



SOCIETY OF BEHAVIORAL SLEEP MEDICINE

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2012 INAUGURAL MEETING | JUNE 9-10 | SHERATON BOSTON | BOSTON, MA

• **FREE** registration for all SBSM members! •

On behalf of the board of directors of the Society of Behavioral Sleep Medicine (SBSM), I personally invite you to join us for the SBSM 2012 Inaugural Meeting, which will be held in Boston, Mass., June 9-10, 2012. This historic event will be a significant moment for the SBSM, a new and rapidly growing organization for professionals with an interest in behavioral and psychological approaches to the prevention and treatment of sleep disorders.

Since the SBSM was established in 2010, our committee members and leaders have been working hard to provide valuable services and benefits to psychologists, physicians, nurses and other health care professionals who are passionate about improving public health by promoting healthy sleep. The SBSM 2012 Inaugural Meeting is one of the most important steps in our organization's development, and it will provide educational opportunities that you won't want to miss!

The Program Committee, led by co-chairs Michael Vitiello, PhD, and Judith Owens, MD, MPH, has put together a remarkably diverse schedule of clinical workshops, discussion groups and symposia focused exclusively on BSM. The dual-track program will provide educational flexibility for attendees, who will have the opportunity to earn up to 11.00 hours of CE or CME credit.

The best news is that registration for the SBSM 2012 Inaugural Meeting is FREE for SBSM members! This decision by the board of directors represents a significant financial investment in the education of our membership, and the free registration is a tangible way for us to thank all of our founding members for contributing to the establishment and growth of our society.

Registration also is reasonably priced for nonmembers who may want to attend the meeting to find out what the SBSM has to offer. It's a low-risk, high-reward learning opportunity for both veteran BSM practitioners and those who may be getting their first introduction to the sleep field. Everyone is welcome, and I am confident that all will have a rich learning experience that will be one of the highlights of their year.

This is an exciting time to be involved in behavioral sleep medicine, and this is your only opportunity to be a part of the historic SBSM 2012 Inaugural Meeting. So don't miss it – register today and invite a friend or colleague to join you!

I look forward to seeing you in Boston this June.



Christina S. McCrae, PhD  
SBSM President

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Dear Colleague:

The mission of the Society of Behavioral Sleep Medicine (SBSM) is to set standards and promote excellence in behavioral sleep medicine health care, education and research. As such, we are pleased and honored to announce the SBSM Inaugural Meeting, June 9 – 10, in Boston.

For 1.5 days, the leading voices in behavioral sleep medicine will be gathered together under one roof for a chance to network with likeminded colleagues, attend sessions focused solely on BSM, and earn CE or CME credits. Appropriately, we will launch this historic event with a keynote address by Richard R. Bootzin, PhD, one of the pioneers of the behavioral treatment of insomnia.

The rest of our program will include clinical workshops, discussion groups, a masters class, and symposia. We've specifically created two, simultaneous tracks to offer attendees the option of selecting topics most relevant to their educational needs and levels of experience, including:

- Hands-on CBT-I Introduction
- Pediatric Insomnia
- Hypnotic Withdrawal
- Hypersomnia
- Business Practices
- CPAP Compliance
- CBT-I for Co-morbid Populations
- Ethics

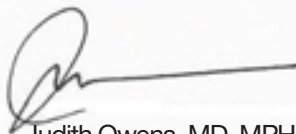
And so, on behalf of the Program Committee, we invite you to be part of a historic meeting, helping to create momentum for the SBSM and introduce more sleep, psychology and other health care professionals to behavioral sleep medicine.

We look forward to seeing you in Boston, June 9 – 10, for the first-ever annual gathering of the SBSM.

