

PAIN & SLEEP: A SCIENTIFIC AND CLINICAL CONFERENCE REGISTRATION FORM

3 Easy Ways to Register:

1. Register online at:
www.sleepfoundation.org/painandsleep
2. Fax completed form to: (202) 347-3472
3. Mail completed form to:

National Sleep Foundation
1522 K Street, NW, Suite 500
Washington, DC 20005

Fees:

Early Bird Special:
(Register by January 29, 2009).....\$350

Onsite Registration:
(\$50 late processing fee, subject to availability).....\$400

Fee includes breakfast and lunch each day, Congress syllabus, and a free ticket to the National Sleep Foundation's Annual Awards Dinner. RSVP for the Awards Dinner by January 29, 2009.

Please check:

- Pain and Sleep: A Scientific and Clinical Conference
 I will attend the Annual Awards Dinner (at no extra charge)

Name: _____ Title: _____

e-mail: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Telephone: _____ Fax: _____

Check enclosed, to the National Sleep Foundation (*U.S. funds only*)

VISA Mastercard American Express Discover

Cardholder Name (please print) _____ Signature: _____

Card #: _____ Exp Date: _____

Check here to sign up for *NSF Alert*, the National Sleep Foundation's weekly e-newsletter

CME INFORMATION

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 Atlanta School of Sleep Medicine & Technology and the National Sleep Foundation. The Atlanta School of Sleep Medicine & Technology is accredited by the ACCME to provide continuing medical education for physicians and designates this activity for a maximum of 9.75 credit hours in Category I credit towards the AMA Physician's Recognition Award™. Each physician should claim only those hours of credit that he/she actually spent in the education activity.

Disclosure: It is the intent of the Atlanta School of Sleep Medicine & Technology to assure that its CME activities should not be influenced by the special interests of individuals associated with its programs. Having an interest in or affiliation with any corporate organization does not necessarily influence a speaker's presentation, but the relationship must be made known in advance to the audience in accordance with the standards of the Accreditation Council for Continuing Medical Education. Faculty disclosure statements will be provided in the handout material.

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ACCOMMODATIONS

A block of rooms has been reserved for attendees at:

Gaylord National Resort & Convention Center
201 Waterfront Street
National Harbor, Maryland 20745
(Minutes from Washington, DC)



Room rate: \$259 single/double per night plus tax*
*Room tax is 16%.

Telephone for Reservations: (301) 965-2000

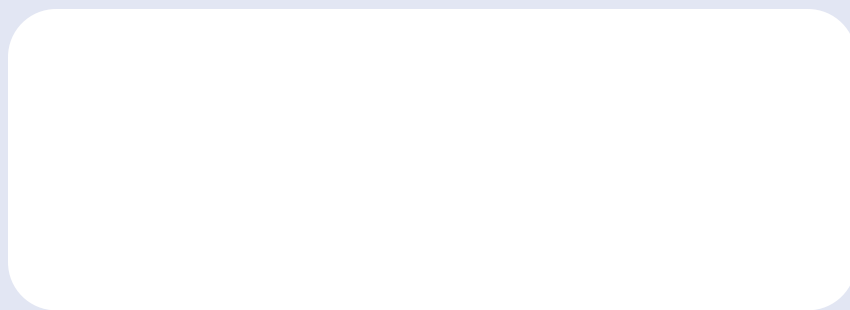
Make your reservations by calling the number provided or by visiting www.sleepfoundation.org/painandsleep. Be sure to mention that you are attending the National Sleep Foundation's Pain and Sleep Conference to receive the discounted rate. Reservations must be guaranteed with a credit card.

Rooms must be reserved by January 29, 2009 to ensure availability and the discounted rate.

For more information, contact Jennifer Cowher at
jcowher@sleepfoundation.org
or (202) 347-3471

PAIN AND SLEEP: A SCIENTIFIC AND CLINICAL CONFERENCE

March 1-2, 2009 | Washington, DC



NATIONAL SLEEP
FOUNDATION

PAIN AND SLEEP: A SCIENTIFIC AND CLINICAL CONFERENCE

MARCH 1-2, 2009
WASHINGTON, DC



Register Now as Space is Limited

Dear Colleagues:

We invite you to attend **Pain and Sleep: A Scientific and Clinical Conference**. This CME course will help clinicians, as well as pain and sleep professionals, learn the best practices for treatment of co-morbid pain and sleep disorders. We have assembled world-class experts in the field to help educate you in the latest advances and have provided a forum for questions and discussion. This exceptional program is in keeping with the National Sleep Foundation's standards of excellence.

