

SO... HOW TO GET FROM

HERE



TO

HERE



FIRST THIS SEMINAR



CBT-I 2013 Cognitive Behavioral Therapy for Insomnia

Thursday-Saturday, October 3-5, 2013, Monaco Hotel, Seattle, WA

Day One Thursday, October 3, 2013

The first day is dedicated to an orientation to Sleep Medicine, the definition of insomnia, a review of basic etiology and pathophysiology, and a review of treatment approaches.

7:00 AM - 8:00 AM

Registration and Continental Breakfast / Exhibits

8:00 AM - 12:30 PM

Welcome Announcements / Orientation

Sleep 101: Overarching Framework

Signs and Symptoms of Sleep Disorders

Coffee Break / Exhibits

Definition of Insomnia

Etiology & Pathophysiology of Insomnia (Basic Models)

12:30 PM - 1:30 PM

Lunch (on your own)

1:30 PM - 5:00 PM

Treating Insomnia Part I

(Review of Pharmacologic & CBT Options)

Coffee Break / Exhibits

Treating Insomnia Part II

(Overview of CBT-I)

Determination of Whether CBT-I is Indicated

(vs Diagnosis-Based Assessment)

5:00 PM - 5:30 PM

Additional time for above components

Dedicated time for Questions and Answers

Day Two Friday, October 4, 2013

The primary focus of the second day will be the implementation of the core elements of eight-session CBT-I (Sleep Restriction, Stimulus Control, and Sleep Hygiene).

7:00 AM - 8:00 AM

Continental Breakfast / Exhibits

8:00 AM - 12:30 PM

CBT-I Session-by-Session Review Orientation

Session I – Intake Evaluation

Coffee Break / Exhibits

Session II – Treatment Initiation

a) Sleep Restriction Procedures and Rationale

b) Stimulus Control Procedures and Rationale

12:30 PM - 1:30 PM

Lunch (on your own)

1:30 PM - 5:45 PM

Session III – Sleep Hygiene

Sleep Hygiene Procedures and Rationale

Coffee Break and Exhibits

Session IV, VI & VII – Titration and Compliance

Coffee Break and Exhibits

6:00 PM - 7:00 PM

Informal Get Together (Appetizer and Drinks)

Day Three Saturday, October 5, 2013

The primary focus of the third day will be Cognitive Therapy, Relapse prevention, Practice Management, and case examples.

7:00 AM - 8:00 AM

Continental Breakfast / Exhibits

8:00 AM - 12:30 PM

Session V – Cognitive Therapy for Insomnia

Focus: Catastrophic Thinking

(Discussion on Alternative Cognitive Treatments)

Session VIII – Relapse Prevention

Practice Management & Billing

(Mamie Shanbhag, PhD)

12:30 PM - 1:30 PM

Lunch (on your own)

1:30 PM - 5:45 PM

Case Examples

General Discussion

**THE WORKSHOP
IS INTENDED AS
THE BEGINNING OF THE ROAD**





FOLLOW UP STEPS INCLUDE

READ MORE BROADLY

SEE THE MOVIE(S)