Sincerely,



Michael V. Vitiello, PhD  
Co-chair, SBSM 2012 Program



Judith Owens, MD, MPH  
Co-chair, SBSM 2012 Program



## Program Committee

Michael Vitiello, PhD, Co-chair  
Judith Owens, MD, MPH, Co-chair  
Sonia Ancoli-Israel, PhD, CBSM  
Jonathan Cole, PhD  
Sean P.A. Drummond, PhD  
Daniel Taylor, PhD, CBSM  
Terri Weaver, PhD, RN

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## Meeting Overview

### Target Audience for SBSM 2012 Inaugural Meeting

Participants of the SBSM 2012 Inaugural Meeting will include psychologists, physicians, nurses, mental-health clinicians, scientists, students and other health care professionals seeking to increase their knowledge of the field of behavioral sleep medicine, as well as those considering taking the American Board of Sleep Medicine behavioral sleep medicine examination. Attendees should possess a basic knowledge of biological systems and/or operational issues in clinical practice.

### Overall Educational Objectives

Attendance at the SBSM 2012 Inaugural Meeting should give participants a broad understanding of the current state-of-the-art of behavioral sleep medicine, including current clinical practices used when investigating and treating sleep disorders in adults and children; areas of controversy in clinical practice; recent basic science research; and social, business, ethical and political issues relevant to behavioral sleep medicine.

*By the end of the SBSM 2012 Inaugural Meeting, participants should be able to:*

- 1) Summarize relevant information on the latest research and clinical practices;
- 2) Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of behavioral sleep medicine; and
- 3) Integrate strategies and tools for the enhancement/advancement of behavioral sleep medicine.

## Keynote Lecturer Information



### **Richard Bootzin, PhD**

#### ***Origins and Future Directions of Behavioral Sleep Medicine Treatments for Insomnia and Sleep Disturbance***

Saturday, June 9, 2012

Richard Bootzin, PhD, is a professor in the Departments of Psychology and Psychiatry at the University of Arizona. He directs the Insomnia Clinic at the University Medical Center and his own sleep research laboratory in the Psychology Department. He received his PhD in clinical psychology from Purdue University and was a faculty member, including chair of the department, at Northwestern University before joining the faculty of the University of Arizona in 1987.

Professor Bootzin is one of the pioneers of behavioral treatments of insomnia. He developed stimulus control therapy for insomnia which remains one of the most effective single treatments for insomnia, receiving the highest standard of practice rating from the American Academy of Sleep Medicine. He is author or editor of twelve books and more than 150 articles and chapters. Professor Bootzin received the 2008 Mary A. Carskadon Outstanding Educator Award from the Sleep Research Society and the 2011 Distinguished Scientist Award from the Society for a Science of Clinical Psychology.

## *Are you a Member?*

If not, join today and begin experiencing the benefits of SBSM membership:

SBSM members enjoy a variety of exclusive benefits, including:

- A complimentary subscription to the quarterly journal *Behavioral Sleep Medicine*, the premier resource for the latest scientific research focusing on BSM
- Discounts on SBSM courses and educational opportunities
- Professional development and networking opportunities
- Regular announcements and updates on the latest news affecting BSM professionals
- Listing of Provider Database

***And Free Registration to the Inaugural Meeting!***

# General Session Day 1

Saturday, June 9, 2012

## Welcome and Introductory Remarks

8:30am – 9:00am

## Plenary Session

9:00am – 10:00am

### *Origins and Future Directions of Behavioral Sleep Medicine Treatments for Insomnia and Sleep Disturbance*

Richard Bootzin, PhD

See page 2 for further information about Dr. Bootzin.

**Level of Content:** Intermediate

#### **Objectives:**

1. Describe the contributions from principles of behavior change and sleep research that led to our current treatments for insomnia and sleep disturbance;
2. Describe the critical role that sleep plays in cognition, emotion regulation, psychopathology, behavioral consequences and health; and
3. Describe future direction to reach more people, train more clinicians, and influence public policy.

## Break (On Your Own)

10:00am – 10:30am

## CLINICAL WORKSHOPS

### *Cognitive Behavioral Therapy for Insomnia: A Hands-on Introduction*

10:30am – 3:30pm (with a one-hour lunch break from 12:30pm-1:30pm)

**Co-chairs:** Rachel Manber, PhD; and Michael Perlis, PhD

**Level of Content:** Introductory

**Brief Description:** The workshop will provide entry-level training in the use of CBT-I techniques, a didactic overview of assessment of insomnia and a review of CBT-I treatment components. The workshop will employ case-based examples and hands-on experience in the application of the behavioral components of CBT-I (i.e., sleep education, sleep restriction and stimulus control). Attendees will learn how to calculate sleep efficiency, adjust the sleep window and implement principles of stimulus control.

