



Society of Behavioral Sleep Medicine

Society of Behavioral Sleep Medicine (SBSM) Online Course Content

The purpose of this document is to provide individuals with additional information about the content of SBSM online course offerings, with a specific emphasis on content areas for the Diplomate in Behavioral Sleep Medicine (DBSM) exam. This document is prepared and maintained by the SBSM Education Committee. The SBSM is independent from the organization that oversees the exam itself (Board of Behavioral Sleep Medicine; BBSM), and Education Committee members do not have access to the exam. Further, the course content was not originally designed to serve as preparatory material for the exam, but to provide an overview of various topics to learners. Thus, the SBSM cannot guarantee that the information presented in the courses is up-to-date and comprehensive for exam preparation. The course may contain limited coverage of a topic (i.e., less coverage than may be needed for the exam). The SBSM will not provide reimbursement if the viewer feels that the online course did not adequately cover the topics listed below. However, if you perceive that the course did not cover information described below or included inaccurate information, please e-mail kathryn@behavioralsleep.org so that we can review the description and content and make any changes if needed. Content is organized by course, and by exam topic.

EXAM CONTENT

SBSM Courses (Presenter and Year) with related content are presented in italics after the exam content area. We recommend referring to the content description (below) for more detail about specific content and depth of coverage.

BASIC SCIENCE / SLEEP KNOWLEDGE

- A. Sleep Anatomy & Physiology (*Drake 2015; Pusalavidyasagar 2016; Wyatt Insomnia 2017; Wyatt Circadian 2017; McCurry 2017; Bertisch 2018; Gamble 2018*)
- B. Circadian / Biological Rhythms (*Drake 2015; Lewin 2016; Carney 2016; Wyatt Insomnia 2017; Wyatt Circadian 2017; McCurry 2017; Bertisch 2018; Gamble 2018*)
- C. Homeostatic and Circadian Drives (*Drake 2015; Carney, 2016; Schmitz 2016; Lewin 2016; Wyatt Insomnia 2017; Wyatt Circadian 2017; McCurry 2017; Bertisch 2018; Gamble 2018*)
- D. Sleep Architecture (*McCurry 2017; Gamble 2018*)
- E. Ontogeny – Life Span Development (*Nowakowski 2016; McCurry 2017*)
- F. Sleep Over the Life Span (*Drake 2015; Honaker 2016; Lewin 2016; Crabtree Insomnia 2016; Schmitz 2016; Nowakowski 2016; McCurry 2017*)
- G. Sleep Deprivation

BEHAVIORAL MEDICINE GENERAL PRINCIPLES / THEORY

- A. Classical and Operant Conditioning
 - a. Shaping
 - b. Reinforcement Schedules
 - c. Extinction
 - d. Spontaneous Recovery
 - e. Placebo Effect (*Schmitz 2016*)
- B. Theories of Behavioral Change (*Crawford 2015; Schmitz 2016*)

- C. Relaxation
- D. Acceptance & Commitment Therapy / Mindfulness (*Ong 2015; McCurry 2017; Ong Mindfulness 2017*)
- E. Cognitive Restructuring (*Ong 2015; Carney, 2016; Schmitz, 2016; Ong Hypersomnia 2017*)
- F. Behavioral Activation (*Schmitz 2016*)

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

- A. Adult and Pediatric Insomnia (*Crawford 2015; Jungquist 2015; Krystal, 2015; Lewin 2016; Ong 2015; Pusalavidyasagar 2016; Carney 2015; Honaker 2016; Crabtree 2016; Wyatt Insomnia 2017; Schmitz, 2016; Nowakowski 2016; McCurry 2017; Ong Mindfulness 2017; Smith 2017; Kay 2018; Bertisch 2018; Gamble 2018; Carney 2018; Zhou 2018*)
 - a. Pharmacological Treatments (*Krystal 2015; Lewin 2016; Honaker 2017; Ong 2015; Pusalavidyasagar 2016; Wyatt Insomnia 2017; Carney 2016; Schmitz, 2016; Smith 2017; Bertisch 2018; Gamble 2018*)
- B. Hypersomnias (*Ong 2015; Crabtree 2017; Ong Hypersomnia 2017*)
- C. Breathing-Related Sleep Disorders
 - a. Obstructive Sleep Apnea (*Crawford 2015; Haynes 2015; Jungquist 2015; Pusalavidyasagar 2016; Nowakowski 2016; McCurry 2017; Weaver 2017*)
 - b. Central Sleep Apnea
- D. Circadian Rhythm Sleep Disorders (*Drake 2015; Haynes 2015; Lewin 2016; Nowakowski, 2016; Wyatt Insomnia 2017; Wyatt Circadian 2017; McCurry 2017; Gamble 2018*)
- E. Narcolepsy (*Jungquist 2015; Ong 2015; 2017 Crabtree; Ong Hypersomnia 2017*)
- F. Parasomnias (*McCurry 2017*)
- G. Nightmares (*Krystal, 2015; Pusalavidyasagar 2016; Kay 2018*)
 - a. Night Terrors
 - b. Sleep Walking / Talking (*Pusalavidyasagar 2016*)
- H. Movement Disorders
 - a. Restless Legs Syndrome / Periodic Limb Movement Disorder (*Pusalavidyasagar 2016; Nowakowski 2016; Honaker 2017; McCurry 2017*)
 - i. Pharmacological Treatments (*Pusalavidyasagar 2016*)
 - ii. Behavioral Intervention (*Pusalavidyasagar 2016*)

