

**INTERACTIVE CE BROADCAST via Satellite, Internet, or Telephone: REGISTER TODAY!**

# Combating the Consequences of Excessive Sleepiness

**Premiere Date: Wednesday, December 5, 2007**

**LIVE Broadcast: 12:00 p.m.–1:00 p.m. ET**

11:00 a.m.–12:00 p.m. CT  
10:00 a.m.–11:00 a.m. MT  
9:00 a.m.–10:00 a.m. PT

**Taped Re-Air: 3:00 p.m.–4:00 p.m. ET**

2:00 p.m.–3:00 p.m. CT  
1:00 p.m.–2:00 p.m. MT  
12:00 p.m.–1:00 p.m. PT

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**800.895.1713 (LIVE) 800.243.8160 (archive)**

Password for LIVE byPHONE option is "neuroscienceCME TV"

This activity offers CE credit for:

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.



**FACULTY INFORMATION**

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**CREDIT INFORMATION**

**CME Credit (Physicians):** CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Note to Physician Assistants:** AAPA accepts Category I credit from AOACCME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.

**CNE Credit (Nurses):** CME Outfitters, LLC, is an approved provider of continuing nursing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned code 6WASUP-PRV-0616. 1.0 contact hours will be awarded upon successful completion.

**Note to Nurse Practitioners:** The content of this CNE activity pertains to Pharmacology.

**CEP Credit (Psychologists):** CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

**NASW Credit (Social Workers):** This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

**CCMC Credit (Certified Case Managers):** This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

**CPE Credit (Pharmacists):** CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)

Universal Program Number:  
376-999-07-018-L01 (live presentation)  
376-999-07-018-H01 (recorded programs)

Post-tests, credit request forms, and activity evaluations can be completed online at [www.neuroscienceCME.com](http://www.neuroscienceCME.com) (click on the Testing/Certification link under the Resources tab—requires free account activation), and participants can print their certificate or statement of credit immediately (70% pass rate required). Otherwise, participants should fully complete and return both the credit request form and activity evaluation located within the course guide for this activity. A certificate or statement of credit will be mailed within 4–6 weeks to all who successfully complete these requirements. CE credit expires on December 5, 2008.

You can also register for this and other neuroscienceCME activities at [www.neuroscienceCME.com](http://www.neuroscienceCME.com). For more information or to register by phone for this one-hour activity, call CME Outfitters at **877.CME.PROS**.

**STATEMENT OF NEED**

Excessive sleepiness is an intense compulsion to sleep during waking hours. This symptom can manifest while at rest, but also during times when a degree of activity and attention are needed, such as while driving. Excessive sleepiness can be a result of sleep deprivation or fragmentation, and its etiology is associated with disorders such as narcolepsy, obstructive sleep apnea, circadian rhythm sleep disorders, and depression.<sup>1</sup>

Clinical sleep deprivation/fragmentation studies highlight the cognitive, functional, and physiological impact of excessive sleepiness. Consequent deficits include decreased alertness, learning and memory problems, and psychomotor impairment.<sup>2</sup> These impairments can decrease productivity and increase the propensity for errors and accidents. The symptom of excessive sleepiness may exacerbate mood disorders, and is associated with increased insulin resistance, pain sensitivity, and weight gain.

Management of excessive sleepiness can encompass both non-pharmacologic and pharmacologic strategies. Non-pharmacologic measures include patient education on sleep/wake hygiene, the appropriate use of napping, and light management. Caffeine, psychostimulants, or novel wake-promoting agents can also be utilized to help overcome excessive sleepiness.<sup>3</sup> In this live, evidence-based, neuroscienceCME TV activity, the experts will explore the symptom of excessive sleepiness and how its consequences may impact patient outcomes.

<sup>1</sup> Schneider C, Fulda S, Schulz H. Daytime variation in performance and tiredness/sleepiness ratings in patients with insomnia, narcolepsy, sleep apnea and normal controls. *J Sleep Res* 2004;13:373-383.

<sup>2</sup> Dinges DF, Pack F, Williams K et al. Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep* 1997;20:267-277.

<sup>3</sup> Banerjee D, Vitiello MV, Grunstein RR. Pharmacotherapy for excessive daytime sleepiness. *Sleep Med Rev* 2004;8:339-354.

**ACTIVITY GOAL**

To explore the etiology and occurrence of excessive sleepiness, examine the resultant cognitive and medical consequences, and identify strategies for management of this symptom.

**LEARNING OBJECTIVES**

At the end of this CE activity, participants should be able to:

- Describe the symptomatology and etiology of excessive sleepiness.
- Identify consequences of untreated excessive sleepiness including cognitive deficits, physical decrements, and increased propensity for errors and accidents.
- Formulate a treatment plan that can improve the outcome of patients who suffer from excessive sleepiness associated with a variety of disorders.

**TARGET AUDIENCE**

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals interested in optimizing outcomes in patients with sleep/wake disorders.

**COMMERCIAL SUPPORT**

CME Outfitters, LLC, gratefully acknowledges an independent educational grant from Cephalon, Inc., in support of this CE activity.

**FAX completed form to 240.243.1033**

**YES! Register me for this LIVE evidence-based neuroscienceCME TV activity on December 5, 2007.**

Please send me a complimentary  CD-ROM  videotape of this CE activity.

Site Name: \_\_\_\_\_ # Participants: \_\_\_\_\_

Individual Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Practice Setting:  Community Mental Health  State Mental Health  Primary Care  Private Practice  Other: \_\_\_\_\_ Phone: \_\_\_\_\_

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