#### **Objectives:**

1. Use screening measures to identify patients appropriate for CBT-I and with other comorbid sleep disorders;
2. Review the evidence supporting CBT-I and the treatment components of CBT-I;
3. Discuss how to apply the use of sleep diaries, sleep education, stimulus control and sleep restriction to treat patients; and
4. Assess the practical considerations of CBT-I including frequency and duration of treatment and group versus individual treatment.

### *The ABCs of ZZZs: The Basics of Pediatric Behavioral Sleep Medicine*

10:30am – 3:30pm

(with a one-hour lunch break from 12:30pm-1:30pm)

**Co-chairs:** Judith Owens, MD; and Richard Ferber, MD

**Faculty:** Valerie Crabtree, PhD; Lisa Meltzer, PhD; and Jodi Mindell, PhD

**Level of Content:** Intermediate

**Brief Description:** This workshop will provide behavioral medicine clinicians with the tools to manage behavioral sleep problems in pediatric patients from infants to adolescents. Topics to be covered include normal sleep development across the pediatric spectrum, evaluation of pediatric insomnia, empirically-supported behavioral treatment strategies for insomnia, sleep hygiene, screening for behavioral sleep disorders in the clinical setting and diagnostic tools, behavioral aspects of medical sleep disorders, and general strategies for working with pediatric patients and families. Other components of pediatric sleep medicine pertinent to behavioral sleep specialists, including positive airway pressure adherence and treatment of delayed sleep phase disorder in adolescents, will also be discussed.

#### **Objectives:**

1. Discuss the normal sleep development from infants to adolescents;
2. Evaluate pediatric patients for insomnia;
3. Apply behavioral therapy strategies to diagnose and treat pediatric patients; and
4. Utilize behavioral therapy to improve positive airway pressure adherence and treat delayed sleep phase disorder in adolescents.

## MASTER CLASS

### *Roles of the Behavioral Sleep Specialist in the Evaluation and Management of Hypersomnia*

1:30pm – 3:30pm

**Chair:** Ryan Wetzler, PsyD, CBSM, ABPP

**Level of Content:** Advanced

**Brief Description:** Participants will be introduced to the variety of assessment tools utilized in evaluation of sleepiness and practice guidelines suggested to achieve reliable results. Areas of focus will include differential diagnosis of fatigue vs. sleepiness, behavioral preparation for MLST, differential diagnosis of the role of psychiatric disturbance, treatment of co-existing/exacerbating disturbances and development of behavior plans for optimal medical management.

#### **Objectives:**

1. Review the differential diagnosis of fatigue vs. sleepiness;
2. Describe the behavioral preparation for an MSLT; and
3. Explain the role BSM can play in the diagnosis and treatment of hypersomnia.

**Break** (On Your Own)

3:30pm – 3:45pm

## SYMPOSIA

### *Business Considerations in Behavioral Sleep Medicine Practice*

3:45pm – 5:45pm

**Co-chairs:** Kelly Byars, PsyD, CBSM; and Michael Schmitz, PsyD, CBSM

**Faculty:** Anne Bartolucci, PhD, CBSM; Michael Scherer, PhD, CBSM; and Ryan Wetzler, PsyD, CBSM, ABPP

**Level of Content:** Intermediate

**Brief Description:** The discipline of behavioral sleep medicine has established a range of empirically validated assessment and treatment interventions that provide tremendous opportunities for the development of clinical practice. The purpose of this program is to outline important business considerations that support and sustain the practice of behavioral sleep medicine.

#### **Objectives:**

1. Review several BSM practice models and discuss important business considerations for each model;
2. Implement key strategies for establishing and marketing a BSM practice;
3. Describe methods for maximizing insurance

- reimbursement and remuneration for services; and
4. Explain approaches to augmenting BSM practice with complimentary clinical and consultation services.