OBSERVE 3-5 CASES

CONDUCT 3-5 CASES WITH SUPERVISION

PARTICIPATE IN A MINI-FELLOWSHIP

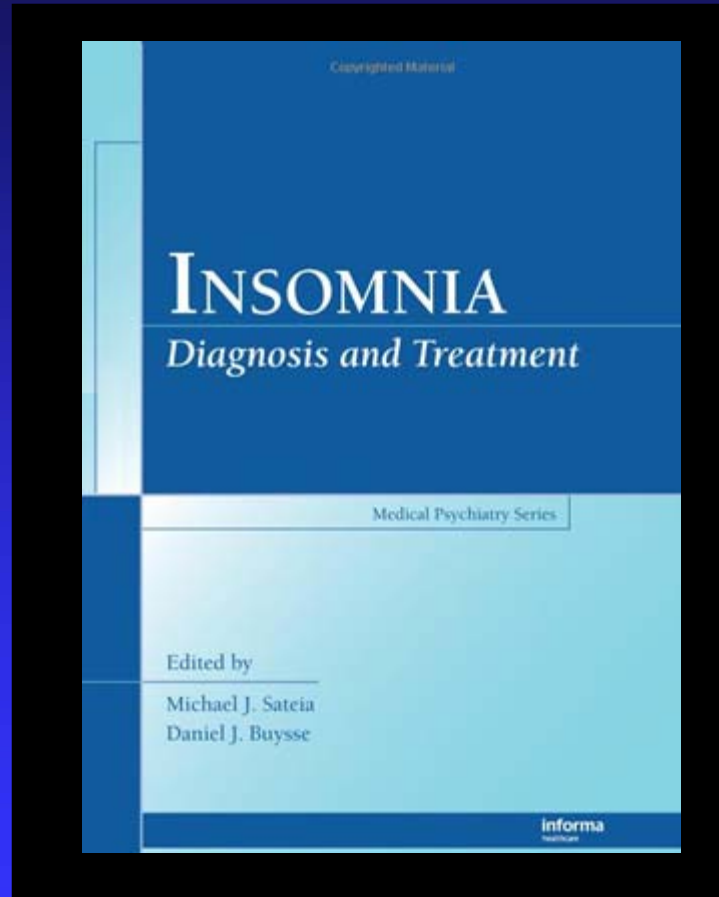
ENGAGE WITH A PRACTICE CONSULTANT

SEEK OUT CE OPPORTUNITIES

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**NIH State-of-the-Science Conference on
Manifestations and
Management of Chronic
Insomnia in Adults**

June 13–15, 2005
Bethesda, Maryland
[Return to Conference Home](#)

Final Panel Statement

For Printing and Download: [PDF Version]



Note: Documents in PDF format require the Adobe Acrobat Reader®. If you experience problems with PDF documents, please download the latest version of the Reader®.

<http://consensus.nih.gov/2005/insomniastatement.htm>

READ MORE BROADLY

Part I

BSM Treatment Protocols for Insomnia

Introduction

Michael L. Perlis

*Department of Psychiatry and Nursing, University of Pennsylvania
School of Medicine, Philadelphia, PA*

Though Behavioral Sleep Medicine as a field is in its infancy (perhaps more accurately “in gestation”) [1–3], the state of the science with respect to insomnia might be best likened to the fourth decade of life: the organism is fully mature but much remains to be learned, said, and done.

With respect to the maturity of the insomnia area, at this point in time there is a well-defined infrastructure that includes (1) a variety of conceptual models, (2) standardized definitions, (3) a general approach to assessment, (4) well-established therapies that are evidence based (with respect to both efficacy and effectiveness), (5) published treatment manuals and courses available for treatment dissemination and implementation, and (6) a new generation of treatments that hold the promise of even better clinical outcomes than those obtained presently. These issues are briefly reviewed below, followed by a short commentary about future directions for the insomnia field.

STATE OF THE SCIENCE

Conceptual Models

This aspect of behavioral sleep medicine is perhaps the most developed, starting with, in the early era sleep research and sleep medicine (1970s and 1980s), the Bootzin Stimulus Control Perspective [4] and the Spielman Three Factor Model [5]. Since the 1990s there has been a proliferation of theoretical perspectives on the etiology and pathophysiology of insomnia that includes ten human models and three animal models [6]. Taken together, these perspectives provide a rich panoramic view of the factors that (1) may serve to “predispose, precipitate, and perpetuate” insomnia as a disorder, (2) may account for the

SEE THE MOVIE(S)

The screenshot shows the website for the American Academy of Sleep Medicine (AASM). At the top, there is a navigation bar with links for Home and Online Store. Below this is a banner featuring the AASM logo, the text "AMERICAN ACADEMY OF SLEEP MEDICINE Setting Standards & Promoting Excellence in Sleep Medicine", and images of a sleeping person, a DNA helix, a doctor, and a brain scan. A secondary navigation bar contains links for About AASM, About Membership, Members Only, Professional Development, Sleep Centers & Labs, Patients & Public, and Media. A search bar is located on the right side of this bar. The main content area is divided into a left sidebar and a main product list. The sidebar, titled "ONLINE STORE", lists various product categories such as "On Sale Now", "View All Products", "Accessories", "Accreditation Materials", "Apparel", "Board Review", "Certificate Frames", "Patient Education" (with sub-links for Brochures, Videos, and Personalized Brochures), "Professional Education" (with sub-links for Sleep Education Tools), "Professional Reference", "Sleep Education Series", "Sleep Research Society Resources", and "Webinars". The main product list features three series of products: 1) "SLEEP EDUCATION SERIES" with "Actigraphy in the Evaluation of Sleep and Circadian Rhythm Disorders Archived Webinar"; 2) "BEHAVIORAL SLEEP MEDICINE SERIES" with four webinars: "Behavioral Sleep Medicine: Cognitive Approaches to Insomnia Treatment – Behavioral Experiments Webinar Archive", "Behavioral Sleep Medicine: Cognitive Approaches to Insomnia Treatment – Dysfunctional Thinking Webinar Archive", "Behavioral Sleep Medicine: Relaxation Approaches for Insomnia Webinar Archive", and "Behavioral Sleep Medicine: Sleep Hygiene Webinar Archive"; 3) "NEW! INTRODUCTION TO THE PSYCHOLOGY OF SLEEP MEDICINE SERIES" with "Introduction to the Psychology of Sleep Medicine: CBT-I and Strategies for Hypnotic Discontinuation".

