



Sleep For Nurses
20320 Redwood Rd.
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www.sleepfornurses.com

Sleep For Nurses

Presents

FUNDAMENTALS OF SLEEP AND ITS DISORDERS

OCTOBER 1-2, 2010

TARGET AUDIENCE

Learn about sleep and its disorders and the impact to nursing practice. This continuing education program is intended for nurses from all specialty areas, however special emphasis will be placed on cardiovascular, pediatrics, perioperative, occupational medicine and endocrine fields. Respiratory therapists and sleep technologists are also invited to attend.

FUNDAMENTALS OF SLEEP AND ITS DISORDERS

October, 1-2 2010

Course Overview

Sleep is an important and often overlooked component to the health and well-being of individuals. Nurses work in all specialty areas and are thus in a unique position to identify sleep disorders and improve management of these conditions. This program is designed to provide a broad overview of sleep and its disorders for nurses in all specialty areas.

Course Faculty

Robyn Woidtke has over 25 years invested in the field of sleep medicine. She is both a registered nurse and one of the first 500 sleep technologists to become registered. Her specialty areas are pediatrics and sleep research.

Other faculty may be added.

Course Objectives

Upon completion of this program, the nurse will be able to:

1. Discuss normal sleep
2. Identify the most commonly found sleep disorders
3. Assess the impact of sleep disorders in differing illnesses and specialty areas
4. Evaluate diagnostic options
5. Recognize the various therapeutic options for sleep apnea

Course Schedule

Day 1 Friday, Oct 1

7:00-8 Registration

8:00 8:10 Welcome

8:10-9:00 It's not Voodoo Medicine:

Evolution of a Specialty

9:00-10 Normal Sleep

10:00-10:50 Impact of Sleep

Disorders- General

10:50-11:00 Break

11:00-12:00 Sleep Diagnostic Tools

- Questionnaires
- Portable Sleep Tests
- Polysomnography

12:00-1:00 Lunch

1:00-2:00 Insomnia

2:00-3:00 Sleep Apnea

3:00-3:15 Break

3:15-4:30 Parasomnias

4:30-5:00 Group Activity

5:00 Adjourn

Special event to be announced

Day 2

Saturday, October 2

8:30-8:40 Recap Day 1

8:40- 9:30 Sleep Apnea Therapy I

- CPAP
- Bi-level
- Autotitration
- Auto-servo-ventilation

9:30-10:30 Sleep Apnea Therapy II

- Surgery
- Oral Appliances
- Misc therapies

10:30-10:45 Break

10:45- 11:45 Pediatric Sleep

11:45- 12:45 Nursing Implications I

Perioperative

Occupational Medicine

Pediatrics

12:45-1:30 Lunch

1:30 -2:30 Nursing Implications II

Cardiovascular

Endocrine (Diabetes)

OB/GYN

2:30-3:30 Group Activity Case

Review and wrap up

Course Registration Fees

Early Registration \$375.00 if received by July 1, 2010.

Standard Registration \$400.00 if received after July 1 Sept 1.

Registration will be closed after Sept 1

Refunds:

Full refunds if requested by Sept 5, 2010 (minus a \$50.00 handling fee)

Fees include course materials, continental breakfast and lunch and refreshment breaks (both days)

Updated venue and housing information will be available after Sept 1. Venue location will be in the East Bay of the SF Bay Area. Venue will be accessible from all Bay Area airports.

Provider approved by the California Board of Registered Nursing, Provider Number#14150 for 13 contact hours.
Provider Name: Sleep Synergy Inc. *Sleep for Nurses is a branch of Sleep Synergy Inc.*

Continuing education for sleep technologists is currently being evaluated.

Sleep for Nurses reserves the right to cancel/postpone this activity due to unforeseen circumstances. In the event of course cancellation, SFN will refund registration fees but are not responsible for other related costs/expenses.

Course Registration Form

Fundamentals of Sleep and its Disorders

First Name _____ Last Name _____

RN BSN MSN RRT Sleep Technologist Other _____

Address _____

City _____ State _____

Daytime Phone _____

Alternant phone _____

Email address _____

Tuition Fees: **Registration must be complete by Sept 1, 2010**

Early Registration (before July, 1 2010) _____ @ \$375.00

Standard Registration (After July1) _____ @ \$400.00

Total _____ Total _____

Please use the Paypal option located on the Sleep For Nurses website

Any questions concerning your registration please contact robyn@sleepfornurses.com or call 510-728-0828.