### *Pain, Headaches, and Insomnia*

3:45pm – 5:45pm

**Chair:** Michael T. Smith, PhD, CBSM

**Faculty:** Jonathan Cole, PhD; Michael Vitiello, PhD; and Ryan Wetzler, PsyD, CBSM, ABPP

**Level of Content:** Intermediate

**Brief Description:** In this symposium, the interwoven nature of pain and sleep disturbances will be explored by leading clinicians and researchers. Presentations will review the clinical relevance of pain in the context of sleep disturbances, the role of sleep in pain sensitivity, the impact of addressing sleep disturbance on pain, and clinical approaches when pain and sleep disturbances co-exist.

#### **Objectives:**

1. Review the impact of pain on sleep;
2. Describe the role of sleep in pain sensitivity; and
3. Develop a patient-care plan when pain and sleep disturbances co-exist.

## DISCUSSION GROUP

### *Dissemination of Behavioral Sleep Medicine Interventions*

3:45pm – 5:45pm

**Chair:** Daniel Taylor, PhD

**Faculty:** Colin Espie, PhD; Kenneth Lichstein, PhD; Rachel Manber, PhD; Jodi Mindell, PhD; and Michael Perlis, PhD

**Level of Content:** Intermediate

**Brief Description:** The discussants of this group will be asked to briefly discuss their efforts and successes at dissemination in their particular areas of BSM and then discuss as a group where they think potential directions (areas and methods) of dissemination the Society of Behavioral Sleep Medicine should support into the future.

#### **Objectives:**

1. Improve patient care by implementing new strategies to inform clinicians of BSM interventions;
2. Assess varying approaches for disseminating BSM interventions to patients with sleep disorders; and
3. Discuss potential directions of future education of BSM.

## SBSM General Business Meeting

# General Session: Day 2

Sunday, June 10, 2012

## SYMPOSIUM

### *Adaptation of CBT-I for Co-Morbid Populations*

8:00am – 10:00am

**Co-chairs:** Sean P.A. Drummond, PhD; and Lavinia Fiorentino, PhD

**Faculty:** J. Todd Arnedt, PhD; Rachel Manber, PhD; and Thomas Neylan, MD

**Level of Content:** Advanced

**Brief Description:** The symposium will be composed of a set of advanced talks for those who are already familiar with CBT-I and want practical information on how to adapt and apply it in comorbid populations. Thus, faculty will discuss how practitioners may need to conduct CBT-I differently when working with patients who experience insomnia in the context of a comorbid psychiatric or medical disorder. This could potentially also include adjunctive strategies outside of formal CBT-I that one may wish to consider employing with these patients.

#### **Objectives:**

1. Discuss the behavioral treatment of insomnia with comorbid depression;
2. Assess the meaning of nightmares in patients with PTSD;
3. Review CBT-I for patients with co-occurring alcohol use disorders; and
4. Challenges of treating insomnia in cancer patients.

## CLINICAL WORKSHOP

### *Beyond the Basics of Pediatric Behavioral Sleep Medicine*

8:00am – 10:00am

**Co-chairs:** Judith Owens, MD; and Richard Ferber, MD

**Faculty:** Valerie Crabtree, PhD; Lisa Meltzer, PhD; and Jodi Mindell, PhD

**Level of Content:** Advanced

**Brief Description:** This advanced workshop will focus on the diagnosis and management of insomnia and other behavioral sleep medicine challenges in pediatric populations, the role of medication in the treatment of pediatric insomnia, and cultural and ethical

considerations in working with children and families. Presenters will utilize case presentations from their own practices and will encourage audience participants to share challenging cases.

#### **Objectives:**

1. Discuss how to diagnose and manage pediatric patients with sleep disorders and comorbid medical, psychiatric and neurodevelopmental conditions;
2. Explain the impact medication has on pediatric insomnia; and
3. Describe cultural and ethical considerations that clinicians face when working with children and families.