AMERICAN ACADEMY OF SLEEP MEDICINE
Setting Standards & Promoting Excellence in Sleep Medicine

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SLEEP EDUCATION SERIES
[Actigraphy in the Evaluation of Sleep and Circadian Rhythm Disorders Archived Webinar](#)

BEHAVIORAL SLEEP MEDICINE SERIES
[Behavioral Sleep Medicine: Cognitive Approaches to Insomnia Treatment – Behavioral Experiments Webinar Archive](#)
[Behavioral Sleep Medicine: Cognitive Approaches to Insomnia Treatment – Dysfunctional Thinking Webinar Archive](#)
[Behavioral Sleep Medicine: Relaxation Approaches for Insomnia Webinar Archive](#)
[Behavioral Sleep Medicine: Sleep Hygiene Webinar Archive](#)
[Behavioral Sleep Medicine: Sleep Restriction Webinar Archive](#)
[Behavioral Sleep Medicine: Stimulus Control Webinar Archive](#)

NEW! INTRODUCTION TO THE PSYCHOLOGY OF SLEEP MEDICINE SERIES
[Introduction to the Psychology of Sleep Medicine: CBT-I and Strategies for Hypnotic Discontinuation](#)

<http://www.aasmnet.org/store/products.aspx?depid=21>

OBSERVE 3-5 CASES



OBSERVE A CASE VIDEO

COGNITIVE BEHAVIORAL TREATMENT
FOR INS

SESSION EBT-1: SESSION BY
EXAMPLE TREATMENT VID

FEATURING

Donn Posner PhD

Director, Behavioral Sleep Medicine Program
Department of Psychiatry
Brown University
Providence, RI

Directi



www.pesi.com

PARTICIPATE IN A MINI-FELLOWSHIP



THE UPENN MINI-FELLOWSHIP IN BEHAVIORAL SLEEP MEDICINE



CONDUCT 3-5 CASES WITH SUPERVISION





JEDI MASTERS



Donn Posner

Stanford University

Richard Bootzin

University of Arizona

Art Spielman

CUNY

Charles Morin

Laval University

Ken Lichstein

Univ. of Alabama

Jack Edinger

National Jewish (Denver)

Jason Ellis

Northumbria University

Kevin Morgan

Loughborough University

Colin Espie

Oxford University



OTHER JEDI



AMERICAN BOARD OF SLEEP MEDICINE

2510 NORTH FRONTAGE ROAD, DARIEN, IL 60561 TELEPHONE (630) 737-9700 FAX: (630) 737-9790

BEHAVIORAL SLEEP MEDICINE SPECIALISTS

These individuals have earned certification in behavioral sleep medicine:

| Name | City | State | Zip | Country | Date Certified |
|--|-----------------|-------|------------|---------|----------------|
| Sunoj Abraham, MD, FCCP, D, ABSM, FACP | Hernando | FL | 34442 | | 6/18/2006 |
| Mark S. Aloia, Ph.D. | Providence | RI | 02906 | | 6/18/2006 |
| Sonia Ancoli-Israel, Ph.D., D, ABSM | San Diego | CA | 92161 | | 6/4/2003 |
| Michael W. Anderson, Ph.D., D, ABSM | Prairie Village | KS | 66208 | | 6/4/2003 |
| Carolyn Andrews, PhD | Skokie | IL | 60077 | | 6/8/2008 |
| J. Todd Arnedt, Ph.D. | Providence | RI | 02912 | | 6/4/2003 |
| Amy Aronsky, DO | Kelso | WA | 98626 | | 6/8/2008 |
| Kristin Avis, Ph.D. | Birmingham | AL | 35233 | | 6/18/2006 |
| Erin K. Baehr, Ph.D. | Woodbine | MD | 21797 | | 6/19/2005 |
| Anne D. Bartolucci, PhD | Decatur | GA | 30033 | | 6/10/2007 |
| Linda Berg-Cross, PhD | Potomac | MD | 20854-6235 | | 6/6/2010 |
| Rakesh Bhattacharjee, MD | Louisville | KY | 40241 | | 6/8/2008 |

Home

About the ABSM

Sleep Medicine Certification

Behavioral Sleep Medicine Certification Exam

Sleep Technologist Registry Exam

Designated Credentials

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Proficiency Exam

Exam Overview

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www.absm.org/bsmspecialists.aspx

