



PENN MINI-FELLOWSHIP

DAY 1

9:00-12:00	MICHAEL PERLIS	• Course Opener • Advanced Models of Insomnia • Optional: CER re: Hypnotics
12:00-1:00	LUNCH BREAK	
1:00-3:30	JAN OVESEN	• Signs/symptoms of Intrinsic Sleep DXs • Sleep Reports • The Impact of Normal Good Sleep
3:30-5:00	NALAKA GOONERATNE	• Sleep & Aging

DAY 2

9:00-10:30	ERIN O'BRIEN	• Women & Sleep
10:30-12:00	PHILIP GEHRMAN	• Assessment • Actigraphy • Questionnaires
12:00-1:00	LUNCH BREAK	
1:00-3:00	BABI CHAKRAVORTY	• General Clinical Sleep Medicine • Pharmacological Interventions • PAP
3:00-5:00	LAUREN DANIEL	• Pediatric Sleep

DAY 3

9:30-12:00	DONN POSNER	• All Day review of CBT-I videos ◦ Critique & Discussion • Case Reviews
12:00-1:00	LUNCH BREAK	
1:00-5:00	DONN POSNER	• All Day review of CBT-I videos ◦ Critique & Discussion • Case Reviews

NOTE:

All 3 days will run from 8-6pm with breaks every 60-90 minutes and a break for lunch. Lectures and activities may significantly vary in their start times given attendee participation and/or lecturer extemporization and circumlocution.

For more information about the course, please visit: <http://www.med.upenn.edu/cbti>