

  
NATIONAL SLEEP  
FOUNDATION

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# SLEEP HEALTH & SAFETY 2010

March 5-6, 2010 | Washington, DC



 NATIONAL SLEEP FOUNDATION

## SLEEP HEALTH & SAFETY 2010

March 5-6, 2010  
Washington, DC

CO-CHAIRS

Gregory Belenky, MD  
and  
Andrew D. Krystal, MD, MS

JOINTLY SPONSORED BY

The Atlanta School  
of Sleep Medicine & Technology



[sleepfoundation.org](http://sleepfoundation.org)



## WELCOME TO SLEEP HEALTH & SAFETY 2010

Dear Colleagues:

Sleep profoundly affects our health and safety. Millions of people have sleep disorders, and most go undiagnosed and untreated. Sleep-deprived high school students under-perform, and thousands of fatigue-related car crashes occur each year.


Sleep Health & Safety 2010 is the first conference to examine sleep from both clinical and public health perspectives. It will offer two tracks—a Health Care Professional Track, providing CME credits for physicians and health care professionals plus a Public Health and Safety Track for public health, transportation safety, and school health professionals, government officials, and sleep researchers.

The Health Care Professional Track will present medically sound, practical instruction on the physiology of sleep and the diagnosis and treatment of insomnia, sleep apnea, restless legs syndrome (RLS), and circadian rhythm disorders. It will address sleep problems in special populations and cover the management of sleep and comorbid medical conditions, such as pain, diabetes, hypertension, and depression.

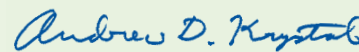
The Public Health and Safety Track will present new data on the epidemiology of sleep and sleep disorders. It will address public health and public policy issues related to sleep and alertness, including drowsy driving legislation, medical certification of transportation operators, new alertness monitoring technology, and drowsy driving counter-measures. It will also discuss policy issues related to sleep, adolescent school health and educational performance and the emerging art and science of fatigue risk management.

Please join us this March at the gorgeous Gaylord Hotel, right on the Potomac River and just minutes from Washington, DC.

Sincerely,



Gregory Belenky, MD  
Washington State University  
Conference Co-Chair

Andrew D. Krystal, MD, MS  
Duke University  
Conference Co-Chair



### TARGET AUDIENCE

- Primary care physicians
- Sleep clinicians and researchers
- CBT specialists
- Physician Assistants
- Nurses
- Public health officials
- Transportation safety experts
- Educators or school nurses concerned about school start times
- Public policy specialists
- Chronic disease directors

### LEARNING OBJECTIVES (For Health Care Professional Track)

Upon completion of this activity, learners will be able to:

- Discuss the implications for clinical medicine posed by sleep disorders
- List the risk factors of various sleep and circadian disorders
- Describe the clinical characteristics of various sleep and circadian disorders
- Distinguish treatment approaches for various sleep and circadian disorders
- Use appropriate diagnostic tools to assess patient's sleep health
- Explain the association of sleep loss, sleep disorders and comorbid conditions

SLEEP HEALTH & SAFETY 2010 PRELIMINARY PROGRAM

FRIDAY, MARCH 5

8:30 am – 9:00 am JOINT SESSION

**Sleep and Public Health**

**Keynote Speaker: Janet Collins, PhD** *(invited)*  
Acting Associate Director of Programs  
Centers for Disease Control and Prevention  
Atlanta, Georgia

9:00 am – 10:00 am

**Health Care Professional Track (CME)**

**Impact of Sleep-Wake Function on Health**

**Highlights of Sleep-Wake Physiology for the Primary Care Physician**

**Andrew D. Krystal, MD, MS**  
Professor of Psychiatry and Behavioral Sciences  
Duke University School of Medicine  
Durham, NC

**Circadian Function in Your Patients**

**Phyllis C. Zee, MD, PhD**  
Professor of Neurology, Neurobiology and Physiology  
Northwestern University Feinberg School of Medicine  
Chicago, Illinois

10:00 am – 10:30 am *break*

9:00 am – 10:30 am

**Public Health & Safety Track**  
**Sleepiness in America**

**What Americans Tell Us: Data from National Sleep Foundation's *Sleep in America* Polls**

**Woodie Kessel, MD, MPH**  
Assistant Surgeon General (Ret.)  
United States Public Health Service  
North Bethesda, Maryland

**Sleepiness in Adults and Young People: Data from the Behavioral Risk Factors Surveillance System (BRFSS) and Youth Risk Behavior Survey**