CONDUCT 3-5 CASES WITH SUPERVISION

2012 CBT-I Seminar: October 19th-21st, Bethesda, MD

Home

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Upcoming Seminars

Testimonials

General Resources

Resources for Attendees

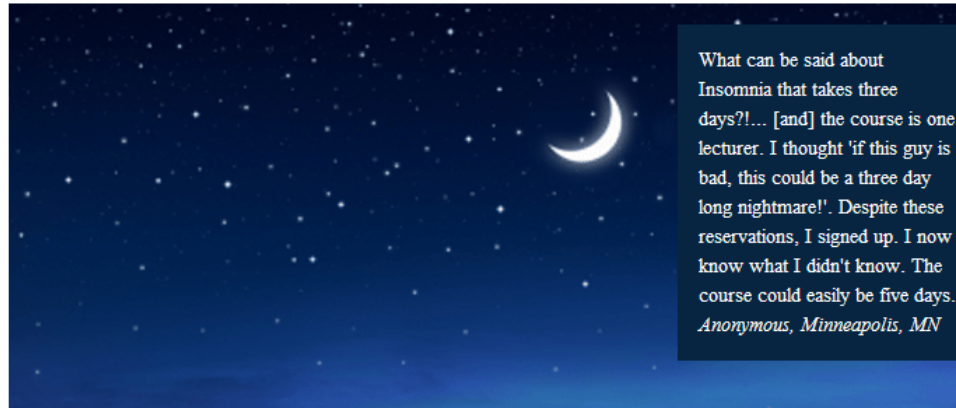
Case Studies Archive

Links

Support our Work

Penn Behavioral Sleep Medicine

Support our Work



What can be said about Insomnia that takes three days?!... [and] the course is one lecturer. I thought 'if this guy is bad, this could be a three day long nightmare!'. Despite these reservations, I signed up. I now know what I didn't know. The course could easily be five days.
Anonymous, Minneapolis, MN

[Home](#) » [General Resources](#) » [Peer Supervision](#)

Group Supervision

Weekly case review webinar

Practitioners who are new to CBT-I, and Behavioral Sleep Medicine in general, are likely to have ongoing questions about the nuances of treatment implementation. In order to provide ongoing support we will be offering a weekly case review seminar that is offered over the internet. For one hour each week, participants can take part in the webinar from any computer with internet access and a phone. Participants will have the opportunity to present and ask questions about their own cases, as well as

Register Now



[Click here to register for the 2012 CBT-I Course](#)

<http://www.med.upenn.edu/cbti/GroupSupervision.html>

ADVANCED TRAINING

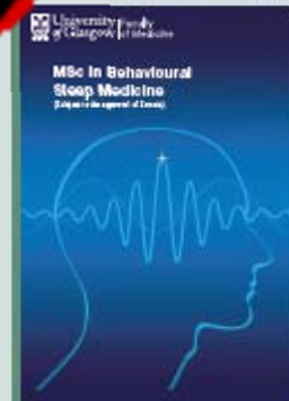
Training opportunities at the University of Glasgow Sleep Centre

Related Department: Community Based Sciences MSc (Med Sci): 12 months full time
PGDip 24 months *part-time*

This programme is designed to meet the needs of students who wish to develop skills in evidence-based practice in sleep medicine. For the MSc the programme includes a research project which can be followed at the PGDip level.

The course will be delivered using a variety of teaching methods. Consequently it is aimed solely at UK students. Students from overseas will need to join the programme using distance learning.

- Course 1
The nature and measurement of sleep
- Course 2
Description, aetiology and classification of sleep disorders
- Course 3
BSM Assessment of sleep disorders
- Course 4
Psychological treatments in BSM
- Course 5
Evidence based practice in BSM
- Course 6
Specialist populations and BSM practice
- Course 7
Sleep laboratory assessment practices
- Course 8
Professional practice of BSM
- Course 9
Research design and quantitative methods



ADVANCED TRAINING



Advanced CBT-I 2014

Thursday-Saturday, April 17-19 2014, Loews Hotel Center City Philadelphia, PA

| | | |
|--|---|--|
| <p>Day One Thursday, April 17th</p> <p>Lecture on alternative delivery systems (phone, internet, skype)</p> <p>Lecture on alternative measurement of sleep (actigraphy, zeo, etc.)</p> <p>Lecture on adjuvant and/or alternative treatments (e.g., bright light, ISR and sleep compression)</p> <p>Lecture on interpreting PSG reports</p> <p>Lecture on interpreting Clinical Chemistries reports</p> <p>Lecture on combo Tx (Meds and CBT-I)</p> <p>Lecture on Med Titration</p> | <p>Day Two Friday, April 18th</p> <p>Lecture on treating complex cases</p> <p>Case Presentations by Donn and MLP</p> <p>Case Presentations by attendees</p> | <p>Day Three Saturday, April 19th</p> <p>Review of classical resistances</p> <p>Role Plays (2-4 hours)</p> |
|--|---|--|

