SLEEP Continuing Medical Education Offerings

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, otolaryngology, 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:

Morphine Increases Acetylcholine Release in the Trigeminal Nuclear Complex
Objective: To explore the effects of morphine on acetylcholine release in the trigeminal nuclear complex.

Night Shift Performance is Improved by a Compromise Circadian Phase Position: Study 3. Circadian Phase after 7 Night Shifts with an Intervening Weekend Off
Objective: To understand when night shift workers should sleep.

Modafinil Increases Arousal Determined by P13 Potential Amplitude: An Effect Blocked by Gap Junction Antagonists
Objective: To know the effects of modafinil on electrophysiological markers of arousal and whether the effect is modulated by gap junction antagonists.

The Prevalence of Insomnia, Its Sociodemographic and Clinical Correlates, and Treatment in Rural and Urban Regions of Beijing, China: A General Population-Based Survey
Objective: To describe the prevalence of insomnia in urban and rural populations in China.

APD125, a Selective Serotonin 5-HT2A Receptor Inverse Agonist, Significantly Improves Sleep Maintenance in Primary Insomnia
Objective: To understand the effects of APD 125 in promoting sleep maintenance through the inhibition of the 5HT2A reticular activating system, and thus better understand the role of the 5HT2A receptors in the overall regulation of sleep.

EEG Spectral Analysis in Primary Insomnia: NREM Period Effects and Sex Differences
Objective: To describe the NREM EEG power characteristics of men and women with primary insomnia compared to good sleeper controls.

The Influence of In Utero Exposure to Smoking on Sleep Patterns in Preterm Neonates
Objective: To understand that in utero exposure to smoking disrupts sleep processes in preterm neonates, so that clinicians need to become even more conscious of the need to inform women about smoking-related risks during pregnancy.

QT Interval Prolongation in Future SIDS Victims: A Polysomnographic Study
Objective: To predict sudden infant death by analyzing cardiac QT interval during sleep in infants.

Blood Pressure and Heart Rate During Continuous Experimental Sleep Fragmentation in Healthy Adults
Objective: To examine the effects of sleep fragmentation on the usual sleep related fall in cardiovascular activity in healthy adults.

Respiratory Cycle-Related EEG Changes during Sleep Reflect Esophageal Pressures
Objective: To understand that the EEG content in some frequency ranges varies with non-apneic respiratory cycles to an extent predicted in some part by the magnitude of esophageal pressure swings during sleep in patients studied for suspected sleep disordered breathing.

Hypoadiponectinemia is Related to Sympathetic Activation and Severity of Obstructive Sleep Apnea
Objective: To investigate the relationship between serum adiponectin and sleep disordered breathing.

Sympathetic Withdrawal Augments Cerebral Blood Flow During Acute Hypercapnia in Sleeping Lambs
Objective: To understand the role of the sympathetic nervous system during acute hypercapnia in sheep.

Polysomnographic Values In Children Undergoing Puberty: Pediatric Vs. Adult Respiratory Rules in Adolescents
Objective: To appraise the accuracy of new pediatric sleep scoring rules in adolescents as a function of Tanner puberty stage rather than calendar age.

Presleep Arousal and Sleep Disturbances in Children
Objective: To understand that cognitive, and to a lesser extent, somatic pre-sleep arousal, which is known to be associated with sleep disturbances in adults, also appears to be associated with sleep disturbances in children.
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 March 16, 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:
I learned something new that was important. 5 4 3 2 1
I verified some important information. 5 4 3 2 1
I plan to discuss this information with colleagues. 5 4 3 2 1
I plan to seek more information on this topic. 5 4 3 2 1
My attitude about this topic changed in some way. 5 4 3 2 1
This information is likely to impact my practice. 5 4 3 2 1

2. Readability feedback:
I understood what the authors were trying to say. 5 4 3 2 1
I was able to interpret the tables/figures (if applicable). 5 4 3 2 1
Overall, the presentation of the article enhanced my ability to read and understand it. 5 4 3 2 1

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 __________________________ M.D. □ D.O. □ Other □

Name (please print legibly) ____________________________

Address __________________________________________________________________________________________

City ___________________________________________ State _____________ Zip _____________________________

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☐ 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 March 16, 2009, to the AASM Office:
AASM, One Westbrook Corporate Center, Suite 920, Westchester, IL 60154 Fax (708) 273-9354

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