**Janet Croft, PhD**  
Chief, Emerging Investigations and Analytic Methods Branch  
National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control and Prevention  
Atlanta, Georgia

**Public Health & Safety Track, continued**

**The Impact of Sleep and Sleepiness**

**Allan I. Pack, MBChB, PhD**  
Chief, Division of Sleep Medicine  
University of Pennsylvania Medical Center  
Philadelphia, Pennsylvania

10:30 am – 11:00 am *break*

10:30 am – 12:00 pm

**Health Care Professional Track (CME)**

**Identifying and Treating Sleep-Wake Disorders - Part I**

**Movement Disorders and Sleep: Focus on Restless Legs Syndrome (RLS)**

**John W. Winkelman, MD, PhD**  
Assistant Professor of Psychiatry  
Harvard Medical School  
Cambridge, Massachusetts

**Broken Sleep Clocks: Circadian Rhythm Disorders (Shift Work Disorder, Jet Lag, Advanced & Delayed Sleep Phase Disorders)**

**Richard Simon, Jr., MD**  
Medical Director  
Kathryn Severyns Dement Sleep Disorders Center  
Walla Walla, Washington

**Patients Stuck in the Twilight Zone: Parasomnias**

**Mark W. Mahowald, MD**  
Professor of Neurology  
University of Minnesota Medical School  
Minneapolis, Minnesota

11:00 am – 12:00 pm

**Public Health & Safety Track**

**Sleep Disorders & Medical Certification for Transportation Operators**

**Barbara A. Phillips, MD, MSPH**  
Professor of Pulmonary, Critical Care, and Sleep Medicine  
University of Kentucky  
Lexington, Kentucky

**Mitchell A. Garber, MD, MPH, MSME**

Medical Officer  
National Transportation Safety Board  
Washington, DC

12:00 pm – 1:00 pm *lunch*

-  Joint Session
-  Health Care Professional Track
-  Public Health and Safety Track

1:00 pm – 1:30 pm JOINT SESSION

### Fatigue and Transportation Safety

Keynote Speaker:

**The Honorable Deborah A.P. Hersman**

Chairman

National Transportation Safety Board

Washington, DC

1:30 pm – 3:00 pm CONCURRENT SESSIONS

### Health Care Professional Track (CME) Identifying and Treating Sleep-Wake Disorders - Part II (Insomnia)

#### Prevalence and Diagnosis

**Thomas Roth, PhD**

Chief, Division Head and Director of the Sleep Disorders  
and Research Center

Henry Ford Hospital

Detroit, Michigan

#### Pharmacotherapy

**Andrew D. Krystal, MD, MS**

Professor of Psychiatry and Behavioral Sciences

Duke University School of Medicine

Durham, NC

#### Principles of Cognitive Behavioral Therapy (CBT) for Primary Care

**Michael Smith, PhD**

Assistant Professor of Psychiatry

Johns Hopkins School of Medicine

Baltimore, Maryland

#### Managing Insomnia in Primary Care Patients

**Paul P. Doghramji, MD**

Attending Physician, Collegeville Family Practice

Medical Director, Health Services

Ursinus College

Collegeville, Pennsylvania

### Public Health & Safety Track

#### Fatigue Risk Management – Implications for Occupational Settings

Chair: **Gregory Belenky, MD**

Research Professor and Director

Sleep and Performance Research Center

Washington State University

Spokane, Washington

#### Impact of Long Work Hours and Shift Work on Health, Safety and Productivity

**Claire Caruso, RN, PhD**

Research Health Scientist

National Institute for Occupational Safety and Health

Cincinnati, OH

### Public Health & Safety Track, continued

#### The Alertness Management in Military Operations System

**Nancy Wesensten, PhD**

Division of Psychiatry and Neuroscience

Walter Reed Army Institute of Research

Silver Spring, Maryland

#### Integrating Fatigue Risk Management into Rostering and Scheduling Software: An Example from Commercial Aviation

**Emma Romig**

Principal Investigator, Flight Deck Research & Development

Boeing Commercial Airplanes

Chicago, Illinois

3:00 pm – 3:30 pm *break*

3:30 pm – 5:00 pm CONCURRENT SESSIONS

### Health Care Professional Track (CME) Sleep & Comorbid Conditions

#### The Reciprocal Relationship of Sleep and Pain

**Michael Smith, PhD**

Assistant Professor of Psychiatry

Johns Hopkins School of Medicine

Baltimore, Maryland

#### Will Sleeping Too Little Make You Fat or Give You Diabetes? Obesity/Metabolic Syndrome

**Gary S. Richardson, MD**

Senior Research Scientist and Staff Physician, Sleep Disorders  
and Research Center