## DISCUSSION GROUP

### *Varying Approaches to Hypnotic Withdrawal: From the Bench to the Bedside*

8:00am – 10:00am

**Chair:** Ryan Wetzler, PsyD, CBSM, ABPP

**Faculty:** Daniel Buysse, MD; Michelle Drerup, PsyD, CBSM; Kenneth Lichstein, PhD, CBSM; Michael Perlis, PhD; and Michael Scherer, PhD, CBSM

**Level of Content:** Intermediate

**Brief Description:** In this facilitated discussion, varying approaches to sedative hypnotic taper and withdrawal will be outlined from varied perspectives. The panel will consist of two sleep psychologists, a psychiatrist, and two established insomnia researchers. The facilitator will provide a list of questions to which panelists will prepare a brief response followed by audience questions. The list of questions will investigate perspectives on the most effective approaches from the standpoints of safety, feasibility, dependence vs. addiction and withdrawal symptoms.

#### **Objectives:**

1. Discuss the safety, feasibility and withdrawal symptoms of sedative hypnotics;
2. Assess the varying treatments for hypnotic withdrawal; and
3. Analyze varying approaches to hypnotic taper and withdrawal.

#### **Break (On Your Own)**

10:00am – 10:15am

## SYMPOSIUM

### ***Ethical Considerations in Behavioral Sleep Medicine***

10:15am – 12:15pm

**Co-Chairs:** Andrew Krystal, MD; and Jennifer Martin, PhD

**Faculty:** Vaughn McCall, MD

**Level of Content:** Intermediate

**Brief Description:** This panel discussion will target BSM providers, highlighting ethical issues that arise in context of clinical BSM practice. Topics that will be covered include: Ethical issues related to CBT-I such as increased sleepiness for sleep restriction therapy, medications and medical devices, and patients with excessive daytime sleepiness and suicide risk assessment and prevention in the context of insomnia and other sleep disorders. The session, which will be presented in a panel discussion format, is an opportunity for reflection and discussion rather than a “training course” as state-specific legal issues may play a role in how different types of providers might handle several of the situations.

#### **Objectives:**

1. Discuss ethical issues related to cognitive behavioral therapy for insomnia;
2. Discuss ethical issues related to providing medications and medical devices to patients with sleep disorders;
3. Review mandated reporting requirements for individuals with untreated sleep apnea; and
4. Assess suicide risk and implement suicide prevention plans for patients with insomnia and other sleep disorders.

### ***A Comprehensive, Interdisciplinary Approach to Maximizing PAP Adherence***

10:15am – 12:15pm

**Co-chairs:** Nancy Collop, MD; and Emerson Wickwire, PhD

**Faculty:** Mark Aloia, PhD; Alyssa Cairns, PhD, RPSGT; and Carl Stepnowsky, PhD

**Level of Content:** Intermediate

**Brief Description:** The symposium is designed for novice and experienced behavioral sleep medicine practitioners and researchers. The interdisciplinary faculty reflects the comprehensive, team approach needed to maximize success in managing obstructive sleep apnea

(OSA) as a chronic disease, with particular focus on maximizing PAP adherence. Specific topics will include an up-to-date overview of sleep apnea, its diagnosis, and treatment options; discussion of the technical aspects of PAP adherence from an RPSGT perspective, including mask selection and machine variables; introduction and update on motivational-enhancement therapy, a brief cognitive-behavioral treatment intervention for PAP adherence; presentation of a novel and technology-driven self-management program for management of OSA; and presentation of a comprehensive practice model including routine prevention as well as early behavioral intervention to maximize adherence in patients at-risk for poor adherence or those with demonstrated poor use. Attendees will leave with increased understanding of the medical, technological and behavioral factors related to PAP adherence and specific strategies to improve PAP adherence in their patients.

#### **Objectives:**

1. Review the diagnosis and treatment options for sleep apnea;
2. Discuss PAP as a therapy for OSA; and
3. Explain behavioral interventions to improve PAP adherence.

