DIRECTOR
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PROGRAM DESCRIPTION
This program will focus on clinically important sleep disorders related to circadian rhythm disturbances. The educational program will include a review of current knowledge about sleep/wake regulation followed by discussions of three common sleep disorder types in which this regulation is disrupted. Each topic will include up-to-date reviews that are relevant to practicing neurologists, as well as to scientists who want to integrate the clinical disorders with the underlying pathophysiology. Case studies will be presented.

LEARNING OBJECTIVES
Upon completion, participants should be able to:

– Explain the anatomy and mechanisms of sleep/wake regulation
– Describe common circadian rhythm disturbances including delayed and advanced sleep phase disorders, shift work type sleep disorders, jet lag, and circadian disorders due to drugs and medical conditions
– List the features of narcolepsy and explain diagnosis and treatment approaches
– Discuss the clinical evaluation and differential diagnosis of sleep apnea

RECOMMENDED AUDIENCE
Academic and Practicing Neurologists, Clinical Researchers, Basic Science Researchers with an Interest in the Field

CORE COMPETENCIES
Patient Care; Medical Knowledge; Practice-based Learning and Improvement