**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
## Friday, October 12, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30–8:20 AM</td>
<td>Registration, Breakfast, &amp; Visit Exhibits</td>
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<tr>
<td>8:20–8:30</td>
<td>Introductory Remarks&lt;br&gt;Richard P. Millman, MD &amp; &lt;br&gt;Judith A. Owens, MD, MPH</td>
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<td>8:30–10:15</td>
<td><strong>SCOPE OF THE PROBLEM</strong>&lt;br&gt;Sleep, Rhythms and College Students&lt;br&gt;Mary A. Carskadon, PhD&lt;br&gt;Overview of Literature, Sleep &amp; College Students&lt;br&gt;Daniel J. Taylor, PhD&lt;br&gt;Perspective From The Trenches&lt;br&gt;Vanessa M. Britto, MD, MSc&lt;br&gt;Sleep and Health Disparities&lt;br&gt;Susan Redline, MD, MPH&lt;br&gt;Question and Answer Panel Session</td>
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<tr>
<td>10:15–10:45</td>
<td>Break &amp; Visit Exhibits</td>
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<td>10:45–12:15 PM</td>
<td><strong>SLEEP DISORDERS: DIAGNOSIS &amp; MANAGEMENT</strong>&lt;br&gt;Screening&lt;br&gt;Richard P. Millman, MD&lt;br&gt;Sleep Apnea&lt;br&gt;Richard P. Millman, MD&lt;br&gt;Narcolepsy &amp; Other Hypersomnia Disorders&lt;br&gt;Kiran Maski, MD, MPH&lt;br&gt;Periodic Limb Movement, Restless Leg Syndrome, &amp; Parasomnias&lt;br&gt;Kiran Maski, MD, MPH&lt;br&gt;Question and Answer Panel Session</td>
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<tr>
<td>12:15–1:15</td>
<td>Lunch &amp; Visit Exhibits</td>
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<td>1:15–3:20</td>
<td><strong>INSOMNIA</strong>&lt;br&gt;Behavioral Treatment of Insomnia&lt;br&gt;Donn Posner, PhD, CBSM&lt;br&gt;Pharmacologic Treatment of Insomnia&lt;br&gt;Judith A. Owens, MD, MPH&lt;br&gt;Delayed Phase Syndrome&lt;br&gt;Jonathan Lipton, MD, PhD&lt;br&gt;Question and Answer Panel Session</td>
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<td>3:20–3:40</td>
<td>Break &amp; Visit Exhibits</td>
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<td>3:40–4:40</td>
<td><strong>CONCURRENT WORKSHOP I</strong>&lt;br&gt;1. Sleep in Psychiatric Disorders&lt;br&gt;Katherine M. Sharkey, MD, PhD&lt;br&gt;2. Case Presentations of Insomnia in Young Adults: Using Modular Approaches to Improve Treatment Flexibility&lt;br&gt;Jared D. Minkel, PhD</td>
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<td>5:00–6:00 PM</td>
<td>Reception</td>
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## Saturday, October 13, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30–8:30 AM</td>
<td>Registration, Breakfast, &amp; Visit Exhibits</td>
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<tr>
<td>8:30–9:30</td>
<td><strong>Sleep &amp; Athletics</strong>&lt;br&gt;Charles A. Czeisler, PhD, MD, FRCP</td>
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<tr>
<td>9:45–10:45</td>
<td><strong>CONCURRENT WORKSHOP II</strong>&lt;br&gt;1. Sleep &amp; Substance Abuse/Alcohol Abuse&lt;br&gt;J. Todd Arnedt, PhD&lt;br&gt;2. Developing a Sleep Curriculum for Undergraduates&lt;br&gt;Terra Ziporyn Snider, PhD &amp; Pallas Ziporyn, BA&lt;br&gt;3. Sleep Risk Management&lt;br&gt;Elizabeth Carmichael, CPCU, CCEP &amp; Michele Bergonzi, MBA</td>
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<td>10:45–11:00</td>
<td><strong>CONCURRENT WORKSHOP III</strong>&lt;br&gt;1. Sleep &amp; Substance Abuse/Alcohol Abuse&lt;br&gt;J. Todd Arnedt, PhD&lt;br&gt;2. Promoting Healthy Sleep on Campus: Administrative Challenges and Opportunities&lt;br&gt;Vanessa M. Britto, MD, MSc &amp; Amy R. Wolfson, MD&lt;br&gt;3. Hypersomnia Cases&lt;br&gt;Richard P. Millman, MD</td>
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<tr>
<td>11:00–12:00</td>
<td>Break</td>
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<tr>
<td>12:00–12:15 PM</td>
<td><strong>Closing Remarks</strong></td>
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**Course Directors**