### ***Mindfulness and Acceptance Based Approaches to Treating Sleep Disturbance***

10:15am – 12:15pm

**Chair:** Jason Ong, PhD

**Faculty:** Norma Cuellar, PhD; Sean P.A. Drummond, PhD; Lavinia Fiorentino, PhD; Kevin Smith, PhD; and Christi Ulmer, PhD

**Level of Content:** Intermediate

**Brief Description:** During this session, faculty will present specific applications of mindfulness meditation and Acceptance and Commitment Therapy (ACT) for primary insomnia, comorbid insomnia, restless legs syndrome, and pediatric sleep disorders and discuss the empirical evidence for safety and efficacy regarding the use of mindfulness and acceptance based techniques for treating sleep disturbances. The session will end with a discussion about the potential clinical applications and future research directions in this area.

#### **Objectives:**

1. Discuss applications of mindfulness meditation and ACT for sleep disorders;
2. Review the evidence related to the safety and efficacy of mindfulness meditation and ACT for the treatment of sleep disturbances; and
3. Apply mindfulness meditation and ACT in a clinical-setting.

# Continuing Education Information

The continuing education credits provided at this meeting can be submitted to the American Board of Sleep Medicine when applying for the certification in behavioral sleep medicine examination.

## Continuing Medical Education (CME) Credit for Physicians

### Accreditation Statement

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 Institute for the Advancement of Human Behavior (IAHB) and the Society of Behavioral Sleep Medicine (SBSM). The IAHB is accredited by the ACCME to provide continuing medical education for physicians..

### Credit Designation Statement

The IAHB designates this live activity for a maximum of 11 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Sessions Available to Earn CME Credit

The SBSM 2012 Inaugural Meeting offers physicians the opportunity to earn as many as 11.00 CME credits. Specific details as to which sessions are eligible for CME credit are listed on the CME Reference Form, which is distributed during registration. Only those sessions sponsored by the SBSM and listed on the CME Credit Claim Form are eligible for CME credit.

Credit is awarded based on the amount of time spent in each activity (rounded to the nearest quarter hour). Physicians may earn the following maximum number of credits each day:

Saturday, June 9:	7.00
Sunday, June 10:	4.00

### Satisfactory Completion

To receive CME credits, SBSM 2012 Inaugural Meeting attendees must register for CME credit and pay the appropriate fee. The administrative fees are \$25.00 for members and \$35.00 for nonmembers. Attendees must have attended each of their sessions in their entirety and complete an online evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Further information will be detailed on the CME Reference Form included with your registration materials.

*Do Not Forget to Register for Credits. Be sure to add the appropriate continuing education credits to your SBSM 2012 Inaugural Meeting registration.*

## Continuing Education (CE) for Psychologists

This course is co-sponsored by Amedco and the Society of Behavioral Sleep Medicine (SBSM). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 11.0 hours.

### Sessions Available to Earn CE Credit

Psychologists may receive up to 11.00 hours of continuing education credit for attending the SBSM 2012 Inaugural Meeting . Specific details as to which sessions are eligible for CE credit are listed on the CE Reference Form, which is distributed during registration. Only those sessions sponsored by the SBSM and listed on the CE Credit Claim Form are eligible for CE credit.

Psychologists may earn the following maximum number of CE credits per day

Saturday, June 9:	7.00
Sunday, June 10:	4.00

### Satisfactory Completion for Psychologists

To receive CE credits, SBSM 2012 Inaugural Meeting attendees must register for CE credit. The administrative fees are \$25.00 for members and \$35.00 for nonmembers. Attendees must have attended each of their sessions in their entirety and complete an online evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Further information will be detailed on the CE Reference Form included with your registration materials.

## Continuing Education for Others

The SBSM will issue individuals who are not eligible for any type of continuing education credits offered at the SBSM 2012 Inaugural Meeting a letter of attendance outlining the number of *AMA PRA Category 1 Credits*<sup>TM</sup> designated for the sessions they attend at the SBSM 2012 Inaugural Meeting. To receive a letter of attendance SBSM 2012 Inaugural Meeting attendees must register for a letter of attendance. The administrative fees are \$25.00 for members and \$35.00 for nonmembers. Attendees must have attended each of their sessions in their entirety and complete an online evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Further information will be detailed on the Letter of Attendance Reference Form included with your registration materials.

