

5th Annual Sleep Medicine Symposium: What's New Under the Moon
Friday, November 17, 2017

**Dorrance H. Hamilton Building (on the campus of Thomas Jefferson University)
Philadelphia, Pennsylvania**

Learner Objectives

Based on the performance gaps identified, learning objectives for this activity include that participants should be able to:

- Assimilate a systematic, evidence-based approach to the evaluation of treatment modalities for insomnia in light of newly emerging pharmacological agents.
- Assess the role of cognitive behavioral therapy in the management of insomnia.
- Examine the functional and structural mechanisms that underlie sleep disordered breathing, and analyze their relevance in formulating targeted treatment modalities for patients suffering from obstructive sleep apnea syndrome (OSA).
- Identify the spectrum of treatment modalities for OSA and assimilate practice guidelines for treatment in the primary care, specialty, dental and pharmaceutical settings.
- Design an evidence-based model of delivery of care for patients with sleep apnea by integrating dental, medical, surgical and pharmaceutical approaches.
- Analyze the defining symptoms of restless legs syndrome and examine the clinical evaluation of periodic limb movements in sleep.
- Develop strategies to best manage restless legs syndrome.
- Utilize various inventories such as the Epworth Sleepiness Scale and structured interviews in the identification and quantification of excessive sleepiness (ES) and identification of narcolepsy and idiopathic hypersomnia.
- Develop a systematic approach for the pharmacological management and treatment of narcolepsy.
- Assess their individual practice in light of the information and discussions during the course, and identify specific strategies to implement as part of a continuing improvement process for their practices.