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

CONTINUING EDUCATION OPPORTUNITIES



Society of Behavioral Sleep Medicine Behavioral Sleep Medicine Course

Date: April 2-3, 2011 | Location: National Office • Darien, IL (*Chicago suburb*)
Course Chair: Ryan Wetzler, PsyD, CBSM | CME and CE Credits for Psychologists: 10.00
Advanced Registration Deadline: March 4, 2011

Course Overview

During this timely and comprehensive course, leading clinicians and researchers in sleep medicine will provide an overview of the application of psychological principles to the evaluation and treatment of sleep disorders.

Target Audience

Psychologists, physicians and other healthcare providers seeking to augment their knowledge of the role of psychology in the evaluation and treatment of sleep disorders.

Course Objectives

Upon completion of the course, participants will:

- Review the history and future of the field of behavioral sleep medicine
- Explain sleep diagnostic tests and commonly utilized behavioral sleep evaluation procedures
- Apply a cognitive behavioral approach to treating chronic insomnia and other sleep disorders
- Adapt cognitive behavioral treatment approaches to those experiencing co-existing anxiety, depression and other conditions
- Discuss basic circadian science and apply this knowledge to managing circadian rhythm sleep disorders
- Develop approaches to assisting patients dependent on sleep agents
- Apply cognitive behavioral approaches to managing common pediatric sleep disturbances
- Develop strategies to managing nightmares and other parasomnias
- Discuss basic behavioral sleep billing procedures
- Discuss the role of behavioral sleep specialists in the management of sleep apnea

Preliminary Schedule and Topics

Saturday, April 2, 2011

| | |
|--------------------|---|
| 12:00 pm - 1:00 pm | Registration |
| 1:00 pm - 2:00 pm | History and Scientific Underpinnings of Behavioral Sleep Medicine <i>Kenneth Lichstein, PhD, CBSM</i> |
| 2:00 pm - 3:00 pm | Behavioral Sleep Medicine Evaluation Procedures and Billing Considerations <i>Ryan Wetzler, PsyD, CBSM</i> |
| 3:00 pm - 3:15 pm | Break |
| 3:15 pm - 4:15 pm | Cognitive Behavioral Treatment of Chronic Insomnia <i>Rachel Manber, PhD, CBSM</i> |
| 4:15 pm - 5:15 pm | Cognitive Behavioral Approaches for Insomnia in those with Anxiety, Depression, and other Co-existing Conditions <i>Rachel Manber, PhD, CBSM</i> |

Sunday, April 3, 2011

| | |
|---------------------|---|
| 7:30 am - 8:00 am | Continental Breakfast |
| 8:00 am - 9:00 am | Evaluation and Treatment of Hypnotic Dependence <i>Kenneth Lichstein, PhD, CBSM</i> |
| 9:00 am - 10:00 am | Evaluation and Treatment of Circadian Rhythm Sleep Disorders <i>Helen Burgess, PhD</i> |
| 10:00 am - 10:15 am | Break |

Questions? Call the SBSM at 630-737-9706.

Continued on next page

www.behavioralsleep.org/Course.aspx

WORKSHOP AND SEMINAR OFFERINGS

CE WORKSHOPS 2009

Back by Popular Demand!

117th APA Annual Convention
Toronto, Ontario, Canada August 6-9, 2009

Behavioral Sleep Medicine: Evidence-Based Treatments for Sleep Disorders (Workshop Code: #108)

Thursday, August 6, 2009

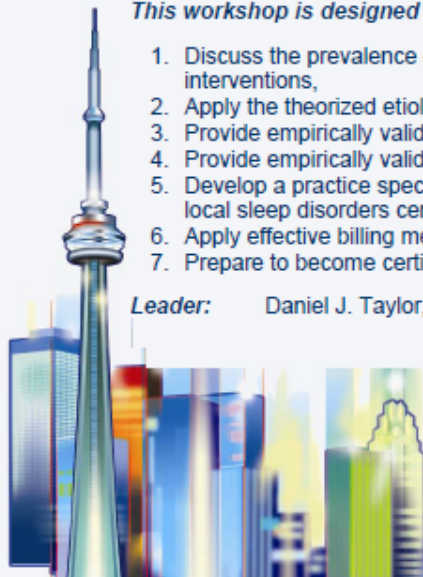
Workshop Description

An overwhelming number of patients have sleep problems, which can be disconcerting to clinicians without the training to treat these disorders. An abundance of evidence supports several psychological treatments of sleep disorders such as insomnia, parasomnias, and circadian rhythm disorders. There is a growing need for practitioners with expertise in these techniques. The main goal of this **INTRODUCTORY** workshop is to educate clinicians about how to provide and be reimbursed for, empirically validated treatments for common sleep disorders (e.g., insomnia).

