

*7th Annual Sleep Medicine Symposium:
What's New Under the Moon*

Friday, March 19, 2021 | Live Virtual Meeting

Course Objectives

At the conclusion of this conference, participants should be able to:

- Discuss the role of comorbid conditions such as headache syndromes in the genesis of insomnia and daytime somnolence.
- Examine the role of diet and exercise in the management of sleep disorders.
- 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).
- Design an evidence-based model of delivery of care for patients with central sleep apnea.
- Evaluate the role of technical innovations including phrenic nerve stimulation, upper airway stimulation therapy, and wearable technologies in the management of sleep disorders.
- Examine the most commonly encountered sleep disturbances in the COVID-19 pandemic.
- Design a systematic approach for the management and treatment for excessive sleepiness in narcolepsy.
- Practice mutual respect, trust, integrity, high standards of ethics while valuing differences when working with members of other health professions in the common goal of providing high quality, patient-centered health care.
- Recognize individual roles and the roles of others in the healthcare team to interact as a dynamic collective unit in the delivering of health services to patients.
- Employ a communication strategy that merges observations, expertise, and decision-making of the healthcare team to optimize patients' care.
- Apply relationship-building values and the principles of collaboration of care for sleep disorders.