing chronic insomnia
  - Participants in this program will understand three biologic systems involved in the onset and maintenance of sleep and potential ways to manipulate them
  - Participants in this program will learn three strategies of CBT as applied to insomnia as well as the rationale behind each and how to monitor for change

11:30 AM to 12:30 PM Exam Development – Assuring Reliability and Validity

Becky Appenzeller, RPSGT, R. EEG T., CNIM

Summary:

This presentation will provide an overview of the process that is used to determine the need for an exam, and the steps and procedures that must be followed in order to develop an exam content and blueprint . We will discuss some of the activities involved in item construction and exam development, as well as the evaluation and statistical analysis that that follows the delivery of an exam.

- Learning Objectives:
- Understand the difference between exam validity and exam reliability
  - Understand the many steps necessary before an exam can be published
  - Understand some of the “do and don’t” rules of item construction

12:30 PM to 1:30 PM

***Lunch and Exhibits***

1:30 PM to 2:30 PM New ASV Devices to Treat CSA in Association with CHF, Opioids and Complex Sleep Apnea

Shahrock Javahari, MD

Summary:

Central sleep apnea frequently occurs in patients on opioids and is not suppressed by CPAP therapy. However, opioids-induced CSA can be effectively treated with new ASV devices. CSA also may evolve during CPAP titration in patients with OSA, and has been called complex sleep apnea. This form of CSA generally goes away (in most but not all) with continued use of CPAP. There are 2 ASV devices in the US market that are effective in treating both CSA and OSA. However, they differ in operation.

- Learning Objectives:
- To define the prevalence of CSA associated with use of opioids and its potential impact.
  - The natural history of Comp sleep apnea.
  - The operation of the 2 new ASV devices.

2:30 PM to 3:30 PM Narcolepsy: Update for 2011

Teofilo Lee-Chiong, MD

Summary:

Narcolepsy is a chronic neurologic disorder. Excessive sleepiness is only one of its many features. Therapy should address sleepiness, cataplexy, sleep disturbance and other related conditions.

- Learning Objectives:
- Understand the various clinical features and pathophysiology of narcolepsy
  - Learn how to evaluate patients presenting with complaints suggestive of narcolepsy

- Apply the currently available therapeutic options for patients with narcolepsy

3:30 PM to 3:45 PM

***Break and Exhibits***

3:45 PM 4:45 PM Cardiopulmonary Consequences of Untreated OSA  
Shahrock Javahari, MD

Summary:

There is growing evidence from animal and human epidemiological studies, coupled with therapeutic trials, that OSA is a reversible cause of hypertension. In addition, observational studies suggest that untreated, severe OSA is a cause of mortality via cardiovascular causes and treatment with CPAP improves survival.

- Learning Objectives:
- To become familiar with potential CV complications of OSA with emphasis on hypertension.
  - To become familiar with recent data on all cause and CV mortality of OSA
  - Review the impact of treating OSA on HTN and mortality.

4:45 PM to 5:00 PM ***Closing Remarks***

## 5th Annual Rocky Mountain Sleep Conference

**March  
12, 2011**

7:30 AM to 8:00 AM

***Registration, Breakfast & Exhibits***

8:00 AM to 8:15 AM ***Opening Remarks***

8:15 AM to 9:15 AM Managing in Difficult Economic Times

Becky Appenzeller, RPSGT, R. EEG T., CNIM

Summary: The boom that the sleep profession has experienced over the past decade lured many of us into a feeling of complacency. The current challenges that we continue to experience are like nothing many of us have ever experienced. It has required a focused readjustment of attitudes and methods for managing and sustaining motivation. This presentation will discuss methods for keeping staff motivated, while balancing reality with staff expectations.

- Learning Objectives:
- Discussion of tools for motivating
  - Setting realistic and sustainable goals
  - Tools for striking a balance between staff expectations with the reality of the current economy.

9:15 AM to 10:15 AM SLEEPWALKING: Very Common and Sometimes Dangerous

Michael Weissberg, MD, ABSM, ABPN

Summary: Disorders of arousal are high on the differential of causes of sleep-related violence and have led to significant injury or death to sleepwalkers or to those around them yet their mechanisms remain obscure. But we know, for instance, that some medications clinicians commonly prescribe can precipitate sleepwalking episodes. I will cover what is currently known about the causes and treatments of sleepwalking with particular attention to the characteristics of the violence sleepwalkers can commit.

- Learning Objectives:
- Participants will be able to describe the predisposing, priming and precipitating factor model of sleepwalking
  - Participants will be able to describe the characteristics of violence committed by sleepwalkers
  - Participants will be able to describe the work-up and treatment of sleepwalkers

10:15 AM to 10:45 AM

***Break and Exhibits***

10:45 AM to 11:45 AM Shift Work and Circadian Rhythms  
Kenneth P. Wright Jr., Ph.D.

Summary:

The circadian timekeeping system regulates and modulates human physiology and behavior across the 24-hour day. Circadian misalignment has significant health and safety risks contributing to sleep disruption, excessive sleepiness, disease processes, impaired cognition and increased accidents. The current talk will briefly review fundamentals of circadian physiology to improve understanding of mechanisms underlying the negative consequences of circadian misalignment in shift workers and in patients with shift work disorder. Treatment options for shift work and shift work disorder will be briefly discussed.

Learning  
Objectives:

- Learn basics of circadian physiology
- Learn the characteristics and consequences of the shift work and shift work disorder
- Understand the pathophysiology and treatment options for shift work disorder

11:45 PM to 12:00 PM **Closing Remarks**