# General Information

## Location

Sheraton Boston  
39 Dalton Street  
Boston, MA 02199  
Phone: (617) 236-2000

## Registration

There are 2 easy ways to register for the SBSM 2012 Inaugural Meeting:

1. Fax: (630) 737-9789 (*credit card only*)
2. Mail: Society of Behavioral Sleep Medicine  
Attention: Meeting Department  
2510 North Frontage Road  
Darien, IL 60561  
(*credit card or check*)

Registration forms submitted via mail or fax that are incomplete or do not include proper payment will be returned. All payments made by check or international money order must be U.S. funds drawn on a U.S. bank.

## On-site Registration Hours

Saturday, June 9                      6:30am – 5:45pm  
Sunday, June 10                      7:00am – 12:15pm

Registration materials (including badges, final programs, etc.) will be provided at the registration counter located on the second floor of the Sheraton Boston.

## Boston Tourism

For information on Boston, contact the Greater Boston Convention & Visitors Bureau via phone at (617) 424-4100 or their visit website at [www.bostonusa.com](http://www.bostonusa.com).

## Airfare

The official travel agency for the SBSM 2012 Inaugural Meeting is CTS/American Express. Call toll-free at (800) 526-4540 on Monday – Friday from 8:00am – 5:00pm CST or e-mail at [res@ctsinc.com](mailto:res@ctsinc.com) and reference the SBSM 2012 Inaugural Meeting.

## Taxi Service

Taxi stands are located outside each terminal at Boston Logan International Airport. Average fare to downtown Boston is approximately \$25.00-\$35.00 and the ride can take about 15-20 minutes depending on traffic conditions and your destination.

## Amtrak

For information regarding travel via Amtrak, visit the Amtrak website: [www.amtrak.com](http://www.amtrak.com).

*Complimentary Registration for SBSM Members; members of the SBSM qualify for complimentary registration to the SBSM 2012 Inaugural Meeting.*

## Massachusetts Bay Travel Authority

For information regarding travel by subway, bus or rail, visit the Massachusetts Bay Travel Authority website

## Boston Discounts

Receive discounts at more than 50 shops and restaurants at the Prudential Center, which is connected to the Sheraton Boston. Visit the Customer Service Desk in Center Court of the Prudential Center to get your PRUFERRED Shopper Card for free!

## Contact Us

### Society of Behavioral Sleep Medicine

2510 North Frontage Road  
Darien, IL 60561  
Phone: (630) 737-9706  
Fax: (630) 737-9789  
Website: [www.behavioralsleep.org](http://www.behavioralsleep.org)

### Registration Questions

[sleepmeeting@apss.org](mailto:sleepmeeting@apss.org)

### Housing Questions

Housing Questions  
SLEEP Housing Bureau  
Phone: 866-611-8832  
Fax: 312-329-9513  
Email: [sleep@onpeakevents.com](mailto:sleep@onpeakevents.com)

### Continuing Education Questions

Bila Xiong  
Amedco  
[bxiong@smithbucklin.com](mailto:bxiong@smithbucklin.com)

# Hotel Information

## Hotel Reservations

A block of guest rooms has been reserved at the headquarter hotel, the Sheraton Boston. The special room rate is only available until May 11, 2012, or until the room block sells out. Guest room blocks are reserved at the Hilton Boston Back Bay, Marriott Boston Copley Place, Westin Copley Place Hotel and The Midtown Hotel.

Guest room reservations must be made directly with the SLEEP Housing Bureau. Any changes or cancellations in your reservation may be done through the housing bureau until May 17, 2012. After May 17, 2012, contact your hotel directly for all changes or cancellations. Visit [www.sleepmeeting.org](http://www.sleepmeeting.org) to make your housing reservations online or refer to the housing form located on page 11 for additional information.