Henry Ford Hospital

Detroit, Michigan

#### Tips and Tools for Evaluating Sleep Disorders in a Primary Care Setting

**Larry Culpepper, MD, MPH**

Professor and Chair, Department of Family Medicine

Boston University

Boston, Massachusetts

### Public Health & Safety Track

#### Technology Panel: Alertness Monitoring & Drowsy Driving Countermeasures

Chair: **Allan I. Pack, MBChB, PhD**

Chief, Division of Sleep Medicine

University of Pennsylvania Medical Center

Philadelphia, Pennsylvania

5:30 pm – 9:00 pm

**National Sleep Foundation's Annual Awards Dinner**

## SATURDAY, MARCH 6

8:30 am – 10:30 am JOINT SESSION

**Sleep Apnea (CME)****Prevalence and Diagnosis****Meir H. Kryger, MD**Director, Sleep Medicine Research and Education  
Gaylord Hospital  
Wallingford, Connecticut**Treatments****Jonathan R. L. Schwartz, MD**Clinical Professor of Medicine  
University of Oklahoma Health Services Center  
Oklahoma City, Oklahoma**Comorbid Conditions in Obstructive Sleep Apnea (OSA)****Barbara A. Phillips, MD, MSPH**Professor of Pulmonary, Critical Care, and Sleep Medicine  
University of Kentucky College of Medicine  
Lexington, Kentucky**Management of Obstructive Sleep Apnea (OSA) in Primary Care****James F. Pagel, MD**Associate Clinical Professor of Family Medicine  
University of Colorado Medical School  
Pueblo, Colorado10:30 am – 11:00 am *break*

11:00 am – 12:30 pm CONCURRENT SESSIONS

**Health Care Professional Track (CME)****Sleep Through the Lifecycle & Special Populations - Part I****Pediatric/Adolescent Sleep****Jodi A. Mindell, PhD**Associate Director of the Sleep Center  
Children's Hospital of Philadelphia  
Philadelphia, Pennsylvania**The Most Important Sleep Issues for Mid-Life Adults****Martica Hall, PhD**Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine and Western  
Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania**Sleep and Aging: "Is Sleep Disturbance Inevitable in Late Life?"****James F. Pagel, MD**Associate Clinical Professor of Family Medicine  
University of Colorado Medical School  
Pueblo, Colorado**Public Health & Safety Track****Fatigue and Public Safety: Research and Policy Issues in Law Enforcement, Homeland Security, and the Driving Public****Chair: Bryan Vila, PhD**Professor, Criminal Justice Program  
Washington State University  
Spokane, Washington**State Physician Reporting Requirements Regarding Sleep Disorders****Allan I. Pack, MBCChB, PhD**Chief, Division of Sleep Medicine  
University of Pennsylvania Medical Center  
Philadelphia, Pennsylvania**Drowsy Driving: The 100-Car Naturalistic Study****Richard J. Hanowski, PhD**Director, Center for Truck and Bus Safety  
Virginia Tech Transportation Institute  
Blacksburg, Virginia**Tired Cops' Cardio-metabolic Disease: The BCOPS Study****Michael Andrew, PhD**Senior Statistician  
Biostatistics and Epidemiology Branch  
National Institutes for Occupational Safety and Health  
Morgantown, West Virginia12:30 pm – 1:30 pm *lunch*

1:30 pm – 3:30 pm

**Health Care Professional Track (CME)****Sleep Through the Lifecycle & Special Populations - Part II****Sleep Disorders Affecting Women****Barbara A. Phillips, MD, MSPH**Professor of Pulmonary, Critical Care, and Sleep Medicine  
University of Kentucky College of Medicine  
Lexington, Kentucky**Sleep and Minority Populations****Martica Hall, PhD**Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine and Western  
Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania**Disorders of Excessive Sleepiness (DOES) in Primary Care****"Doc I'm Sleepy All the Time:" A DOES Overview: Sleep Deprivation, Obstructive Sleep Apnea, Periodic Limb Movements in Sleep (PLMS) & Narcolepsy****Paul P. Doghramji, MD**Attending Physician, Collegeville Family Practice  
Medical Director, Health Services, Ursinus College  
Collegeville, Pennsylvania*continued*

**Health Care Professional Track (CME), continued**  
**Interpreting Objective and Subjective Measures of Excessive Sleepiness**