CLINICAL ASSESSMENT

- A. Instrumentation (Diagnostic)
 - a. Polysomnography (in lab / HST) (*Haynes 2015; Ong 2015; Crabtree 2017; Ong Hypersomnia 2017*)
 - b. Actigraphy (*Drake 2015; Ong 2015; Crabtree 2017; McCurry 2017*)
 - c. Sleep Diary (*Carney 2015; Drake 2015; Haynes 2015; Ong 2015; Lewin 2016; Carney, 2016; Crabtree Hypersomnia 2017; Crabtree Insomnia 2017; Wyatt Insomnia 2017; McCurry 2017; Carney 2018; Kay 2018*)
 - d. MSLT/MWT (*Ong 2015; Crabtree 2017; Ong Hypersomnia 2017*)
 - e. Activity Monitoring Devices (Fitbit, Garmin, etc.)
- B. Initial Evaluation (*Carney 2015; Drake 2015; Haynes 2015; Ong 2015; Lewin 2016; Pusalavidyasagar 2016; Wyatt Insomnia 2017; Carney 2018; Kay 2018*)
- C. Functional Analysis (*Haynes 2015; Carney, 2016*)
- D. Psychometric Assessment (*Carney 2015; Drake 2015; Jungquist 2015; Ong 2015; Lewin 2016; Crabtree 2017; Wyatt Insomnia 2017; Wyatt Circadian 2017; Kay 2018*)

- E. Treatment Monitoring (*Haynes 2015; Krystal, 2015; Lewin 2016; Carney, 2016*)
- F. Understanding CPAP Download Reports
- G. Understanding Sleep Diagnostic Reports (*Haynes 2015*)