We're excited to host this CME course at the Gaylord National Resort & Convention Center in National Harbor, Maryland. This beautiful, brand new facility is right on the water and offers immediate access to Washington, DC. If we're lucky, we may catch the start of the cherry blossoms.

We look forward to seeing you this spring.

Sincerely,


Tim Roehrs, PhD
CO-CHAIR




Gilles Lavigne, DMD, PhD
CO-CHAIR



PROGRAM HIGHLIGHTS

- Specific Methods Used in Pain and Sleep Assessments
- Pain and Sleep Interactions: Implications for Health
- Management of Pain and Sleep

LEARNING OBJECTIVES

Upon completion of the conference, successful learners will be able to:

- Explain the bidirectional association between pain and sleep and its clinical importance in patient treatment and care
- Assess a patient's perception of pain in relation to sleep complaints and a patient's sleep with regard to pain disturbance
- Appreciate that pain may shift the circadian clock
- Determine how mood disorders affect the perception of pain
- Comprehend how the immune system is affected by pain and disturbed sleep
- Recognize the symptoms of sleep disturbance in elder adults with comorbid pain conditions
- Implement behavioral and pharmacological methods to manage comorbid pain and sleep in patients

CALENDAR

SUNDAY, MARCH 1, 2009

Pain and Sleep: A Scientific and Clinical Conference8:30 am – 5:00 pm
National Sleep Foundation's Annual Awards Dinner.....6:00 pm – 9:30 pm

MONDAY, MARCH 2, 2009

Pain and Sleep: A Scientific and Clinical Conference8:30 am – 12:00 pm

All events will be held at the Gaylord National Resort & Convention Center, National Harbor, Maryland (minutes from Washington, DC).

PAIN AND SLEEP: A SCIENTIFIC AND CLINICAL CONFERENCE
SUNDAY, MARCH 1

8:30 am – 8:40 am	Welcome and Overview Tim Roehrs, PhD (Co-chair); Director of Research, Sleep Disorders Research Center, Henry Ford Hospital	10:55 am – 11:15 am	Assessing Pain in Relation to Sleep Complaints Michael Smith, PhD, Assistant Professor of Psychiatry, Johns Hopkins University
	Gilles Lavigne, DMD, PhD (Co-chair); Dean, Faculty of Dentistry University of Montreal	11:15 am – 11:35 am	Assessing Sleep in Relation to Pain Interferences Thomas Roth, PhD, Director, Sleep Disorders Research Center, Henry Ford Hospital
8:40 am – 8:50 am	Overview of the Interaction Between Pain and Sleep Gilles Lavigne, DMD, PhD, University of Montreal	11:35 am – 11:50 am	Questions & Answers
8:50 am – 9:10 am	Epidemiology, Risk Factors and Societal Issues Manon Choiniere, PhD, Clinical Scientist Research Centre of the Centre Hospitalier de l'Université of Montreal	11:50 am – 1:00 pm	<i>lunch</i>
9:10 am – 9:30 am	Basics of Pain (Science and Pathophysiology) Barry Sessle, PhD, Professor and Canada Research Chair, Faculty of Dentistry, University of Toronto	AFTERNOON SESSION:	
9:30 am – 9:50 am	Basics of Sleep (Science and Pathophysiology) Ralph Lydic, PhD, Professor of Anesthesiology, University of Michigan	Specific Methods Used in Pain and Sleep Assessments	
9:50 am – 10:00 am	Questions and Answers	1:00 pm – 1:20 pm	Quantitative Sensory Testing for Pain and Sleep Assessments Gilles Lavigne, DMD, PhD, University of Montreal
10:00 am – 10:15 am	<i>break</i>	1:20 pm – 1:40 pm	Circadian Phase Shift and Pain and Sleep Assessments Tim Roehrs, PhD, Henry Ford Hospital
10:15 am – 10:35 pm	Clinical Genetics of Pain Ze'ev Seltzer, DMD, Canada Research Chair, Professor of Genetics, The University of Toronto Centre for the Study of Pain	1:40 pm – 2:00 pm	Evoked Potential in Pain and Sleep Investigation Hélène Bastuji, MD, PhD, Neurophysiologist, Unite d'Hypnologie – Hospital Neurologique
10:35 am – 10:55 am	Clinical & Animal Genetics of Sleep Ketema Paul, PhD, Assistant Professor, Department of Anatomy and Neurobiology, Morehouse School of Medicine	2:00 pm – 2:20 pm	Imaging Eric Nofzinger, MD, Professor of Psychiatry, University of Pittsburgh School of Medicine
		2:20 pm – 2:40 pm	Placebo Effect in Pain and Sleep Interaction Danièle Laverdure-Dupont, PhD, Centre d'étude du sommeil, Hospital du Sacre-Coeur de Montreal
		2:40 pm – 2:50 pm	Questions and Answers
		2:50 pm – 3:05 pm	<i>break</i>