**Richard Simon, Jr., MD**

Medical Director  
Kathryn Severyns Dement Sleep Disorders Center  
Walla Walla, Washington

**Assessing Sleepiness in Your Patients & Referring to Sleep Centers**

**Jonathan R. L. Schwartz, MD**

Clinical Professor of Medicine  
University of Oklahoma Health Services Center  
Oklahoma City, Oklahoma

**Public Health & Safety Track, continued**  
**Teenagers' Environment and Sleep: Caffeine, Screens, etc.**

**Amy Wolfson, PhD**

Chair, Department of Psychology  
College of the Holy Cross  
Worcester, Massachusetts

**Sleep for Success – A School-Board University Partnership Aimed at Improving the Lives of Student Sleepers**

**Reut Gruber, PhD**

Assistant Professor, Department of Psychiatry  
Douglas Institute & McGill University  
Montreal, Quebec

1:30 pm – 4:00 pm

**Public Health & Safety Track**  
**School Health: Adolescent Sleep and Public Policy Interventions**

**Chair: Amy Wolfson, PhD**

Chair, Department of Psychology  
College of the Holy Cross  
Worcester, Massachusetts

**Developmental Changes in Adolescents' Sleep and Circadian Timing**

**Mary A. Carskadon, PhD**

Director of Chronobiology and Sleep Research  
Emma P. Bradley Hospital & Brown University  
Providence, Rhode Island

**Challenges of Adjusting School Start Times: Reflections on Past Success Stories and Looking Forward**

**Kyla L. Wahlstrom, PhD**

Director, Center for Applied Research and Educational Improvement  
University of Minnesota  
Minneapolis, Minnesota

**Challenges of Adjusting School Start Times: The Reality of Changing School Start Times**

**Rhoda Au, PhD**

Associate Professor of Neurology  
Boston University School of Medicine  
Boston, Massachusetts

**Deepika Cattray**

Boston University  
Boston, Massachusetts

**Sleepy at School – Is Anyone Noticing? Roles for School Psychologists, Counselors, Administrators, Teachers, and Parents**

**Joseph A. Buckhalt, PhD**

Wayne T. Smith Distinguished Professor  
Auburn University  
Auburn, Alabama

## ANNUAL AWARDS DINNER

Sleep Health & Safety attendees will receive a complimentary ticket to the National Sleep Foundation's Annual Awards Dinner. The Awards Dinner recognizes select individuals and organizations that have made outstanding contributions to the sleep and health fields. It attracts thought leaders, health care professionals, scientists, researchers and industry executives. Funds raised by the dinner support the Foundation's ongoing public education, awareness, and advocacy programs throughout the year.

### HONOREES

**Allan I. Pack, MBChB, PhD**

*Lifetime Achievement Award*

**Pietro Badia, PhD**

*Sleep Educator Award*

**Wallace B. Mendelson, MD**

*Excellence in Sleep & Psychiatry Award*

### GUEST SPEAKER

**A. Roger Ekirch, PhD**

author of *At Day's Close: Night in Times Past*

### EVENT DETAILS

**Friday, March 5, 2010**

Gaylord National Hotel & Convention Center

5:30 pm Networking Reception, Woodrow Wilson Ballroom

6:30 pm Dinner & Awards Presentation, Woodrow Wilson Ballroom

Business Attire

## CME INFORMATION

### Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Atlanta School of Sleep Medicine and the National Sleep Foundation. The Atlanta School of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

### Designation of Credit

The Atlanta School of Sleep Medicine designates this educational activity for a maximum of 11 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Disclosure

It is the policy of the Atlanta School of Sleep Medicine to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. All faculty participating in programs sponsored or jointly sponsored by Atlanta School of Sleep Medicine are expected to disclose to the program audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Having an interest in or affiliation with any corporate organization does not necessarily influence a speaker's presentation, but the relationship must be made known in advance to the audience in accordance with the standards of the Accreditation Council for Continuing Medical Education. It is the policy of the Atlanta School of Sleep Medicine that all faculty disclose the following information (1) if the CME content over which the speaker has control contains information about healthcare products or services, (2) if so, the financial relationship of individual and spouse/partner in the last 12 months with manufacturers of products or providers of services must be stipulated; and (3) attestation whether any identified relationship would cause information about healthcare products and services in the CME content to be commercially biased.

