Why should healthcare providers be concerned about sleep disorders? Sleep problems can be deadly! Here are some facts:

1. Sleep disorders can result in accidents and human errors and lead to public safety issues. It has been estimated that 10–15% of fatal motor-vehicle crashes are due to sleepiness or tiredness of the driver. (Panda-Purmal SR, Braz J Med Biol Res. 2006;39:563–571.)

2. Sleep disorders are common in the general population. Insomnia is the most common specific sleep disorder, with some insomnia problems being reported by approximately 30% of adults over the past year and chronic insomnia by approximately 10% of adults. Prevalence of obstructive sleep apnea, characterized by breathing problems during sleep is also very high with estimates of 9–21% in women and 24–31% in men. (June E. Ferrie Int J Epidemiol. 2011 Dec; 40(5): 1431–1437.)

3. Sleep problems are on the rise! There are an increasing number of workers employed in shift work. There is a rapid evolution of the “24/7” society that is constantly engaged in electronic media, TV, internet and mobile phones, at the expense of sleep duration and quality. (4) Sleep disorders are associated with short and long-term effects on health and well-being. Short-term effects can impact the individual’s quality of life, cognitive and motor performance, and daytime fatigue. Long-term effects can include premature death, heart disease, stroke, hypertension, inflammatory disorders, obesity, diabetes, and psychiatric disorders, such as anxiety and depression. Hence the critical role of general practitioners-primary care physicians in identifying and initiating treatment of sleep disorders early, as part of risk-factor modification for the aforementioned systemic diseases/conditions.

This one-day course will present an overview of Sleep Medicine with the focus on common sleep disorders in adults and children, and their diagnosis and evaluation in the primary care setting. The goal of the conference is to provide access to a multi-disciplinary panel of experts in the field of sleep medicine so that participants may learn about sleep disorders across the spectrum of age, as well as develop strategies and the performance-in-practice necessary for optimal patient care.

The conference will open with talks by expert faculty on the diagnosis, evaluation and treatment of several major types of sleep disorders: sleep-related movement disorders and parasomnia, disorders of central hypoxemia, and sleep-related breathing disorders. The interaction of sleep disorders with other medical and neurological conditions will also be discussed. The afternoon session will target sleep disorders in specific populations such as children and women. Approaches to the treatment of insomnia will be covered. There will be a presentation on circadian rhythm disorder, focusing on shift work and public safety issues arising out of sleep deprivation. Also, the various testing protocols available in the sleep laboratory and their indications and limitations will be explained. A talk will then concentrate on home sleep apnea testing protocols and other forms of portable monitoring for the sleep technologies.

The conference will conclude with a Q&A session with the expert faculty panel. The program will demonstrate how collaboration among multi-disciplinary professionals (primary care physicians, sleep specialists, school teachers and nurses, psychologists/behavioral therapists, sleep technologists) may enable people with sleep disorders to lead more fulfilling and healthier lives.
Awakening to Sleep Disorders: A Multidisciplinary Symposium for Physicians, Technologists & Respiratory Therapists

Thursday, September 14, 2017
7:30am – 3:45pm

Presented by:
JFK Center for Sleep Disorders Treatment, Research and Education at

JFK Neuroscience Institute &
The Office of CME at

JFK Conference Center
70 James St.
Edison, NJ 08820
(Across the street from the hospital)

Registration Information

JFK NEUROSCIENCE INSTITUTE SYMPOSIUM
Thursday & Friday, September 14 & 15, 2017

Sept. 14th: Awakening to Sleep Disorders

This course on Sleep Disorders represents Day 1 of our two-day Neuroscience Symposium. Day 2 (Fri., Sept. 15th) focuses on Collaborative Stroke Management. Participants have the option of registering for one or both courses via our online site. Tuition reductions are offered for early bird and two course registrations.

For further information, click here: http://www.cvent.com/D/V5QR9W or contact Marianne Mohary at 732-632-1570 or via email at mmohary@jfkhealth.org

REGISTRATION FEE INCLUDES:

• Conference Workbook and Handout
• Continental Breakfast, Hot Buffet Luncheon and Refreshment Break

Early registration will be accepted until Friday, August 31, 2017. Regular registration will be applicable after these dates. Cancellations and requests for refunds will be accepted until the September 8th registration deadline minus the following non-refundable administrative fee of $35.00 for one day and $50.00 for two day registration.

ON-LINE REGISTRATION IS HERE!

Our preferred method of registration is through our secure online website. Payment may be made with Visa, MasterCard or Discover credit cards. American Express is not accepted.

To register, please visit:
http://www.cvent.com/D/V5QR9W

For more information on the registration process, or technical problems, please contact Marianne Mohary at 732-632-1570 or via email at mmohary@jfkhealth.org

Tuition

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<tr>
<th>Title</th>
<th>Early Bird (by 8/31/17)</th>
<th>Regular</th>
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<tr>
<td>Awakening to Sleep Disorders</td>
<td>$125.00</td>
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<td>Thursday, September 14, 2017</td>
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<td>2nd Annual Collaborative Stroke Management</td>
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<td>2-day Conference:</td>
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<td>Awakening to Sleep Disorders</td>
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Hotel Information

APA Hotel Woodbridge, 120 Wood Avenue, Iselin, NJ 08830

The newly renovated APA Hotel Woodbridge, Iselin, NJ, has provided a special JFK weekend (Thurs. – Sun.) rate of $109.00 per night. To make a reservation, please call 1-866-233-4218 or click here: https://bookings.ihotelier.com/bookings.jsp?hotelId=96418&rateplanId=248851

Please be sure to mention JFK Medical Center to lock in this great rate that includes free Wi-Fi, Tree use of the indoor pool and free use of the health club.

The hotel will provide complimentary shuttle service to and from the JFK Conference Center. To reserve a seat on the shuttle, please advise the front desk at the time of check-in.

The APA Hotel Woodbridge is conveniently located to the Metropark Train Station (6 mi.), JFK Conference Center (1.6 mi), and Newark Liberty International Airport (16 mi.)

JFK Center for Sleep Disorders is one of New Jersey’s premier hospitals with a reputation for excellence in healthcare. From our nationally recognized JFK Johnson Rehabilitation Institute to the JFK Neuroscience Institute, is a resource in diagnosing and treating adults and children with sleep disorders. The Center uses a multidisciplinary approach that includes consultations with board-certified sleep physicians, pulmonologists, neurologists, ear, nose and throat specialists, and psychologists. The laboratory is equipped with state-of-the-art technology utilized by registered technicians. It is custom designed to create a warm, friendly, home-like environment and the pediatric rooms are designed to accommodate parents. Located within JFK Medical Center, the sleep lab is in close proximity to healthcare personnel should on-the-spot medical care be needed.

JFK Medical Center