13th Annual UCLA Sleep Medicine Course

Saturday, February 29, 2020
UCLA Campus, NRB Auditorium
www.cme.ucla.edu/courses/Sleep2020
Introduction
Physicians in all areas of medicine encounter patients who complain of disturbed sleep. The purpose of this
course, the 13th 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 will emphasize a practical based approach to sleep medicine across multiple specialties
including primary care medicine, family practice, psychiatry, neurology, geriatrics and clinical psychology.
The course will focus on assessment and evaluation of excessive sleepiness, sleep apnea and narcolepsy,
evaluation strategies and management of chronic insomnia disorder, and parasomnias and abnormal
behaviors at night. The course will conclude with a discussion of the mechanism by which poor sleep
contributes to cognitive decline and dementia.

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, 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 will be 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 and examine the causes of excessive sleepiness and its unique mechanism across unique
  patient populations
• Appraise the pharmacological and behavioral management of chronic insomnia disorder
• Explore the unique properties of hypnotic agents and cognitive and behavioral strategies for chronic
  insomnia
• Discuss consequences of untreated insomnia
• Formulate a practical approach for management of the major sleep disorders in adults including insomnia,
  abnormal motor activity during sleep, restless legs syndrome and parasomnias such as REM sleep
  behavior (RBD)
• Describe the pathophysiology and management of excessive sleepiness in the setting of narcolepsy.
• Analyze the role poor sleep plays in activating inflammation, contributing to cognitive decline and
  increasing Alzheimer’s disease risk

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.

The California State Board of Registered Nursing accepts
courses approved by the AMA for category 1 credit
as meeting the continuing education requirements for
license renewal. Nurses from states other than California
should inquire with their local State Board for specific
continuing education policies.

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

7:50 am
Welcome and Introduction
Alon Y. Avidan, MD, MPH

8:00 am-9:00 am
Chronic Insomnia Disorder
Ruth M. Benca, MD, PhD

9:00 am-10:00 am
Sleep Disturbances as a Risk for Neurodegeneration
Michael R. Irwin, MD

10:00 am
Break

10:15 am-11:15 am
Narcolepsy: Diagnosis and Treatment
Chad M. Ruoff, MD

11:15 am-12:15 pm
Things That Go Bump in the Night
Alon Y. Avidan, MD, MPH

12:15 pm-12:30 pm
Question and Answer Session

Faculty

COURSE DIRECTOR

Alon Y. Avidan, MD, MPH*
Professor, UCLA Department of Neurology
Director, UCLA Sleep Disorders Center
UCLA, Department of Neurology

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

Michael R. Irwin, MD*
Cousins Distinguished Professor of Psychiatry and Biobehavioral Sciences
Director, Cousins Center for Psychoneuroimmunology
Director, Mindful Awareness Research Center,
UCLA Jane and Terry Semel Institute for Neuroscience and Human Behavior

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

* David Geffen School of Medicine at UCLA
FEBRUARY 29, 2020

Fee $95.00

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 $13 per vehicle, cash only.

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

Enrollment
Online
Go to:
www.cme.ucla.edu/courses/Sleep2020
You may use your MasterCard, Visa, American Express or Discover card to register.

By Mail
Use the attached form 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.

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

Course Title and Number: 13th Annual UCLA Sleep Medicine Course
Registration Fee: $95.00

Last four digits of your Social Security Number

Name (First/Middle/Last)

Degree

Preferred Mailing Address

City / State / Zip

Area Code Phone

Area Code Fax

E-Mail Address

Charge: □ MasterCard □ Visa □ Discover □ American Express

Card Number

Expiration Mo/Yr

Signature

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/Sleep2020
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Register today!
Enroll now by mail, fax, phone or online.

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