This workshop is designed to help you:

1. Discuss the prevalence of sleep disorders treatable with behavioral and cognitive interventions,
2. Apply the theorized etiology of these disorders in developing a treatment plan,
3. Provide empirically validated treatments for these disorders in adults,
4. Provide empirically validated treatments for these disorders in children,
5. Develop a practice specialty in behavioral sleep medicine through collaboration with local sleep disorders centers,
6. Apply effective billing methods for behavioral sleep medicine services, and
7. Prepare to become certified in behavioral sleep medicine.

Leader: Daniel J. Taylor, PhD, University of North Texas, Denton, TX



AMERICAN PSYCHOLOGICAL ASSOCIATION
EDUCATION DIRECTORATE

CONFERENCE OFFERINGS



WORKSHOP

Hands-on Training in CBT for Insomnia in Those with Anxiety Disorders, Depression, and other Comorbid Conditions

Instructors: Manber & Carney

CLINICAL ROUND TABLE 11

Providing CBT Behavioral Sleep Medicine in Primary Care Settings: Relevance to Clinical Necessity

Chair: Rachel Manber

Panelists: Anne Bartolucci, Shannon Sullivan, Kathy Sexton-Radek, Jason Ong, Christina Nash, Bret Kuhn, Jacqueline Kloss, Shelby Freedman Harris

SYMPOSIUM 20

Modifications of CBT for a Diverse Spectrum of Older Adults with Comorbid Conditions

Chairs: Patricia Haynes, Jennifer Martin

Discussant: Richard Bootzin

SYMPOSIUM 33

An Introduction to Behavioral Sleep Medicine

Chair: Robert Meyers

Discussants: Christina McCrae, Daniel Taylor, Michael Smith, Michael Perlis,

SYMPOSIUM 44

Sleep Across Axis I Disorders

Chair: Lisa Talbot

Discussant: Allison Harvey

SYMPOSIUM 61

Sleep and Internalizing Disorders in Children and Adolescents

Chairs: Courtney Weiner

Donna Pincus

Discussant: Ron Dahl

SIG MEETING

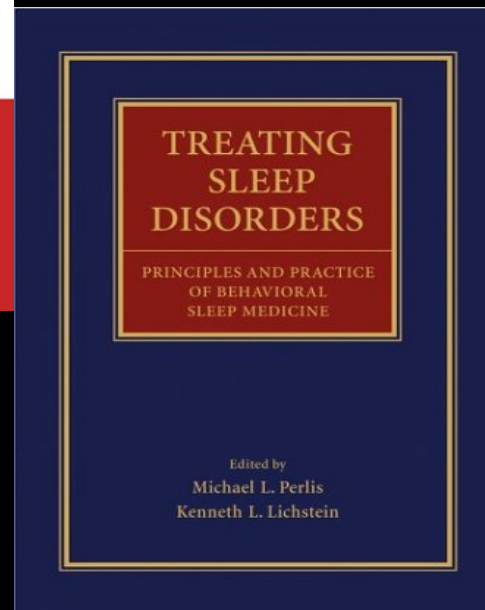
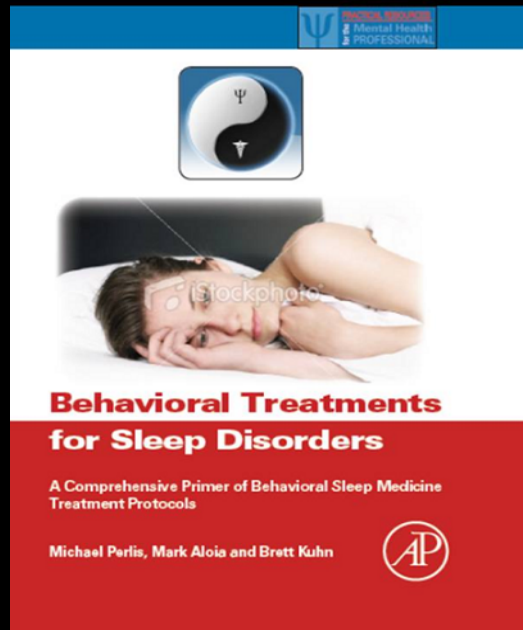
Insomnia and Other Sleep Disorders

Friday, 3:30 p.m. - 5:00 p.m., Union Square 8



**FREEWAY
ENTRANCE**





Behavioral Sleep Medicine Group

[About](#) [Membership](#) [Events](#) [Training](#) [Resources](#) [Contact](#)

[About the Group](#)

[History of the Group](#)

[How this Works](#)

About the Group

This list serve exists for the sole purpose of promoting the free exchange of information and ideas amongst Behavioral Sleep Medicine clinicians, scholars, and researchers.



