Dr. Atul Malhotra is an Associate Professor of Medicine at Harvard Medical School and Medical Director of the Sleep Disorders Research Program at Brigham and Women's Hospital. He has multiple NIH grants and has published roughly 100 original publications on the topic of sleep apnea. He also has interests in critical care and in medical education.

**Moderator/Presenter – Kelly Carden MD, MBA**

Dr. Kelly Carden, partnering with Dr. Brian Wind, is coordinating the content of this year’s conference. Dr. Carden is boarded in Internal Medicine, Pulmonary, Critical Care, and Sleep Medicine (both ABMS and ABIM). She is actively involved in the American Academy of Sleep Medicine as the Vice-Chair of the Healthcare Policy Committee and a member of the elite Presidential Committee on Coding and Compliance. She is a nationally known speaker, course director, and author and is considered to be a thought leader in the field of sleep medicine.

**Presenter – Kenneth Lichstein, PhD**

Kenneth L. Lichstein, PhD is a Professor in the Department of Psychology at the University of Alabama. Early in his career he explored a number of different areas of behavioral medicine including basic psychophysiology, relaxation therapy, anxiety disorders, and headaches. For the past 2 decades, his research has focused on sleep disorders with an emphasis on insomnia in older adults. He has published over 130 articles/chapters and 5 books. Professor Lichstein has served on the editorial board of a number of journals including the Journal of Consulting and Clinical Psychology and Sleep. He is the founding editor of Behavioral Sleep Medicine.

**Presenter – Brian Wind, PhD**

Dr. Brian Wind, working alongside Dr. Kelly Carden, is co-coordinating the content for this year’s conference. Dr. Wind is the Clinical Director of the Sleep Center of Murfreesboro and the Sleep Center at StoneCrest. He also serves as the Director of the Insomnia and Parasomnia Treatment Program at the Sleep Centers. In June of 2007, Dr. Wind earned his board certification in behavioral sleep medicine from the American Academy of Sleep Medicine. At the time his board certification was awarded, Dr. Wind was only the second person residing in the state of Tennessee and the ninety-third person in the United States to hold this certification. He has co-authored several articles and book chapters in the fields of behavioral medicine and personality assessment.

**Presenter – Christopher Nolte, MD, MS**

Dr. Christopher Nolte received his B.A. in Biology, B.A. in Philosophy and M.S. in Neuroscience from Florida State University. He attended Vanderbilt medical school and completed neurology residency training at the Mayo Clinic, where he served as Chief Resident. He returned to Vanderbilt for fellowship training in Sleep Medicine and joined the neurology faculty in 2008 prior to joining his current practice in Knoxville. Dr. Nolte is board-certified in Neurology and Sleep Medicine. He has served on several committees of the American Academy of Neurology and has a special interest in health literacy and CPAP adherence. He evaluates both adults and children with sleep disorders.

**Presenter – Roxanne Valentino, MD**

Dr. Valentino practices neurology and sleep medicine as part of Tennessee Neurology Specialists in Nashville. She is the medical director for the St. Thomas Health Services Center for Sleep. Dr. Valentino earned her undergraduate degree in biochemistry from Boston College, then earned her medical degree at the Ohio State University. She completed her neurology residency training at the Cleveland Clinic, followed by fellowship training in sleep disorders and neurophysiology. She was the Associate Director for the sleep medicine fellowship program at the Cleveland Clinic prior to moving to Tennessee in 2008. Dr. Valentino is board-certified in sleep medicine by the AASM and the American Board of Psychiatry and Neurology. She is also board-certified in clinical neurophysiology. Her interests include parasomnias and the connection between neurologic conditions and sleep disorders.
7:00-7:45am  Registration and Exhibits

7:45am   Welcome
  *Kelly Carden, MD, MBA*

7:50am   KEYNOTE ADDRESS - The Future of Sleep Medicine
  *Atul Malhotra, MD*

8:50am   Consequences of Obstructive Sleep Apnea
  *Atul Malhotra, MD*

9:50am   Break - 15 minutes

10:05am  Sleep Related Movement Disorders
  *Roxanne Valentino, MD*

11:05am  Portable Monitoring
  *Christopher Nolte, MD, MS*

12:05pm  Panel Discussion
  *Drs. Malhotra, Carden, Valentino and Nolte*

12:30pm  Lunch - 45 minutes

1:15pm   Consequences of Sleep Deprivation
  *Kelly Carden, MD, MBA*

2:15pm   Insomnia and Cognitive Behavioral Therapy
  *Kenneth Lichstein, Ph.D*

3:15pm   Break – 15 minutes

3:30pm   Optimization of PAP Compliance - Application of CBT Principals
  *Brian Wind, Ph.D*

