

A TO ZZZs: SLEEP AND SLEEP DISORDERS IN COLLEGE STUDENTS

FRIDAY, OCTOBER 12 & SATURDAY, OCTOBER 13, 2018
OMNI PROVIDENCE HOTEL | PROVIDENCE, RI

PROGRAM DESCRIPTION

Sleep issues, including chronic insufficient sleep related to environmental factors and a variety of sleep disorders, are highly prevalent in college students. Poor sleep impacts not only academic performance but also mental and physical health, safety, including risk-taking behaviors such as alcohol and substance use, and athletic performance. Common sleep disorders in this population include excessive daytime sleepiness, insomnia, circadian rhythm disorders, and sleep apnea. This conference is designed to provide college health professionals with the tools and skills needed to identify and manage sleep problems in the campus setting. Prevention strategies, including sleep education and sleep-friendly health policies will also be discussed. Interactive workshops in managing a range of sleep issues in specific populations will also be presented.

TARGET AUDIENCE

Physicians, nurse practitioners, physician assistants, nurses, school psychologists, and administrators affiliated with health services at independent boarding schools, colleges & universities.

LEARNING OBJECTIVE

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

- Describe the impact that sleep and sleep disorders have on health, safety and performance in college students
- Outline a systematic approach to screening for, diagnosing and managing common sleep disorders in young adults, including hypersomnia, circadian rhythm disorders, insomnia and sleep apnea
- Identify the bi-directional influences of mental health issues, substance and alcohol use, and medical co-morbidities on sleep in young adults
- Identify elements of a healthy school/campus culture

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A TO ZZZS: SLEEP AND SLEEP DISORDERS IN COLLEGE STUDENTS

FRIDAY, OCTOBER 12, 2018

7:30–8:20 AM **Registration, Breakfast, & Visit Exhibits**

8:20–8:30 **Introductory Remarks**
Richard P. Millman, MD &
Judith A. Owens, MD, MPH

8:30–10:15 **SCOPE OF THE PROBLEM**
Sleep, Rhythms and College Students
Mary A. Carskadon, PhD

Overview of Literature, Sleep & College Students
Daniel J. Taylor, PhD

Perspective From The Trenches
Vanessa M. Britto, MD, MSc

Sleep and Health Disparities
Susan Redline, MD, MPH

Question and Answer Panel Session

10:15–10:45 **Break & Visit Exhibits**

10:45–12:15 PM **SLEEP DISORDERS: DIAGNOSIS & MANAGEMENT**

Screening
Richard P. Millman, MD

Sleep Apnea
Richard P. Millman, MD

Narcolepsy & Other Hypersomnia Disorders
Kiran Maski, MD, MPH

Periodic Limb Movement, Restless Leg Syndrome, & Parasomnias
Kiran Maski, MD, MPH

Question and Answer Panel Session

12:15–1:15 **Lunch & Visit Exhibits**

1:15–3:20 **INSOMNIA**

Behavioral Treatment of Insomnia
Donn Posner, PhD, CBSM

Pharmacologic Treatment of Insomnia
Judith A. Owens, MD, MPH

Delayed Phase Syndrome
Jonathan Lipton, MD, PhD

Question and Answer Panel Session

3:20–3:40 **Break & Visit Exhibits**

3:40–4:40

CONCURRENT WORKSHOP I

1. **Sleep in Psychiatric Disorders**
Katherine M. Sharkey, MD, PhD
2. **Case Presentations of Insomnia in Young Adults: Using Modular Approaches to Improve Treatment Flexibility**
Jared D. Minkel, PhD

5:00–6:00 PM **Reception**

SATURDAY, OCTOBER 13, 2018

7:30–8:30 AM **Registration, Breakfast, & Visit Exhibits**

8:30–9:30 **Sleep & Athletics**
Charles A. Czeisler, PhD, MD, FRCP

CONCURRENT WORKSHOP II

1. **Sleep & Substance Abuse/Alcohol Abuse**
J. Todd Arnedt, PhD
2. **Developing a Sleep Curriculum for Undergraduates**
Terra Ziporyn Snider, PhD &
Pallas Ziporyn, BA
3. **Sleep Risk Management**
Elizabeth Carmichael, CPCU, CCEP &
Michele Bergonzi, MBA

10:45–11:00 **Break**

CONCURRENT WORKSHOP III

1. **Sleep & Substance Abuse/Alcohol Abuse**
J. Todd Arnedt, PhD
2. **Promoting Healthy Sleep on Campus: Administrative Challenges and Opportunities**
Vanessa M. Britto, MD, MSc &
Amy R. Wolfson, MD
3. **Hypersomnia Cases**
Richard P. Millman, MD

12:00–12:15 PM **Closing Remarks**

COURSE DIRECTORS

Richard P. Millman, MD

Professor of Medicine and Professor of Pediatrics
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REGISTER ONLINE AT: [HTTPS://APPS.BIOMED.BROWN.EDU/CME_REGISTRATION](https://apps.biomed.brown.edu/cme_registration)

REGISTRATION INFORMATION

Register online at:

https://apps.biomed.brown.edu/cme_registration

Conference registration fee includes: Breakfast, breaks, lunch, access to an online syllabus, & complimentary on-site parking.

REGISTRATION FEES

\$195.00 Physicians

\$175.00 Other Healthcare Professionals

Waived Residents, Fellows, Postdocs, and
Medical/Health Profession Students

CANCELLATION POLICY

Cancellations/substitutions must be made in writing to the Brown CME Office at least two weeks prior to the conference, no later than October 6, 2017. A \$25.00 administrative fee will be charged for all refunds (no refunds for “no shows”). There will be no additional charge for substitutions. This conference is subject to change or cancellation.



Please notify the Brown CME Office in writing at least two weeks prior to the conference to request reasonable accommodations.

CONFERENCE LOCATION

The Omni Providence Hotel

1 West Exchange St, Providence, RI 02903

401.598.8000 | www.omnihotels.com/hotels/providence

ACCOMMODATIONS

To book hotel reservations within the room block:

<https://www.omnihotels.com/hotels/providence/meetings/a-to-zzzs-sleep-and-sleep-disorders-in-college-students>

Room book by September 13, 2018.

PARKING

Complimentary valet parking included in conference registration fee. Self parking in convention center garage is not applicable.

CME ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Warren Alpert Medical School of Brown University and Boston Children's Hospital. The Warren Alpert Medical School of Brown University is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION

Physicians: The Warren Alpert Medical School of Brown University designates this live activity for a maximum of 9 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants/Nurse Practitioners: Participants will receive a Certificate of Attendance stating this program is designated for 9 hours *AMA PRA Category 1 Credits*[™]. This credit is accepted by the AAPA and AANP.

FOR MORE INFORMATION

Contact the Brown CME Office

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