To join, just enter your email:

[Join the list!](#)

Read more about the [history of the group](#).

Learn [how to be involved](#) in the group.



2010 APPLICATION FOR MEMBERSHIP

Society of Behavioral Sleep Medicine • 2510 North Frontage Road, Darien, IL 60561-1511
Phone: 630-737-9706 • Fax: 630-737-9790
membership@societyofbehavioralsleepmedicine.org • www.societyofbehavioralsleepmedicine.org

Biographical Data

Last Name: _____ First Name: _____ Middle Initial: _____ Suffix: _____
Title: _____ Degree/Certification: _____ CBSM: Yes No
Date of Birth: ____/____/____ Gender: Male Female Are you licensed: Yes No State: _____ Type: _____

Addresses (Please provide both addresses and check preferred mailing address)

Professional Address

Business Name: _____
Address: _____
City: _____ State: _____ Postal Code: _____ Country: _____
Phone: _____ Fax: _____ E-mail: _____

Home Address

Address: _____
City: _____ State: _____ Postal Code: _____ Country: _____
Phone: _____ E-mail: _____

Membership Classification

 (Please check the membership category under which you are applying.)

Membership is on a calendar-year basis (January 1, 2010–December 31, 2010); 2010 membership will be effective June 1, 2010. All applications for membership must be approved by the SBSM membership committee; applicants will be notified of their application status following this review.

- Member:** Individuals holding a doctoral degree and are active in Behavioral Sleep Medicine clinical care, education and/or research.
Membership Dues: ~~\$\$\$~~ \$125 for the rest of 2010
- Associate Member:** Individuals holding a non-doctoral degree (Bachelors and/or Masters) and are active in Behavioral Sleep Medicine clinical care, education and/or research.
Membership Dues: ~~\$\$\$~~ \$100 for the rest of 2010
- Student Member:** Individuals in a full-time educational program (Bachelors, Masters and/or Doctoral). Student memberships may be extended for a period of one (1) year provided the student is in a post-doctoral program or residency internship. Individuals applying for this category must enclose a letter from your program director verifying your student status.
Membership Dues: ~~\$\$\$~~ \$40 for the rest of 2010

Contribution to the SBSM

I would like to contribute \$ _____ to assist in the growth and development of the SBSM. Note: Any contribution made to the SBSM is not tax-deductible as the SBSM does not yet hold a not-for-profit status.

Method of Payment

 (Please check one) Purchase Orders are not accepted as payment of membership dues.

- Check payable to the SBSM (U.S. funds drawn on a U.S. bank)
- Payment by credit card VISA MasterCard American Express

Total: \$ _____ Card Number: _____ Exp. Date: ____/____/____

Validation Code* _____ Cardholder Name: _____

Signature: _____
*For a VISA or MasterCard, the validation code is the last three numbers in the signature box on the back of the card. For American Express, the validation code is the 4 numbers above the credit card number on the front of the card.

By signing below, I attest that the information provided is accurate and that I qualify for membership under the classification for which I am applying.

Printed Name: _____ Signature: _____ Date: ____/____/____

The Revenue Act of 1987 requires that the following statement be published: "Membership dues are not deductible as charitable contributions." However, dues may be deductible as a business expense.

Behavioral Sleep Medicine

The Official Journal of the Society of Behavioral Sleep Medicine

ISSN: 1540-2002

BEHAVIORAL SLEEP MEDICINE

Editor: Judith A. Owens



Volume 12, Numbers 1-2, 2014

Routledge
Taylor & Francis Group

VOLUME 12, 2014
Included in this print edition:
Number 1 (January–February)
Number 2 (March–April)



www.behavioralsleep.org/resources/MembershipApplication.pdf

American Academy of Sleep Medicine

hereby certifies that

John Q Public PhD

*has satisfied the requirements of the Academy and is herewith
certified in the practice of*

