



David Geffen  
School of Medicine

# 14th Annual UCLA Sleep Medicine Virtual Course

Saturday, January 23, 2021

Alon Y. Avidan, MD, MPH - Course Director

<https://www.cme.ucla.edu/courses/sleep2021>

**CME** OFFICE OF  
CONTINUING  
MEDICAL  
EDUCATION

DAVID GEFFEN SCHOOL OF MEDICINE at UCLA



# UCLA Sleep Medicine Course

## Introduction

The 14th Annual UCLA Sleep Medicine Virtual Course is designed to provide a practical review for clinicians wishing to strengthen their proficiency in diagnosing and treating sleep disorders. This state-of-the-art course will be presented using a live virtual format which will allow for interactive audience participation to augment learning.

Physicians in all areas of medicine encounter patients who complain of disturbed sleep. The purpose of this course is to provide clinicians with the knowledge needed to recognize and treat major sleep disorders encountered in clinical practice. The course will also review the function of sleep and sleep disorders commonly encountered in the setting of the COVID-19 pandemic.

The course will present a practical approach to sleep medicine across multiple specialties including primary care medicine, family practice, psychiatry, neurology, geriatrics and clinical psychology. The course will begin with a conceptualized introduction to the function of why we sleep and proceed with a summary of sleep disruption in children and adolescents, adults and older adults. The course will review assessment and evaluation strategies of excessive sleepiness, sleep disordered breathing, narcolepsy, chronic insomnia disorder, parasomnias and abnormal behaviors at night. The course will discuss the mechanism by which poor sleep contributes to cognitive decline and dementia. It will conclude with a practical review for physicians on how they can improve their own sleep and develop healthy circadian rhythms during challenging times. This presentation is designed to promote physician wellness, decrease burnout and promote resiliency.

## Target Audience

This course is targeted at clinicians and health care providers who regularly encounter patients with sleep complaints. The course will be of particular value 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 will also find this course useful.

## Course Objectives

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

- Recognize and interpret some of the key theories about why we sleep based on recent animal data and anthropologic sleep data.
- List the causes of sleepiness in specific patient populations most likely to be encountered in primary care practice as well as by specialists in family medicine, primary care, psychiatry, neurology, pediatrics and geriatrics medicine.
- Discuss the pharmacological management of chronic insomnia disorder and recognize the unique properties of hypnotic agents, cognitive and behavioral strategies for chronic insomnia and consequences of untreated insomnia.
- Identify the unique mechanism of narcolepsy and identify diagnostic and treatment modalities.
- Formulate a practical approach for management of the major sleep disorders in adults including insomnia, abnormal motor activity during sleep, including restless legs syndrome and parasomnias such as REM sleep behavior disorder (RBD).
- Describe the underlying physiologic basis giving rise for sleep and wakefulness.
- Discuss the evaluation and management of sleep disordered breathing.
- Recognize sleep architecture changes associated with aging and explore potential etiologies.
- Understand and describe how and why sleep changes with age.
- Describe the bidirectional relationship between sleep and dementia.
- Identify one strategy physicians can use to help patients (and themselves) fall asleep during challenging times.
- Describe how targeted light therapy helps clinicians adjust to overnight work shifts.