CLINICAL MANAGEMENT

- A. Pediatric Behavioral Sleep Medicine
 - a. Healthy Sleep Habits (*Lewin 2016; Crabtree 2017*)
 - b. Extinction (*Honaker 2016; Honaker 2017*)
 - c. Graduated Extinction with and without a parent (*Honaker 2016; Honaker 2017; Crabtree Insomnia 2017*)
 - d. Positive Routines (*Honaker 2016; Honaker 2017*)
 - e. Bedtime Fading (*Honaker 2016; Crabtree Insomnia 2017*)
 - f. Bedtime Pass (*Honaker 2016*)
 - g. Exposure with Response Prevention (*Honaker 2016; Honaker 2017; Crabtree Insomnia 2017*)
 - h. Cognitive Restructuring (*Crabtree Insomnia 2017*)
 - i. Positive Reinforcement (*Honaker 2016; Honaker 2017; Crabtree Insomnia 2017*)
 - j. Scheduled Awakenings
 - k. Urine Alarm / Dry-Bed Training
 - l. Systematic Desensitization
 - m. Relaxation Therapies (*2017 Crabtree Hypersomnia; 2017 Crabtree Insomnia*)
- B. Adult Behavioral Sleep Medicine
 - a. Cognitive Therapy (*Carney 2015; Crawford 2015; Ong 2015; Carney 2016; Schmitz 2016; Nowakowski 2016; Pusalavidyasagar 2016; Wyatt Insomnia 2017; McCurry 2017; Smith 2017; Carney 2018*)
 - b. CPAP Adherence (*Weaver 2017*)
 - c. Imagery Rehearsal Therapy (*Crabtree Insomnia 2017*)
 - d. Light Therapy / Chronotherapy / Melatonin (*Drake 2015; Krystal 2015; Lewin 2016; Wyatt Insomnia 2017; Wyatt Circadian 2017; McCurry 2017; Bertisch 2018; Gamble 2018; Carney 2018*)
 - e. Paradoxical Intention (*Carney 2015; Jungquist 2015; Zhou 2018*)
 - f. Relaxation Strategies (*Carney 2015; Crawford 2015; Jungquist 2015; Pusalavidyasagar 2016; McCurry 2017; Smith 2017; Carney 2018; Zhou 2018*)
 - g. Restriction / Compression (*Carney 2015; Jungquist 2015; Carney 2016; Pusalavidyasagar 2016; Crabtree Insomnia 2017; Wyatt Insomnia 2017; Schmitz 2016; McCurry 2017; Smith 2017; Carney 2018; Zhou 2018*)
 - h. Stimulus Control (*Carney 2015; Crawford 2015; Jungquist 2015; Pusalavidyasagar 2016; Crabtree Insomnia 2017; Wyatt Insomnia 2017; Carney 2016; McCurry 2017; Carney 2018; Zhou 2018*)
 - i. Sleep Hygiene (*Carney 2015; Crawford 2015; Drake 2015; Jungquist 2015; Pusalavidyasagar 2016; Wyatt Insomnia 2017; Wyatt Circadian 2017; Nowakowski 2016; McCurry 2017; Carney 2018; Zhou 2018*)
 - j. Systematic Desensitization
 - k. Strategies for Treatment Compliance (*Carney 2015; Crawford 2015; Ong 2015; Carney, 2016; Weaver 2017; Carney 2018*)

ONLINE COURSE CONTENT

Exam content within specific SBSM Courses are described below.

2015 Courses

Introduction to Sleep Assessment Strategies

Presenter: Patricia Haynes, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Obstructive Sleep Apnea

Circadian Rhythm Sleep Disorders

CLINICAL ASSESSMENT

Polysomnography (in lab/ HST)

Sleep Diary

Initial Evaluation

Functional Analysis

Psychometric Assessment

Treatment

Understanding Sleep Diagnostic Reports

CBT for Insomnia

Presenter: Colleen Carney, PhD

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult only*

CLINICAL ASSESSMENT

Sleep Diary

Initial Evaluation

Psychometric Assessment

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine; Cognitive Therapy

Adult Behavioral Sleep Medicine; Paradoxical Intention

Adult Behavioral Sleep Medicine; Relaxation Strategies

Adult Behavioral Sleep Medicine; Restriction/Compression

Adult Behavioral Sleep Medicine; Stimulus Control

Adult Behavioral Sleep Medicine; Sleep Hygiene

Adult Behavioral Sleep Medicine; Strategies for Treatment Compliance

Integrating BSM Practice into Healthcare Settings:

Presenter: Carla Jungquist, NP, PhD

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult only*

Obstructive Sleep Apnea: *adult only*

Narcolepsy: *adult only*

CLINICAL ASSESSMENT

Psychometric Assessment

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine; Paradoxical Intention

Adult Behavioral Sleep Medicine; Relaxation Strategies

Adult Behavioral Sleep Medicine; Restriction/Compression: *Restriction only*

Adult Behavioral Sleep Medicine; Stimulus Control

Adult Behavioral Sleep Medicine; Sleep Hygiene

Stopping and Starting Pharmacologic Therapy for Insomnia

Presenter: Andrew Krystal, MD

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult only*

Adult and Pediatric Insomnias; Pharmacological Interventions

Nightmares

CLINICAL ASSESSMENT

Treatment Monitoring

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine; Light Therapy / Chronotherapy / Melatonin: *melatonin only*

Improving CBTi Adherence and Motivation

Presenter: Megan Crawford, PhD

The following DBSM exam content areas may be addressed in this online course:

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY

Theories of Behavioral Change: *transtheoretical model*

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult only*

Obstructive Sleep Apnea: *comorbid with insomnia*

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine; Cognitive Therapy

Adult Behavioral Sleep Medicine; Restriction/Compression: *side effects of sleep restriction; sleep compression*

Adult Behavioral Sleep Medicine; Stimulus Control: *in relation to adherence*
Adult Behavioral Sleep Medicine; Sleep Hygiene: *in relation to adherence*
Adult Behavioral Sleep Medicine; Strategies for Treatment Compliance

