

CONTINUING MEDICAL EDUCATION INSTRUCTIONS

Sponsored by: Albert Einstein College of Medicine of Yeshiva University and Montefiore Medical Center in joint sponsorship with Sleep Multimedia Inc. A CME Enduring Material on DVD

Title: SleepMultiMedia v 9.5: The Computerized Textbook of Sleep Medicine.

Original Release Date: December 16, 2015 Expiration Date: December 31, 2017

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 (DVD) 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: He has served on Advisory Boards and/or the Speakers Bureau for; Teva., and Jazz Pharmaceuticals 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, Bronx, NY.

Faculty and Disclosures:

Thorpy, Michael J., MD
Director, Sleep-Wake Disorders Center
Montefiore Medical Center , Professor of Neurology
Albert Einstein College of Medicine , Bronx, NY USA
Consultant and Speakers Bureau: Teva Pharmaceuticals
Jazz Pharmaceuticals, Merck, Vanda Pharmaceuticals

Almeida, Fernanda DDS
University of British Columbia, Vancouver, Canada
Nothing to disclose

Allen, Richard P., PhD
Associate Professor of Neurology, John Hopkins University, Bayview
Medical Center, Baltimore, MD USA
Consultant: Luitpold Pharmaceuticals

Ancoli-Israel, Sonia, PhD
Professor of Psychiatry, University of California San Diego
San Diego, CA USA
Grant/Research Support: NIH
Consultant: Merck, Pernix

Avidan, Alon, MD
Associate Professor of Neurology, University of California, Los
Angeles, CA USA
Consultant: Sanovian
Speakers Bureau: Xenoport, Merk

Bonnet, Michael H., PhD, ABSM
Research Professor of Medicine, Wright State University School of
Medicine, and Clinical Director, Kettering Sycamore Hospital Sleep
Disorders Center, Miamisburg, OH USA, Nothing to disclose

Brayford, Mark A., RPSGT
Sweet Home, OR USA
Nothing to disclose

Czeisler, Charles A. MD, PhD
Baldino Professor of Sleep Medicine, Harvard Medical School;
Brigham and Women's Hospital, Boston, MA USA
Grant/research support: Teva, Pfizer, Philips Lighting, and the
Brigham and Women's Hospital. Consultant: Accelerator Corp,
Actelion, American Physiological Society, Aventis, Avera
Pharmaceuticals, Cephalon, Hypnion, NASA Jet Propulsion
Laboratory, California Institute of Technology, National Center for
Sleep Disorders Research, National Heart, Lung and Blood Institute,
Oxford Biosignals, Pfizer, Sleep Research Society, Respiroics,
Takeda Pharmaceuticals, Unilever, Vanda Pharmaceuticals,
Warburg-Pincus Speakers Bureau: ACGME, Teva, MPM Capital,
Philips Lighting, Sanofi-Aventis, Takada Pharmaceuticals
Stockholder: Hypnion, Vanda Pharmaceuticals
Other Monetary Awards: American Academy of Sleep Medicine,
American Clinical and Climatological Association, Association for
Patient-Oriented Research, National Institute for Occupational
Safety and Health and National Sleep Foundation, The National
Sleep Foundation, the Sleep Research Society, the Society of
Hospital Medicine, and the Mount Sinai School of Medicine

Hirshkowitz, Max Ph.D.
Professor of Psychiatry
Formerly of Baylor College of Medicine
Consulting Professor, Division of Public Mental Health and
Population Sciences, School of Medicine, Stanford University,
Stanford, CA

Malow, Beth, MD, MS
Associate Professor, Department of Neurology
Vanderbilt University Medical Center. Nashville, TN USA
Research: Neum Pharmaceuticals

Mendelson, Wallace, MD
Formerly, Professor of Psychiatry, Medicine and Clinical
Pharmacology, The University of Chicago
Galveston, TX USA
Speakers Bureau: Purdue Pharma

Mignot, Emmanuel M.D.
Director of the Stanford Center for Sleep Sciences
Professor of Psychiatry and Behavioral Sciences, Stanford
University, Palo Alto, California
Nothing to disclose

Mittler, Merrill M., PhD
Program Director
National Institute of Neurological Disorders, Bethesda, MD USA
Speakers Bureau: Merck

Morin, Charles M, PhD
Professor of Psychology, Universite Laval, Quebec, Canada
Research: Novartis

Pelayo, Rafael, MD
Assistant Professor, Stanford Sleep Disorders Clinic, Stanford, CA
USA
Consultant: Jazz Pharmaceuticals

Plazzi, Giuseppe, M.D.
Assistant Professor of Neurology
University of Bologna, Chief of the Sleep Laboratory
Department of Neurological Science, Bologna, Italy
Consultant: Jazz Pharmaceuticals, UCB Pharma

Schmidt, Markus H., MD, PhD
Ohio Sleep Medicine Institute
Consultant: Jazz Pharmaceuticals,
Speakers Bureau: UCB, Xenoport

Sheldon, Stephen H., D.O., F.A.A.P
Director of Sleep Medicine Center, Professor of Pediatrics
Children's Memorial Hospital, Chicago, IL USA
Grants: Dymedix Inc., Cadwell Diagnostics.

Sher, Aaron M.D.
Associate Clinical Professor of Otolaryngology Head and Neck
Surgery and Associate Clinical Professor of Pediatrics,
Albany Medical College, Albany, New York
Nothing to disclose

Siegel, Jerome M., Ph.D.
Professor UCLA Department of Psychiatry,
Neurobiology Research 151A3, VA GLAHS, North Hills, California
91343, U.S.A.
Nothing to disclose

Vaughn, Bradley V., MD
Professor of Neurology
University of North Carolina, Chapel Hill, NC, USA
Grant/Research Support: GlaxoSmithKline, Orphan Medical
Speakers Bureau: GlaxoSmithKline

Zhao, George MD
Comprehensive Sleep Care Center
Arlington, VA, USA
Nothing to disclose

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)[™]. 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 Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint sponsorship 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: 140 hours.

Disclaimer: The opinions expressed herein are those of the author and do not necessarily represent the views of the Albert Einstein College of Medicine (sponsor). Please review complete prescribing information of specific drugs or combination of drugs, including indications, contraindications, warnings and adverse effects before administering pharmacologic therapy to patients.

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 16 credits of CME questions per chapter. CME Credits (Total 130; 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