# Program

|                     |  |
|---------------------|--|
| 7:45 am - 8:00 am   | <b>Welcome and Introduction to the Virtual Course</b><br><i>Alon Y. Avidan MD, MPH</i>                                   |
| 8:00 am - 9:00 am   | <b>Why We Sleep: Unlocking the Mystery</b><br><i>Jerome Siegel, PhD</i>  |
| 9:00 am - 10:00 am  | <b>Updates in Diagnosis and Management of Pediatric Sleep Disorders</b><br><i>Kiran Maski, MD, MPH</i>                   |
| 10:00 am - 11:00 am | <b>Narcolepsy: Diagnosis and Treatment</b><br><i>Lynn Marie Trotti, MD, MSc</i>  |
| 11:00 am - 12:00 pm | <b>Sleep Disordered Breathing</b><br><i>Michelle R. Zeidler, MD</i>  |
| 12:00 pm - 1:00 pm  | <b>Break</b>   |
| 1:00 pm - 2:00 pm   | <b>Chronic Insomnia and Circadian Disturbances</b><br><i>Phyllis C. Zee, MD, PhD</i>                                     |
| 2:00 pm - 3:00 pm   | <b>Abnormal Behaviors at Night</b><br><i>Nancy Foldvary Schaefer, DO, MS</i>   |
| 3:00 pm - 4:00 pm   | <b>Sleep in Older Age &amp; People with Dementia</b><br><i>Sonia Ancoli-Israel, PhD</i>                                  |
| 4:00 pm - 5:00 pm   | <b>Sleep and Burnout in the COVID-19 Era (and beyond): Strategies to Promote Resilience</b><br><i>Michael Howell, MD</i> |

# Faculty

## COURSE DIRECTOR



### **Alon Y. Avidan MD, MPH**

Professor of Neurology  
Director, UCLA Sleep Disorders  
Center  
Department of Neurology  
David Geffen School of Medicine at  
UCLA

## FACULTY



### **Ancoli-Israel, PhD**

Professor Emeritus of Psychiatry  
Professor of Research  
University of California, San Diego



### **Nancy Foldvary Schaefer, DO, MS**

Professor of Neurology  
Director, Sleep Disorders Center  
Cleveland Clinic Neurological  
Institute



### **Michael Howell, MD**

Associate Professor of Neurology  
Vice-Chair, Education  
Medical Director, Sleep  
Performance Training for Athletes  
University of Minnesota



### **Lynn Marie Trotti, MD, MSc**

Associate Professor of Neurology  
Associate Fellowship Director,  
Sleep Medicine  
Emory University School of  
Medicine



### **Kiran Maski, MD, MPH**

Assistant Professor, Neurology  
Harvard Medical School



### **Phyllis Zee, MD, PhD**

Benjamin and Virginia T. Boshes  
Professor of Neurology  
Chief, Division of Sleep Medicine,  
Neurology  
Director, Center for Circadian and  
Sleep Medicine  
Northwestern University Feinberg  
School of Medicine



### **Jerome Siegel, PhD**

Professor of Psychiatry and  
Biobehavioral Sciences  
UCLA Brain Research Institute  
Jane and Terry Semel Institute for  
Neuroscience and Human Behavior  
David Geffen School of Medicine  
at UCLA



### **Michelle R. Zeidler, MD**

Associate Clinical Professor of  
Medicine  
Division of Pulmonary Disease and  
Critical Care  
David Geffen School of Medicine  
at UCLA

# General Information

## Fee

\$95.00

## Live Virtual Conference

The conference will be live streamed. In addition, course registrants will be provided on-demand access to a recording of the conference during the three-week period immediately following the conference

## Refunds

Cancellations must be received in writing by Wednesday, December 30, 2020 and will be subject to a \$50 processing fee. No refunds will be granted after that date. If, for any reason, the course must be cancelled, discontinued, or rescheduled by the Office of Continuing Medical Education, a full refund will be provided.

## Enrollment

*Online*

Go to:

**[www.cme.ucla.edu/courses/Sleep2021](http://www.cme.ucla.edu/courses/Sleep2021)**

You may use your MasterCard, Visa, American Express or Discover card to register.

## 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 7.25 *AMA PRA Category 1 Credits*<sup>™</sup>. 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.



Aerial View of the UCLA Medical Center

# 14th Annual UCLA Sleep Medicine Virtual Course

## January 23, 2021

| Course Title and Number                |         | Registration Fee |
|--|---------|------------------|
| 14th Annual UCLA Sleep Medicine Course | M201-37 | \$95.00          |

Register online:

[www.cme.ucla.edu/courses/Sleep2021](http://www.cme.ucla.edu/courses/Sleep2021)

For additional questions:

Email: [uclacme@mednet.ucla.edu](mailto:uclacme@mednet.ucla.edu)

Call: (310) 794-2620