Richard P. Millman, MD  
Professor of Medicine and Professor of Pediatrics  
Warren Alpert Medical School of Brown University  
Medical Director, Sleep Disorders Center  
Lifespan Hospitals | Providence, RI

Judith A. Owens, MD MPH  
Professor of Neurology  
Harvard Medical School  
Director, Sleep Medicine  
Boston Children’s Hospital | Boston, MA

**Faculty**

J. Todd Arnedt, PhD  
Associate Professor of Psychiatry  
Director, Behavioral Sleep Medicine Program  
Michigan Medicine, University of Michigan | Ann Arbor, MI

Michele Bergonzi, MBA  
Senior Vice President of Account Management  
Gallagher Student Health & Special Risk  
Arthur J. Gallagher & Co. | Quincy, MA

Vanessa M. Britto, MD, MSc  
Assistant Vice President  
Executive Director of Health and Wellness  
Brown University | Providence, RI

Beth Carmichael, CPCU, CCEP  
Principal  
Carmichael Associates, LLC | Springfield, MA

Mary A. Carskadon, PhD  
Professor of Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University  
Adjunct Professor of Cognitive, Linguistic and Psychological Sciences | Brown University | Providence, RI  
Director, Chronobiology & Sleep Research  
Emma P. Bradley Hospital | East Providence, RI

Charles A. Czeisler, PhD, MD, FRCP  
Baldino Professor of Sleep Medicine  
Director, Division of Sleep Medicine  
Harvard Medical School  
Chief, Division of Sleep and Circadian Disorders  
Brigham and Women’s Hospital | Boston, MA

Jonathan Lipton, MD, PhD  
Assistant Professor of Neurology  
Department of Neurology and F.M. Kirby Neurobiology Center  
Harvard Medical School  
Division of Sleep Medicine  
Boston Children’s Hospital | Boston, MA

Kiran Maski, MD, MPH  
Neurology Sleep Clinics, Director  
Boston Children's Hospital  
Assistant Professor of Neurology  
Harvard Medical School | Boston MA

Jared D. Minkel, PhD  
Clinical Assistant Professor of Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University  
Director, Adult Behavioral Sleep Medicine Program  
Rhode Island Hospital | Providence, RI

Donn Posner, PhD, CBSM  
Adjunct Clinical Associate Professor  
Psychiatry and Behavioral Sciences  
Stanford University School of Medicine  
Palo Alto Veterans Institute for Research | Palo Alto, CA

Susan Redline, MD, MPH  
Peter C. Farrell Professor of Sleep Medicine  
Harvard Medical School  
Senior Physician, Division of Sleep and Circadian Disorders  
Departments of Medicine and Neurology  
Brigham and Women’s Hospital  
Physician, Division of Pulmonary Medicine  
Department of Medicine  
Beth Israel Deaconess Medical Center | Boston, MA

Katherine M. Sharkey, MD, PhD  
Assistant Dean for Women in Medicine & Science  
Associate Professor of Medicine  
Associate Professor of Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University  
Rhode Island Hospital | Providence, RI

Daniel J. Taylor, PhD  
Professor of Psychology  
Director, Clinical Health Psychology Program  
Director, Sleep Health Research Laboratory  
University of North Texas | Denton, TX

Amy R. Wolfson, MD  
Visiting Scholar in Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University  
Professor of Psychology  
Loyola University of Maryland | Baltimore, MD

Pallas Ziporyn, BA  
Project Manager, Sleep 101 E-Learning Program  
Brigham & Women’s Hospital | Boston, MA

Terra Ziporyn Snider, PhD  
Executive Director and Co-Founder  
Start School Later, Inc. | Annapolis, MD
Register 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-tons-sleep-and-sleep-disorders-in-college-students

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.

Psychologists: The Warren Alpert Medical School of Brown University has been approved by the Rhode Island Psychological Association to offer continuing education credits for Psychologists. The Alpert Medical School maintains responsibility for the program. This program is approved for 9 Category 1 CE Credits. (Credits available to RI licensed psychologists only).

For More Information
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