

6th Annual Sleep Medicine Symposium: What's New Under the Moon Friday, March 22, 2019

This symposium is specifically designed for primary care physicians and selected practicing specialists in a variety of fields, including sleep medicine, pulmonary/critical care medicine, cardiology, neurology, psychiatry, otolaryngology, oral & maxillofacial surgery, urology, dentistry, as well as other health care providers such as psychologists, physician extenders, respiratory therapists, sleep medicine technologists, medical assistants, and nurses/nurse specialists.

At the conclusion of this CME activity, participants will be able to:

- Detail the role of comorbid conditions such as headache and nocturia in the genesis of insomnia.
- Develop an evidence-based strategy to address comorbid conditions in insomnia sufferers.
- Assess the role of novel compounds, including cannabinoids, in the potential management of sleep disorders.
- Identify the spectrum of treatment modalities for obstructive sleep apnea syndrome (OSA) and describe the indications for upper airway stimulation therapy.
- Formulate targeted strategies to enhance compliance with continuous positive airway pressure (CPAP) for patients suffering from OSA.
- Design an evidence-based model of delivery of care for patients with central sleep apnea.
- Detail the mechanisms that are involved in the genesis of stroke in OSA.
- Review and examine the impairments in sleep and wakefulness that can accompany shift work sleep disorder.
- Design a systematic approach for the management and treatment for excessive sleepiness in 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.