BSM for Hypersomnia

Presenter: Jason Ong, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY

Acceptance & Commitment Therapy/ Mindfulness

Cognitive Restructuring

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult only*

Adult and Pediatric Insomnias; Pharmacological Interventions

Hypersomnias

Narcolepsy

CLINICAL ASSESSMENT

Polysomnography (in lab/ HST)

Actigraphy

Sleep Diary

MSLT/MWT

Initial Evaluation

Psychometric Assessment

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine; Cognitive Therapy

Adult Behavioral Sleep Medicine; Strategies for Treatment Compliance

Introduction to Circadian Rhythm Disorders

Presenter: Christopher Drake, PhD

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

Sleep Over the Life Span

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Circadian Rhythm Sleep Disorders: *pharmacological Interventions*

CLINICAL ASSESSMENT

Actigraphy

Sleep Diary

Initial Evaluation
Psychometric Assessment

CLINICAL MANAGEMENT

(Adult Behavioral Sleep Medicine)

Adult Behavioral Sleep Medicine; Light Therapy / Chronotherapy / Melatonin: *light therapy and melatonin only*

Adult Behavioral Sleep Medicine; Sleep Hygiene

2016 Courses

A Case Formulation Approach to CBT-I: Meeting Clients Where They Are

Presenter: Colleen Carney, PhD, CPsych

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE/SLEEP KNOWLEDGE:

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY

Cognitive Restructuring

ASSOCIATED DISORDERS AND THEIR TREATMENTS:

Adult and Pediatric Insomnias: *adult only*

CLINICAL ASSESSMENT:

Instrumentation; Sleep Diary

Initial Evaluation

Functional Analysis

Treatment Monitoring

CLINICAL MANAGEMENT:

Adult Behavioral Sleep Medicine: Cognitive Therapy

Adult Behavioral Sleep Medicine: Restriction/Compression

Adult Behavioral Sleep Medicine: Stimulus Control

Adult Behavioral Sleep Medicine: Strategies for Treatment Compliance

CBT-I and Challenges Associated with Sleep Medication Use

Presenter: Michael Schmitz, PsyD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE:

Homeostatic and Circadian Drives

Sleep Over the Lifespan

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY:

Classical and Operant Conditioning: Placebo Effect

Theories of Behavioral Change

Cognitive Restructuring

Behavioral Activation

ASSOCIATED DISORDERS AND THEIR TREATMENTS:

Adult and Pediatric Insomnias; *Adult only*

Adult and Pediatric Insomnias; Pharmacological Interventions: *adult only*

CLINICAL MANAGEMENT:

Cognitive Therapy

Restriction/Compression

Sleep and Menopause: It's a hot mess!

Presenter: Sara Nowakowski, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE/SLEEP KNOWLEDGE:

Ontogeny - Life Span Development

Sleep Over the Life Span

ASSOCIATED DISORDERS AND THEIR TREATMENTS:

Adult and Pediatric Insomnias: *insomnia in women*

Circadian Rhythm Sleep Disorders:

Obstructive Sleep Apnea: *prevalence in women*

Restless Legs Syndrome / PLMD: *associated with menopause*

CLINICAL MANAGEMENT:

Cognitive Therapy

Sleep Hygiene

Sleep During Pregnancy and the Postpartum Period

Presenter: Snigdha Pusalavidyasagar, MD, FAASM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology: *functions of sleep*

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult only*

Adult and Pediatric Insomnias; Pharmacological Interventions: *in relation to pregnancy*

Obstructive Sleep Apnea: *in relation to pregnancy*

Nightmares: *in relation to pregnancy*

Sleep Walking / Talking: *in relation to pregnancy*

Restless Legs Syndrome / PLMD; Pharmacological Treatments: *in relation to pregnancy*

Restless Legs Syndrome / PLMD; Behavioral Interventions: *in relation to pregnancy*

CLINICAL ASSESSMENT

Initial Evaluation

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine: Cognitive Therapy

Adult Behavioral Sleep Medicine: Relaxation Strategies

Adult Behavioral Sleep Medicine: Restriction/Compression: *restriction only*

Adult Behavioral Sleep Medicine: Stimulus Control

Adult Behavioral Sleep Medicine: Sleep Hygiene

The Science and Art of CBT-I for Child and Adolescent Insomnias: Fitting Treatments to Phenotypes

