

CONTINUING MEDICAL EDUCATION INSTRUCTIONS

Provided by: Albert Einstein College of Medicine and Montefiore Medical Center in joint providership with Sleep Multimedia Inc. A CME Enduring Material on USB Flash Drive

Title: SleepMultiMedia v 11.0: The Computerized Textbook of Sleep Medicine.

Original Release Date: January 1st, 2019 Expiration Date: December 31, 2020

Audience: This course is designed for physicians and other health care professionals interested in learning about the physiology, pathophysiology and treatment of sleep and sleep disorders.

Statement of Need: Sleep disorders affect up to 33% of the population, yet only 6% of people with insomnia see a physician for treatment. Sleep disorders are recognized to be associated with impaired daytime functioning, including daytime sleepiness that predisposes the individual to home, industrial or motor vehicle accidents, an increased risk of psychiatric disorders and, in case of obstructive sleep apnea syndrome, cardiovascular disorders. Most sleep disorders are currently unrecognized, underdiagnosed and undertreated. Health care workers are in need of understanding the physiology of sleep and the clinical features, pathophysiology, diagnosis and treatment of sleep disorders.

Basic Sleep Medicine Course (Total 48 CME credits):

Physiology: 2 (20 Questions = 1 page), Insomnia: 10, Obstructive Sleep Apnea: 18, Narcolepsy: 10, Parasomnias: 8.
Educational Objectives: By participating in this enduring material (DVD) you will be able to: 1) Describe the basic physiology of sleep. 2) Understand the clinical features, pathophysiology and diagnosis of obstructive sleep apnea, narcolepsy and parasomnias. 3) Evaluate the therapeutic options for the effective treatment of obstructive sleep apnea, narcolepsy and parasomnias.

Intermediate Sleep Medicine Course (Total 37 CME credits):

Pediatrics: 12, Restless Legs Syndrome:7, Hypersomnias: 4, Aging and Sleep: 6, Neurology and Sleep: 8.
Educational Objectives: By participating in this enduring material (CD) you will be able to: 1) Describe the basic physiology of sleep in children. 2) Understand the clinical features, pathophysiology and diagnosis of pediatric sleep disorders, restless legs syndrome, hypersomnias, and sleep disorders in the aged. 3) Evaluate the therapeutic options for the effective treatment of pediatric sleep disorders, restless legs syndrome, hypersomnias, and sleep disorders in the aged.

Advanced Sleep Medicine Course (Total 55 CME credits):

Neurophysiology: 6, Polysomnography: 4, Chronophysiology: 10, Scoring Manual: 6, Women and Sleep: 5, Epilepsy and Sleep: 4, Sleep Deprivation: 8, Respiratory Physiology: 3, OroFacial Management: 4, Procedure Manual 5.

Educational Objectives: By participating in this enduring material (USB Flash Drive)) you will be able to: 1) Describe the neurophysiology of sleep, respiratory physiology of sleep, chronophysiology, orofacial management, and sleep stage scoring. 2) Understand the clinical features, pathophysiology and diagnosis of epilepsy and sleep, sleep deprivation, and sleep disorders in women. 3) Evaluate the therapeutic options for the effective treatment of epilepsy and sleep, neurological disorders and sleep, sleep deprivation, and sleep disorders in women.

This activity has been produced under the direction of Michael J. Thorpy MD, Clinical Professor of Neurology, Albert Einstein College of Medicine. Faculty Disclosure: Consultant and Research Grants: Jazz Pharmaceuticals, Inc. Speakers Bureau: Jazz Pharmaceuticals Inc. and Merck, Inc.

Peer Review: This activity has been peer-reviewed and approved by Dr. David M. Kaufman, MD Professor of Neurology and Psychiatry, Albert Einstein College of Medicine, (Content Validation), and Victor B. Hatcher , Ph.D. (CME Validation), both have no conflicts of interest.

Faculty and Disclosure:

Thorpy, Michael J., MD
Director, Sleep-Wake Disorders Center
Montefiore Medical Center, Professor of Neurology
Albert Einstein College of Medicine , Bronx, NY USA
Consultant: Jazz Pharmaceuticals Inc., Balance Therapeutics, and Harmony Biosciences
Research Grants : Jazz Pharmaceuticals Inc., Balance Therapeutics, and Harmony Biosciences
Speakers Bureau: Merck, Inc.
Albert Einstein College of Medicine, CCME has no conflicts of interest with commercial interests related directly or indirectly to this educational activity.

Accreditation Statement:

- a) Albert Einstein College of Medicine designates this enduring material for a maximum of 140 AMA Physician's Recognition Award Category 1 Credit(s)TM. Each physician should only claim credits commensurate with the extent of their participation in the activity.
- b) 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 Albert Einstein College of Medicine and Sleep Multimedia Inc. Albert Einstein College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.
- c) Estimated time to complete the activity: 180 hours.

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Post Test Form is included in the SleepMultiMedia Package. Evaluation Form is included in the SleepMultiMedia package. For Technical Support contact Sleep Multimedia Inc. by email at smm@sleepmultimedia.com or phone; 914-722-9291.

CME Credits: CME credit can be earned by reading the text material, completing the questions after each page, and forwarding the completed report form. Credit will be awarded upon attainment of a score of 100% or better correct answers. One credit is awarded for each 10 questions answered. CME sections have between 20 and 160 questions, that is, from 2 to 18 credits of CME questions per chapter. CME Credits (Total 180; all three courses) are available as follows:

INSTRUCTIONS FOR COMPLETING THE REPORT FORM:

1. Before answering the questions initialize the report form by clicking on the "New CME Report Form" item in the CME menubar. Complete the name and address section and click OK.
2. Check the "Questions" item in the menubar to see the questions. (Uncheck this item if you do not want to see the questions.) Answer the questions found throughout the chapter.
3. Click on the "Print CME Report Form" item in the CME menu. A form with your responses will be printed automatically.

70% or more of the Post Test questions have to be correct to receive credit. To receive your CME certificate send the completed posttest(s) and the EVALUATION form, along a \$10 processing fee and \$5 per credit requested (e.g., 2 credits = \$20, 10 credits = \$60) to:

CCME, Montefiore Medical Center, 3301 Bainbridge Avenue, Bronx, NY 10467.
Tel: 718 - 920 - 6674 Ext. 223, Fax: 718 - 798 - 2336
E-mail: amartine@montefiore.org