



PENN MINI-FELLOWSHIP

DAY 1

9:00-12:00	MICHAEL PERLIS	<ul style="list-style-type: none">• Beyond 3P & 2 Process Models• The Rules for CBT-I• Medications for Insomnia
12:00-1:00	LUNCH BREAK	
1:00-3:30	JAN OVESEN	<ul style="list-style-type: none">• Signs/symptoms of Intrinsic Sleep DXs• Sleep Reports
3:30-5:00	NALAKA GOONERATNE	<ul style="list-style-type: none">• Sleep & Aging

DAY 2

9:00-10:30	ERIN O'BRIEN	<ul style="list-style-type: none">• Women & Sleep
10:30-12:00	LAUREN DANIEL	<ul style="list-style-type: none">• Pediatric Sleep
12:00-1:00	LUNCH BREAK	
1:00-3:00	BABI CHAKRAVORTY	<ul style="list-style-type: none">• General Clinical Sleep Medicine• Pharmacological Interventions• PAP
3:00-5:00	PHILIP GEHRMAN	<ul style="list-style-type: none">• Assessment• Actigraphy• Questionnaires

DAY 3

9:30-12:00	DONN POSNER	Case Presentations by Attendees (Ask for a slide template & example presentation)
12:00-1:00	LUNCH BREAK	
1:00-5:00	DONN POSNER & MICHAEL PERLIS	Case Presentations by Attendees / Practice Questions from Attendees (Please consider writing down questions prior to, or during, the course).

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>