Presenter: Daniel Lewin, PhD, D,ABSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE/SLEEP KNOWLEDGE:

Circadian/Biological Rhythms: *two-process model*

Homeostatic and Circadian Drives: *two-process model*

Sleep Over the Life Span: *circadian changes in adolescence*

ASSOCIATED DISORDERS AND THEIR TREATMENTS:

Adult and Pediatric Insomnias; Pharmacological Treatments: *use of exogenous melatonin in children*

Adult and Pediatric Insomnias: *pediatric insomnia*

Circadian Rhythm Sleep Disorders: *overview and treatment of adolescent DSWPD*

CLINICAL ASSESSMENT:

Sleep Diary: *pediatric and adult*

Initial Evaluation: *clinical interview in pediatrics*

Psychometric Assessment: *questionnaires used in pediatrics*

Treatment Monitoring: *quality measure for pediatric insomnia*

CLINICAL MANAGEMENT:

Pediatric Behavioral Sleep Medicine; Healthy Sleep Habits

Pediatric Behavioral Sleep Medicine; Light Therapy / Chronotherapy / Melatonin: *addresses all 3 areas in adolescents*

Insomnia in the Littlest One: Behavioral Sleep Intervention for Infants, Toddlers, and Preschoolers

Presenter: Sarah Morsbach Honaker, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE/SLEEP KNOWLEDGE:

Sleep Over the Life Span; Infant Toddler: *napping*

ASSOCIATED DISORDERS AND THEIR TREATMENTS:

Adult and Pediatric Insomnias: *pediatric insomnia*

CLINICAL MANAGEMENT:

Pediatric Behavioral Sleep Medicine: *overview of treatment efficacy*

Pediatric Behavioral Sleep Medicine; Extinction

Pediatric Behavioral Sleep Medicine; Graduated Extinction: *without parent*

Pediatric Behavioral Sleep Medicine; Positive Routines

Pediatric Behavioral Sleep Medicine; Bedtime Fading

Pediatric Behavioral Sleep Medicine; Bedtime Pass

Pediatric Behavioral Sleep Medicine; Exposure with Response Prevention: *for nighttime fears*
Pediatric Behavioral Sleep Medicine; Positive Reinforcement

2017 Courses

But He Won't Stay in Bed! Challenges and Solutions for Behavioral Sleep Intervention in Young Children

Presenter: Sarah Morsbach Honaker, PhD DBSM

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED DISORDERS AND THEIR TREATMENTS:

Adult and Pediatric Insomnias; Pharmacological Treatments: *use of exogenous melatonin in children*
Movement Disorders; Restless Legs Syndrome: *RLS in children*

CLINICAL MANAGEMENT:

Pediatric Behavioral Sleep Medicine: *overview of treatment efficacy*
Pediatric Behavioral Sleep Medicine; Extinction
Pediatric Behavioral Sleep Medicine; Graduated Extinction with and without a parent: *without a parent*
Pediatric Behavioral Sleep Medicine; Positive Routines: *bedtime routines for young children*
Pediatric Behavioral Sleep Medicine; Exposure with Response Prevention: *for nighttime fears in young children*
Pediatric Behavioral Sleep Medicine; Positive Reinforcement: *in young children*

Pediatric Hypersomnia and Narcolepsy

Presenter: Valerie Crabtree, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Hypersomnias: *pediatric*
Narcolepsy: *pediatric*

CLINICAL ASSESSMENT

Polysomnography: *limited coverage*
Actigraphy: *limited coverage*
Sleep Diary: *pediatric*
MSW/MSLT
Initial Evaluation: *pediatric hypersomnia*
Psychometric Assessment: *hypersomnia*

CLINICAL MANAGEMENT

Pediatric Behavioral Sleep Medicine; Healthy Sleep Habits: *reviewed in the context of pediatric narcolepsy*
Pediatric Behavioral Sleep Medicine; Relaxation: *for narcolepsy & hypersomnia*

But I Can't Fall Asleep Without My Phone! Challenges and Solutions in Behavioral Sleep

Presenter: Valerie Crabtree, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Over the Life Span: *adolescent circadian changes*

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *pediatric*

CLINICAL ASSESSMENT

Sleep Diary: *pediatric*

CLINICAL MANAGEMENT:

Pediatric Behavioral Sleep Medicine; Graduated Extinction with and without a parent: *discussed Excuse Me Drill, a variant of graduated extinction*

