Presents the 11th Annual

UCLA Sleep Medicine Course

Saturday, January 27, 2018
UCLA Campus, NRB Auditorium
Introduction

Physicians in all areas of medicine encounter patients who complain of disturbed sleep. The purpose of this course, the 11th in its series, is to provide clinicians with the knowledge needed to recognize and treat major sleep disorders likely to be encountered in their clinical practice.

The course would emphasize a practical based approach to sleep medicine across multiple specialties including primary care medicine, family practice, psychiatry, pediatrics, neurology, geriatrics and clinical psychology. The course will focus on the theories about why we sleep, review the major sleep disorders including chronic insomnia, excessive sleepiness and narcolepsy, parasomnias, abnormal behaviors at night while highlighting the physiologic basis for sleep and wakefulness.

Attendees will acquire skills needed in the recognition, evaluation and management of the major sleep disorders they are likely to encounter during routine clinical practice. A major goal of the course is to provide practitioners with current updates regarding evaluation strategies and treatment recommendations. Each presentation of the primary sleep disorder will consist of discussion of etiology, pathophysiology, diagnostic strategies and pharmacological and behavioral treatment options.

Target Audience

This course will target clinicians and health care providers who regularly encounter patients with sleep complaints. The course is particularly useful to primary care physicians, internists, family physicians, psychiatrists, neurologists, psychologists, pediatricians, geriatricians, obstetricians and gynecologists, physician assistants, nurse practitioners and any other health care providers who are likely to encounter patients with sleep disturbances. Trainees in the primary care disciplines, family medicine, neurology, psychiatry and sleep medicine would also find the course helpful.

Course Objectives

At the completion of this course, participants should be able to:

- Recognize the recent evolutionary theories about why we sleep.
- Appreciate the causes of excessive sleepiness and insomnia in specific patient populations most likely to be encountered in primary care practice as well as by specialists in primary care practice, psychiatry, neurology, and geriatrics medicine.
- Understand the pharmacological and behavioral management of insomnia, narcolepsy, parasomnias, and movement disturbance during sleep.
- Recognize the mechanism of insomnia and its comorbidities with medical and psychiatric complaints.
- Formulate a practical approach for management of the major sleep disorders in adults including insomnia and abnormal motor activity during sleep, including restless legs syndrome.
- Comprehend the underlying physiologic basis giving rise for sleep and wakefulness.
- Manage excessive sleepiness in the setting of narcolepsy.

Accreditation Statement

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement

The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is “truly independent” and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program’s participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the sponsor adequately manage all identified potential conflicts of interest prior to the program. We at UCLA fully endorse the letter and spirit of these concepts.
**Program**

8:00 am  
Welcome and Introduction  
Alon Y. Avidan MD, MPH

8:10 am-9:00 am  
The Function of Sleep  
Jerry Siegel, PhD

9:00 am-9:45 am  
Insomnia  
Ruth M. Benca, MD, PhD

9:45 am-10:00 am  
Break

10:00 am-10:45 am  
Things That Go Bump in the Night  
Alon Y. Avidan, MD, MPH

10:45 am-11:15 am  
The Physiology of Sleep and Wakefulness  
Jerry Siegel, PhD

11:15 am-12:15 pm  
Narcolepsy: Diagnosis and Treatment  
Chad M. Ruoff, MD

12:15 pm-12:30 pm  
Q & A

**Faculty**

**COURSE DIRECTOR**

Alon Avidan, MD, MPH*
Professor & Vice Chair  
UCLA Department of Neurology  
Director, UCLA Sleep Disorders Center  
UCLA, Department of Neurology

**FACULTY**

Ruth M. Benca, MD, PhD  
Professor and Chair  
Department of Psychiatry and Human Behavior  
University of California, Irvine

Chad M. Ruoff, MD  
Sleep and Obesity Medicine  
Associate, Southern California Permanente Group, Kaiser Woodland Hills  
Adjunct Clinical Assistant Professor, Stanford University

Jerry Siegel, PhD*  
Professor of Psychiatry and Biobehavioral Sciences  
Center for Sleep Research  
UCLA, Department of Psychiatry

* David Geffen School of Medicine at UCLA
**General Information**

**Saturday, January 27, 2018**

**Fee** $150.00

**Location**
Neuroscience Research Building Auditorium (NRB), UCLA Campus
635 Charles E. Young Drive South
Los Angeles, California 90095

e-Location: http://tiny.cc/zjhyoy

**Parking and Directions**
From the 405 freeway, exit on Wilshire Blvd. East. Proceed on Wilshire Blvd. to Westwood Blvd. and make a left. Proceed north on Westwood Blvd., turn right on Charles E. Young Drive South and continue ½ a block. Turn left into Lot 9. There will be a parking attendant selling permits from 6:30-8:30 AM. If you arrive outside of this time frame, please visit the parking kiosk on Westwood Plaza to pay for your parking permit. Participants are responsible to pay for their own parking charges at a rate of $12 per vehicle, cash only.

**Refunds**
Due to the low enrollment fee, no refunds will be given for this conference.

**Enrollment**

**Online**
Go to:
www.cme.ucla.edu/courses/Sleep2018
You may use your MasterCard, Visa, American Express or Discover card to register.

**By Mail**
Use the form attached and mail to:
Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
UCLA Sleep Medicine Course
10920 Wilshire Blvd., Suite 1060
Los Angeles, CA 90024-6512

**By Fax**
Send the completed enrollment form with credit card information and authorizing signature to (310) 794-2624.

**By Phone**
Call (310) 794-2620 to use your MasterCard, Visa, Discover, or American Express card.

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**Early registration is recommended, as space is limited.**

Please visit our website for other UCLA CME course offerings: www.cme.ucla.edu
# Application for Enrollment

(please print)

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<thead>
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<th>Course Title and Number</th>
<th>Registration Fee</th>
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<tr>
<td>11th Annual UCLA Sleep Medicine Course M178-33</td>
<td>$150.00</td>
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Last four digits of your Social Security Number

Name (First/Middle/Last)  

☐ Male  ☐ Female

Degree

Preferred Mailing Address

City / State / Zip

(____) _______ – ____________  (____) _______ – ____________

Area Code Phone  Area Code Fax

E-Mail Address

☐ Check enclosed payable to: The Regents of the University of California

Charge:  

☐ MasterCard  ☐ Visa  ☐ Discover  ☐ American Express

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Card Number  Expiration Mo/Yr

Signature

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Mail to: Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, UCLA Sleep Medicine Course, 10920 Wilshire Blvd., Suite 1060, Los Angeles, CA 90024-6512

Fax: (310) 794-2624 (must include charge card information and authorizing signature)

Call: (310) 794-2620

Register online: www.cme.ucla.edu/courses/Sleep2018
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Register today!
Enroll now by mail, fax, phone or online.

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