## ACCOMMODATIONS

A block of rooms has been reserved for attendees at:

### Gaylord National Hotel & Convention Center

201 Waterfront Street  
National Harbor, Maryland 20745  
(Minutes from Washington, DC and Reagan National Airport)



**Room rate:** \$259 single/double per night plus tax and resort fee.

Reserve your room at [sleepfoundation.org](http://sleepfoundation.org), or call (301) 965-2000. Mention the National Sleep Foundation room block. Inquire about government rates.

**\*Rooms must be reserved by February 4, 2010 to ensure availability and the discounted rate.**

*For more information, contact Maria Butler at [mbutler@sleepfoundation.org](mailto:mbutler@sleepfoundation.org) or (202) 347-3471.*

### Americans with Disabilities Act

In compliance with the Americans with Disabilities Act, the NSF will make every reasonable effort to accommodate your needs. For any special requests, please email Inne Barber at [ibarber@sleepfoundation.org](mailto:ibarber@sleepfoundation.org) by January 31, 2010.

## CALENDAR

### FRIDAY, MARCH 5, 2010

Exhibit Hours .....8:00 am – 5:00 pm  
Sleep Health & Safety 2010 .....8:30 am – 5:00 pm  
National Sleep Foundation's  
Annual Awards Dinner .....5:30 pm – 9:00 pm

### SATURDAY, MARCH 6, 2010

Exhibit Hours .....8:00 am – 2:00 pm  
Sleep Health & Safety 2010 .....8:30 am – 4:00 pm

All events will be held at the Gaylord National Hotel & Convention Center, 201 Waterfront Street, National Harbor, Maryland. (Minutes from Washington, DC and Reagan National Airport)

# SLEEP HEALTH & SAFETY 2010

## REGISTRATION FORM

### 4 Easy Ways to Register:

1. Register online at: [www.sleepfoundation.org](http://www.sleepfoundation.org)
2. Fax: (202) 347-3472
3. Email: [mbutler@sleepfoundation.org](mailto:mbutler@sleepfoundation.org)
4. Mail completed form to:
 

National Sleep Foundation  
Attn: Maria Butler  
1522 K Street, NW, Suite 500  
Washington, DC 20005

Please check:

- I will attend the Annual Awards Dinner  
(at no extra charge)
- I am a current Sleep Care Center or  
Professional Member

\*\* Required Fields

Name\*\*: \_\_\_\_\_ Title: \_\_\_\_\_

E-Mail\*\*: \_\_\_\_\_  Check if you would prefer not to be on the NSF mailing list. You will still receive information related to this conference.

Institution: \_\_\_\_\_

Address\*\*: \_\_\_\_\_

City\*\*: \_\_\_\_\_ State\*\*: \_\_\_\_\_ Zip\*\*: \_\_\_\_\_ Country: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_  
area code

Degree\*\*:  MD  PhD  DO  PA  RN  Other \_\_\_\_\_ Years in practice\*\*:  1-4  5-9  10-14  15+

Total Payment \$ \_\_\_\_\_

Date: \_\_\_\_\_

Check enclosed, to the National Sleep Foundation (U.S. funds only)

VISA  MasterCard  American Express  Discover

Cardholder Name (please print) \_\_\_\_\_ Signature: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Check here to sign up for *NSF Alert*, the National Sleep Foundation's weekly e-newsletter

**Cancellation Policy:** The deadline to receive a refund for your registration is 30 business days before the event. Registration cancellations received prior to the deadline may be eligible to receive a refund less a \$75 service fee. Cancellations received after the stated deadline will not be eligible for a refund. Refunds will not be available for registrants who choose not to attend an event. Cancellations will be accepted in writing only and must be received by the stated cancellation deadline. Refunds will be credited back to the original credit card used for payment. Substitutions will not be permitted.

### Fees: (please check one)

Early Bird Registration: (Register by January 28, 2010)

- Non-member Rate .....\$225  
 Member Rate\* .....\$180

Regular Registration: (January 29 - February 4, 2010)

- Non-member Rate .....\$350  
 Member Rate\* .....\$280

Late Registration: (February 5 - March 6, 2010)

(Subject to availability)

- Non-member Rate .....\$400  
 Member Rate\* .....\$320

Sleep Professional "In Training" Rate:

(May be asked for student ID at registration.

No further discount or Awards Dinner admission) .....\$80

\*Amount reflects a 20% discount for Sleep Care Center and Professional Members.

Fee includes Conference syllabus and a free ticket to the National Sleep Foundation's Annual Awards Dinner. RSVP for the Awards Dinner by January 29, 2010.