PAIN AND SLEEP: A SCIENTIFIC AND CLINICAL CONFERENCE

**Pain & Sleep Interactions:
Implications for Health**

3:05 pm – 3:25 pm	Sleep Deprivation-Fragmentation and Circular Relationship Tim Roehrs, PhD, Henry Ford Hospital
3:25 pm – 3:45 pm	Depression, Anxiety and Emotional Processing Mark Lumley, PhD, Professor of Psychology, Wayne State University
3:45 pm – 4:05 pm	Immune System and HPA Monika Haack, PhD, Professor, Neurology Division of Sleep Medicine, Harvard Medical School
4:05 pm – 4:25 pm	Musculoskeletal (Arthritis and Other Chronic Pain) and OMERACT Experience Lesley M. Arnold, MD, Professor of Psychiatry, University of Cincinnati
4:25 pm – 4:45 pm	Aging and Comorbidities in Pain and Sleep Interactions Michael Vitiello, PhD, Professor of Psychiatry and Behavioral Sciences, University of Washington
4:45 pm – 5:00 pm	Questions and Answers
5:00 pm	<i>adjourn</i>

MONDAY, MARCH 2

8:30 am – 8:40 am	Welcome Tim Roehrs, PhD, Henry Ford Hospital
	Gilles Lavigne, DMD, PhD, University of Montreal

**Pain and Sleep Interaction:
Implications for Health (Continued)**

8:40 am – 9:00 am	Sleep Disordered Breathing, OSA and Upper Airway Resistance and Potential Impact on Pain
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Meir Kryger, MD, Director of Research and Education, Gaylord Sleep Services

9:00 am – 9:20 am	RLS PLMS and Pain Richard Allen, PhD, Johns Hopkins University School of Medicine
9:20 am – 9:40 am	Traumatic Brain Injury, Circadian Phase Shift and Pain & Sleep Genevieve Chaput, MD, Trauma Research Coordinator, Hospital du Sacre-Coeur de Montreal
9:40 am – 10:00 am	Questions and Answers
10:00 am – 10:15 am	<i>break</i>

Management of Pain & Sleep

10:15 am – 10:35 am	Behavioral Management Michael Smith, PhD, Assistant Professor of Psychiatry, Johns Hopkins University
10:35 am – 10:55 am	Pharmacology for Pain Brian Cairns, RPh, ACPR, PhD Associate Professor, Canada Research Chair in Neuropharmacology, Faculty of Pharmaceutical Sciences, University of British Columbia
10:55 am – 11:15 am	Pharmacology for Sleep Thomas Roth, PhD, Henry Ford Hospital
11:15 am – 11:30 am	Questions & Answers
11:30 am – 11:50 am	Future Avenues in Pain and Sleep Research to Improve Management Tim Roehrs, PhD, Henry Ford Hospital

Gilles Lavigne, DMD, PhD, University of Montreal

11:50 am – 12:00 pm	Discussion
12:00 pm	<i>adjourn</i>