4:30pm   Panel Discussion
  *All Available Speakers*

8.0 Category 1 AMA CME's have been applied for.

AAST CEC Program Application has been submitted for approval
THIS REVIEW COURSE IS INTENDED FOR EXPERIENCED TECHNOLOGISTS POSSESSING A BASIC UNDERSTANDING OF PSG CONCEPTS WHO ARE NOW PREPARING FOR THE WRITTEN EXAMINATION OR WHO WISH FOR A MORE INTENSIVE REVIEW OF POLYSOMNOGRAPHY. THIS 2-DAY SEMINAR WILL PROVIDE THE STUDENT WITH A COMPREHENSIVE REVIEW AND CLARIFICATION OF POLYSOMNOGRAPHY, USING THE EXAMINATION CONTENT AS OUTLINED BY THE BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS (BRPT). COURSE ATTENDEES WILL REVIEW: PATIENT PREPARATION AND THE INTERNATIONAL 10-20 SYSTEM OF ELECTRODE PLACEMENT; SLEEP STAGING AND SCORING USING THE NEWLY REVISED AASM SCORING RULES; EEG AROUSALS; RESPIRATORY SCORING, PERIODIC LIMB MOVEMENTS OF SLEEP; BASIC UNDERSTANDING OF CARDIAC RHYTHM; CARDIAC ARRHYTHMIAS; MSLT AND MWT; REPORT GENERATION AND COMPUTATIONS; TREATMENT ( CPAP / BILEVEL / O2 ) OF SLEEP DISORDERED BREATHING; ARTIFACT RECOGNITION; INSTRUMENTATION; AND A REVIEW OF COMMON SLEEP DISORDERS.

Presenters: Tim Fields, RPSGT, Michael Adams, RPSGT, Walter Holland, RPSGT, R.EEG.T, Rebecca Adams, MS, MH, RPSGT

Tuition $395.00 for entire course and course materials

Day 1:
SLEEP STAGE SCORING (R&K MANUAL)
VOLTAGE, SENSITIVITY, DEFLECTION
DIFFERENTIAL AMPLIFIERS
SLEEP DISTRIBUTION
SLEEP CYCLES
TROUBLESHOOTING ARTIFACTS
REPORT CALCULATIONS

Day 2:
APPLICATION TEST: QUOTING AND APPLYING YOUR SCORING RULES.
NEW AASM SCORING MANUAL( WHAT ARE THE DIFFERENCES?). EDS ( THE SLEEP DISORDERS)
APNEA AND HYPOPNEA SCORING AND THEORY/TECHNICAL ASPECTS.
EKG REVIEW
PAP
REPORT CALCULATIONS

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- Tennessee State Capitol - Legislative Plaza
- Sommet Center Entertainment Complex - Home of the Nashville Predators NHL
- Schermerhorn Symphony Center
- Tennessee Performing Arts Center
- Frist Center for the Visual Arts
- Adventure Science Center
- Nashville Zoo
- Grand Ole Opry
- Ryman Auditorium
- The Parthenon-Athena
- Wildhorse Saloon
- Belle Meade Mansion, Cheekwood Gardens, Belmont Mansion
- Campuses of Vanderbilt University and Vanderbilt Medical Center, Middle Tennessee State University (MTSU), Tennessee State University (TSU), Belmont University and David Lipscomb University

Guests at the Embassy Suites Nashville South-Cool Springs hotel stay in spacious two-room suites and receive a complimentary cooked-to-order breakfast and complimentary nightly Manager's Reception. Visit the on-site restaurant The Athletic Club Bar and Grille for lunch or dinner, or suite service is available in your suite. Wireless high-speed Internet is available in all guests’ suites and public areas. Parking is complimentary. Enjoy the indoor pool and fitness center with Precor® workout equipment.

Embassy Suites Cool Springs has agreed to give conference attendees a room rate of $109.00. Be sure to use Group code – TSS to insure you are given this rate.
Conference Registration Form

Mail completed registration form with check or money order to TSS to

Jim Donaldson, 5050 Poplar Avenue, Suite 300, Memphis TN 38157

Registration Form:  

<table>
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<tr>
<th>Early Registration</th>
<th>□ $75.00 TSS Members</th>
<th>□ $100.00 Non-Members</th>
<th>□ $75.00 Students</th>
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<td>After March 15th</td>
<td>□ $100.00 TSS Members</td>
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<tr>
<td>Registry Review Course</td>
<td>□ $395.00</td>
<td>(limited seats available for review course)</td>
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<tr>
<td>Thursday night Event Wild Horse Saloon</td>
<td>□ $35.00 attendee</td>
<td>□ $35.00 for guest – Name: ______________________________</td>
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Registrant Name: ________________________________________________________________

Title __________(MD, PhD, RPSGT, RRT, etc)

Email address: _________________________________________________________________

Contact (phone) #(______)______________________________

(written confirmation prior to conference date cannot be guaranteed after March 31st without a valid email address)

Address: ___________________________________________________________________________________________________________________________________

TSS Member _____ Y/N  Join TSS_____Y/N * PSG Student _____ Y/N

* TSS Membership fee will be taken from Registration fee of $100.00 for early registration or $125.00 for registration after March 15th, 2010. Please complete and enclose membership registration from www.tnsleep.org) (Student registration requires proof of enrollment) Contact Jim Donaldson at donaldsj@methodisthealth.org or Rebecca Adams at maobfh@charter.net for more information.

The TSS in partnership with the Wild Horse Saloon in Nashville has arranged a night of fun and music on Thursday, April 15th from 7pm to Midnight. All attendees and their guest are invited to attend. Cost is $35.00 per person. The cost will cover admission, roped balcony area for TSS Attendees, dinner buffet and live music.

Shuttle or group transportation will be arranged for an additional fee if enough individuals express an interest in riding a shuttle.

All costs for the event and transportation will go directly to cover the actual costs of this venue. Payment must be submitted in advance of the event through the TSS. No additional fees are attached.