

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	<u>SCOPE OF THE PROBLEM</u> 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	<u>SLEEP DISORDERS: DIAGNOSIS & MANAGEMENT</u> 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	<u>INSOMNIA</u> 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

- Sleep in Psychiatric Disorders**
Katherine M. Sharkey, MD, PhD
- 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

9:45–10:45

CONCURRENT WORKSHOP II

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

10:45–11:00

Break

11:00–12:00

CONCURRENT WORKSHOP III

- Sleep & Substance Abuse/Alcohol Abuse**
J. Todd Arnedt, PhD
- Promoting Healthy Sleep on Campus: Administrative Challenges and Opportunities**
Vanessa M. Britto, MD, MSc &
Amy R. Wolfson, MD
- 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
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

Assistance 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 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.

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

Contact the Brown CME Office

233 Richmond St., G-R156, Providence, RI 02912

Ph: 401.863.2871 | F: 401.863.2202 | Email: CME@Brown.edu