Instructions for Earning Credit
A physician with a current and valid license to practice medicine in the US, Canada or Mexico may read any four (4) of the selected continuing medical education (CME) articles in this issue of SLEEP, complete the CME evaluation form on the next page, and fax or mail the form by the stated deadline to the AASM to receive AMA PRA Category 1 Credits™. ACCME mandates that accredited providers only offer AMA PRA Category 1 Credits™ to physicians. Non-physicians will be provided with a letter of participation indicating the number of AMA PRA Category 1 Credits™ awarded for the activities in which they participated. Non-physicians requesting letters of participation will be assessed the same fees as physicians requesting AMA PRA Category 1 Credits™, if applicable; there is no fee to AASM individual members and a $20.00 fee charged to non-members. A credit letter or letter of participation will be mailed within 4 to 6 weeks of the deadline.

Accreditation Statements
This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Academy of Sleep Medicine and the Associated Professional Sleep Societies, LLC. The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians. The American Academy of Sleep Medicine designates this educational activity for a maximum of 2 category 1 credits toward the AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Statement of Educational Purpose / Overall Education Objectives
SLEEP is a peer-reviewed research and clinical journal addressing sleep, circadian rhythms, and the diagnosis and treatment of the broad spectrum of sleep disorders. Its mission and educational purpose is to promote the science and art of sleep medicine and sleep research. Sleep disorders medicine draws clinical and scientific applications from a wide variety of primary disciplines, including pulmonology, neurology, psychiatry, psychology, otorhinolaryngology, and dentistry. Readers of SLEEP should be able to: 1) appraise sleep research in basic science and clinical investigation; 2) interpret new information and updates on clinical diagnosis/treatment and apply those strategies to their practice; 3) analyze articles for the use of sound scientific and medical problems; and 4) recognize the inter-relatedness/dependence of sleep medicine with primary disciplines.

The following articles in this issue may be read for CME credit:

Reduced Brain GABA in Primary Insomnia: Preliminary Data from 4T Proton Magnetic Resonance Spectroscopy (1H-MRS)
Objectives: To understand that primary insomnia is associated with global reduction in brain GABA.

Associations Between Sleep Duration Patterns and Overweight/Obesity at Age 6
Objectives: To understand that short sleep duration (less than 10 hours) during early childhood significantly increases the risk of excess weight or obesity in childhood, independently of other obesogenic factors.

The Multidimensional Correlates Associated With Short Nocturnal Sleep Duration and Subjective Insomnia Among Taiwanese Adolescents
Objectives: To understand the correlations of short sleep duration and significant insomnia with the individual, family, peer and school factors, and the problematic use of high-tech devices.

Prospective Randomized Study of Patients with Insomnia and Mild Sleep Disordered Breathing
Objectives: To explore the effects of treatment of insomnia or mild obstructive sleep apnea in patients with both disorders.

Association Study of Serotonin Transporter Gene Polymorphisms with Obstructive Sleep Apnea Syndrome in Chinese Han Population
Objectives: To understand the potential role of the 5-HTT gene polymorphisms in pathogenesis of OSAS.

Effect of Body Posture on Pharyngeal Shape and Size in Adults With and Without Obstructive Sleep Apnea
Objectives: To describe the effect of body posture on the shape and size of the pharyngeal airway in subjects with and without obstructive sleep apnea.

Effects of Continuous Positive Airway Pressure on Quality of Life in Patients With Moderate to Severe Obstructive Sleep Apnea: Data From a Randomized Controlled Trial
Objectives: To improve the current knowledge on the impact and efficacy of CPAP treatment on symptoms and health status.

Assessment of Sleep in Ventilator-Supported Critically Ill Patients
Objectives: To understand that in critically ill patients, the Rechtschaffen and Kales methodology is not a reliable method for assessing sleep however, computer-aided (spectral analysis) methods, assessment of sleep-wakefulness organizational patterns, or measurement of rapid eye movement sleep alone are more reliable.

Interpreting Wrist Actigraphic Indices of Sleep in Epidemiologic Studies of the Elderly: The Study of Osteoporotic Fractures
Objectives: To understand the relationship between sleep disturbance as measured by actigraphy and osteoporotic fractures.

Chronically Restricted Sleep Leads to Depression-Like Changes in Neurotransmitter Receptor Sensitivity and Neuroendocrine Stress Reactivity in Rats
Objectives: To understand the effects of sleep loss on neurobiological and neuroendocrine systems implied in the pathophysiology of depression.

A Video Method to Study Drosophila Sleep
Objectives: To be able to determine the accuracy of video analysis for measuring baseline sleep architecture and detecting the effects of time of day, gender, genotype, and age on sleep in Drosophila.

Validation of the Fatigue Severity Scale in a Swiss Cohort
Objectives: To assess the effects of sleep disorders on a fatigue severity scale.

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CME Evaluation Form

To earn CME credit, carefully read and evaluate four (4) of the articles designated for CME (listed on the previous page). The CME evaluation form must be completed and faxed or mailed to the American Academy of Sleep Medicine. Journal CME is available for 90 days post publication date of the journal issue; this form must be sent/postmarked by February 14, 2009.

For items 1-2, please use the following scale:
5=Strongly Agree, 4=Agree, 3=Unsure, 2=Disagree, 1=Strongly Disagree

1. Educational value:

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<td>I plan to discuss this information with colleagues.</td>
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<td>My attitude about this topic changed in some way.</td>
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<td>This information is likely to impact my practice.</td>
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2. Readability feedback:

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<td>I understood what the authors were trying to say.</td>
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<td>Overall, the presentation of the article enhanced my ability to read and understand it.</td>
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3. Commitment to change:

What change(s), if any, do you plan to make in your practice as a result of reading any of these 4 articles?
____________________________________________________________________________________________________
____________________________________________________________________________________________________

4. Statement of completion: I attest to having completed the CME activity (sign below).

Signature _____________________________ Date __________ Member # __________

Phone _______/_____/_______ Fax _______/_____/_______ E-mail ______________________

Name (please print legibly) ___________________________________________ M.D. ☐ D.O. ☐ Other ☐

Address ______________________________________________________________________________________________________

City ___________________________ State ___________ Zip ________________

ACCMCE mandates that accredited providers only offer AMA PRA Category 1 Credits™ to physicians. Non-physicians will be provided with a letter of participation indicating the number of AMA PRA Category 1 Credits™ awarded for the activities in which they participated. Non-physicians requesting letters of participation will be assessed the same fees as physicians requesting AMA PRA Category 1 Credit™, if applicable. Please check one box below.

☐ I am a physician claiming AMA PRA Category 1 Credits™ for my participation in this educational program.
☐ I am a non-physician requesting a letter of participation for this educational program.

Are you an individual member of the AASM and/or SRS? (circle one): Yes / No (If no, complete the following payment information)

☐ Check made payable to the AASM for $20 is enclosed
☐ Charge $20 to (circle one): VISA / MasterCard / American Express

Card#: __________________________________________ Expiration Date /_____/_____

Cardholder name (please print) ___________________________ Signature __________________________

Cardholder Address __________________________________________________________________________________________

Please return this completed form, postmarked no later than February 14, 2009, to the AASM Office:
AASM, One Westbrook Corporate Center, Suite 920, Westchester, IL  60154       Fax (708) 273-9354