Behavioral Sleep Medicine

June 6, 2004

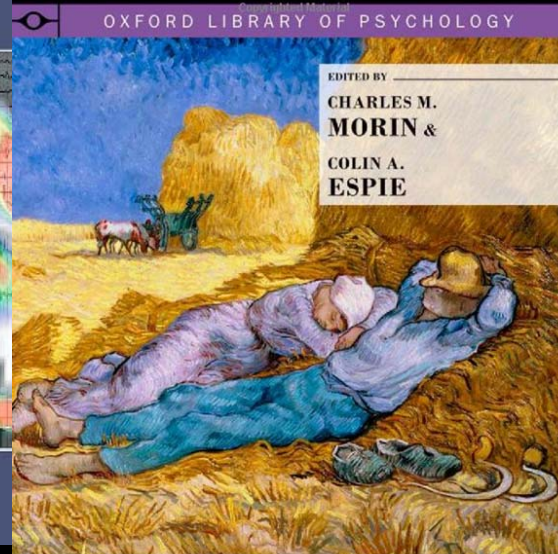
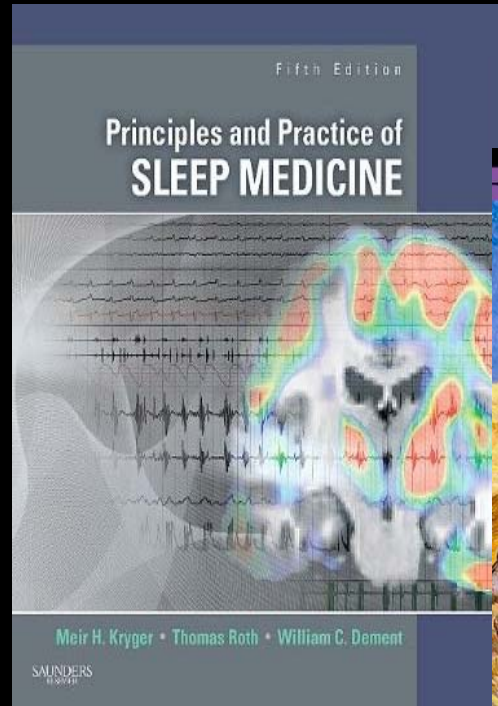


A handwritten signature in black ink, appearing to read "Michael J. Sateia".

Michael J. Sateia
President

Certificate no. 47

www.aasmnet.org/BSM.aspx



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SLEEP and
SLEEP DISORDERS

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2010 Application for Membership

American Academy of Sleep Medicine

OM1006WD

Biographical Data

Last Name: _____ First Name: _____ Middle Initial: _____ Suffix: _____
Degree(s): _____ Date of Birth: ____/____/____ Gender: Male Female

Addresses and Directory Information *(Please provide both addresses and check preferred mailing address)*

Members who join after February 28, 2010, will not receive or be included in the 2010-2011 Membership Directory. Directories will be mailed in June of each year.

Send me a printed copy of future membership directories: Yes No

Professional Address *(List in the online Membership Directory and annual printed Membership Directory; if no professional address is provided, only your name will be listed in the directory)*

Business Name: _____
Address: _____
City: _____ State: _____ Postal Code: _____ Country: _____
Phone: _____ Fax: _____ E-mail: _____

Home Address

Address: _____
City: _____ State: _____ Postal Code: _____ Country: _____
Phone: _____ E-mail: _____

**Email address will be used to provide notices with information about AASM and industry-related news. The AASM does NOT use email address as a direct-pay organization.*

Licensing *(Required if applicable; this section must be completed if applying for Regular Membership)*

State: _____ Expiration Year: _____ Type: _____ License Number: _____

Board Certification *(Required if applicable; check all that apply; this section must be completed if applying for Regular Membership)*

- Critical Care
- Family Practice
- Internal Medicine
- Neurology
- Otolaryngology
- Pediatrics
- Psychiatry
- Psychology
- Pulmonary Diseases
- Sleep Medicine
- Other _____

Are you certified by the American Board of Medical Specialties in sleep medicine? Y or N
Are you currently a member of the American Medical Association? Y or N If yes, number: _____

Membership Sections

A free benefit of AASM membership, membership sections provide members from various specialties opportunities to share interests, methodologies and research regarding sleep disorders and treatments.

Primary Section** : _____ *(Write in your selection from list below)*

**Your primary section is the one section in which you can participate in elections and may hold leadership positions.

Additional Section Memberships *(select all that apply)*

- Childhood Sleep Disorders & Development
- Circadian Rhythms
- Insomnia
- Movement Disorders
- Narcolepsy
- Parasomnias
- Sleep Deprivation
- Sleep-Related Breathing Disorders

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Website: www.aasmnet.org • www.aasponline.org • www.sleepeducation.com





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