Questions regarding SLEEP 2012 housing should be directed to:

SLEEP Housing Bureau  
Phone: 866-611-8832  
Fax: 312-329-9513  
Email: [sleep@onpeakevents.com](mailto:sleep@onpeakevents.com)

## Hotel Room Rates

Hotel	Single Rate	Double Rate
1. Sheraton Boston – HEADQUARTER HOTEL	\$225	\$225
2. Hilton Boston Back Bay	\$254	\$254
3. Marriott Boston Copley Place	\$254	\$254
4. Westin Copley Place Hotel	\$244	\$244
5. The Midtown Hotel	\$179	\$179

# Registration Information

## Registration Categories

### Member

To register as a member, the registrant must currently be a Regular, Student or Associate Member of the Society of Behavioral Sleep Medicine (SBSM). If the SBSM is unable to confirm that the individual is a member of the society, the SBSM will register the individual as a nonmember for this meeting at the prevailing fees.

### Nonmember

**Want to register for the member price, but you're not a member?** Join the SBSM to receive instant savings including complimentary registration to the SBSM 2012 Inaugural Meeting, subscription to the journal *Behavioral Sleep Medicine*, and much more. Visit the SBSM website at [www.behavioralsleep.org](http://www.behavioralsleep.org) for more information about membership including a complete listing of benefits and a description of all membership categories. Membership is on a calendar-year basis (January 1–December 31).

## Confirmation

Confirmation letters will be sent via email within one week of receipt of registration form and payment. Attendees are strongly encouraged to register prior to May 30, 2012. Those who register on site may experience long lines.

## Terms and Conditions

By submitting your registration form for the SBSM 2012 Inaugural Meeting, you agree to the cancellation policy, photography/recording policy and participation disclaimer stated below.

## Cancellation Policy

Notification of cancellation must be submitted in writing to the national office. A \$50.00 administrative fee will be withheld on cancellations from nonmembers postmarked on or before **May 23, 2012**. No refunds are possible after this date. If you are registered for the meeting and do not attend, you will not be provided a refund for not attending. The SBSM reserves the right to cancel any of this meeting and provide a full refund should conditions warrant. The refund will only include the cost of the registration for the event.

## Photography/Recording Policy

Photography and/or recording of any kind, other than by the SBSM or registered press approved by the SBSM, of sessions, speakers and the exhibit space is prohibited. No cameras will be allowed in the meeting rooms at any time. Violation of this rule could result in removal from the meeting rooms and the confiscation of the film or recording device.

## Participation Disclaimer

The SBSM, its contractors and attending news media may be photographing or videotaping, scientific sessions and events at the SBSM 2012 Inaugural Meeting. By attending the SBSM 2012 Inaugural Meeting, attendees acknowledge these activities and agree to allow their image to be used by the SBSM in association publications, on the meeting website and in marketing and promotional materials. Attendees at the SBSM 2012 Inaugural Meeting waive all claims against the SBSM for any liability resulting from these uses.



# Registration Form

## Registration Data *(Please print or type clearly)*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Credential(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Country \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email *(email required to receive confirmation)* \_\_\_\_\_

Special Needs/Accommodations \_\_\_\_\_

## Membership Dues and Nonmembers

Membership dues are based on the date that the registration is received by the national office. Membership will be valid through December 31, 2012.

Member  \$175.00  
Associate Member  \$125.00  
Student Member  \$50.00

**Are you a member?** Become a member by checking the appropriate box. You may register for the meeting for free. Visit [www.behavioralsleep.org/membership.aspx](http://www.behavioralsleep.org/membership.aspx) for details on membership.

## Registration Fees *(Check the appropriate registration fee.)*

SBSM Member  \$0.00  
Nonmember  \$85.00

## Continuing Education Credit Fees *(Check the appropriate registration fee.)*

	<b>SBSM Members</b>	<b>Nonmembers</b>
CME for physicians	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00
CE for psychologists	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00
Letter of attendance	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00

## Method of Payment *(Check one)*

Check made payable to the SBSM *(U.S. funds drawn on a U.S. bank)*

Credit Card

- VISA  
 MasterCard  
 American Express

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Validation Code\*\*: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*\*\*For a VISA or MasterCard, the validation code is the last 3 numbers in the signature box. For an American Express, the validation code is the 4 numbers above the credit card number.*

## Mail or fax to:

Society of Behavioral Sleep Medicine | Attention: Meeting Department | 2510 North Frontage Road | Darien, IL 60561  
Fax: (630) 737-9789