Pediatric Behavioral Sleep Medicine; Bedtime Fading

Pediatric Behavioral Sleep Medicine; Exposure with Response Prevention

Pediatric Behavioral Sleep Medicine; Cognitive Restructuring

Pediatric Behavioral Sleep Medicine; Positive Reinforcement

Pediatric Behavioral Sleep Medicine; Relaxation Therapies: *biofeedback*

Adult Behavioral Sleep Medicine; Imagery Rehearsal Therapy: *in children*

Adult Behavioral Sleep Medicine; Restriction/Compression: *restriction in adolescents*

Adult Behavioral Sleep Medicine; Stimulus Control: *in adolescents*

Unique Challenges in Treating Insomnia in the Older Adult

Presenter: Susan McCurry, PhD

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

Sleep Architecture

Ontogeny – Life Span Development

Sleep Over the Life Span

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY:

Acceptance & Commitment Therapy / Mindfulness

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *geriatric*

Obstructive Sleep Apnea

Circadian Rhythm Sleep Disorders

Parasomnias: *REM behavior disorder*

Restless Legs Syndrome / PLMD

CLINICAL ASSESSMENT

Actigraphy

Sleep Diary

Psychometric Assessment

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine: Cognitive Therapy

Adult Behavioral Sleep Medicine: Light Therapy / Chronotherapy / Melatonin: *light therapy and chronotherapy*

Adult Behavioral Sleep Medicine: Relaxation Strategies

Adult Behavioral Sleep Medicine: Restriction/Compression:

Adult Behavioral Sleep Medicine: Stimulus Control

Adult Behavioral Sleep Medicine: Sleep Hygiene

Cognitive and Behavioral Treatment for Hypersomnia Disorders

Presenter: Jason Ong, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY:

Cognitive Restructuring

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Hypersomnias

Narcolepsy

CLINICAL ASSESSMENT

Polysomnography (in lab/ HST)

MSLT/MWT

Integrating Mindfulness Practice Into Your Clinical Practice

Presenter: Jason Ong, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BEHAVIORAL MEDICINE GENERAL PRINCIPLES/THEORY:

Acceptance & Commitment Therapy / Mindfulness

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult*

CBT-I for Chronic Pain

Presenter: Michael Smith, PhD

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult*

Adult and Pediatric Insomnias: Pharmacological Interventions

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine: Cognitive Therapy

Adult Behavioral Sleep Medicine: Relaxation Strategies

Adult Behavioral Sleep Medicine: Restriction/Compression

Adult Behavioral Sleep Medicine: Stimulus Control

Optimizing PAP Adherence

Presenter: Terri Weaver PhD, RN, FAAN

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Obstructive Sleep Apnea

CLINICAL MANAGEMENT (Adult BSM)

Adult Behavioral Sleep Medicine: CPAP Adherence Sleep

Adult Behavioral Sleep Medicine: Strategies for Treatment Compliance

Circadian Rhythm Disorders in Children, Adolescents, and Young Adults

Presenter: James Wyatt, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology: *related to the Circadian system*

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

Sleep Over the Lifespan: *infants; adolescents (circadian development)*

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Circadian Rhythm Sleep Disorders: *primarily DSWPD; limited coverage of ASWPD; non-24; jet-lag; shift-work*

CLINICAL ASSESSMENT

Psychometric Assessment: *morningness/eveningness*

CLINICAL MANAGEMENT

Pediatric Behavioral Sleep Medicine: Light Therapy / Chronotherapy / Melatonin

Pediatric Behavioral Sleep Medicine: Sleep Hygiene: *caffeine only*

Adult Behavioral Sleep Medicine: Light Therapy / Chronotherapy / Melatonin

Insomnia and Circadian Rhythm Disorders

Presenter: James Wyatt, PhD, CBSM

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology: *related to the Circadian system*

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult and pediatric*

Adult and Pediatric Insomnias: Pharmacological Treatments; *melatonin, hypnotics, and others*

Circadian Rhythm Sleep Disorders: *DSWPD; non-24; shift work*

CLINICAL ASSESSMENT

Sleep Diary

Initial Evaluation: *for insomnia*

Psychometric Assessment: *DBAS; ISI; morningness/eveningness*

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine: Cognitive Therapy
Adult Behavioral Sleep Medicine: Light Therapy / Chronotherapy / Melatonin: *all three*
Adult Behavioral Sleep Medicine: Restriction/Compression: *restriction*
Adult Behavioral Sleep Medicine: Stimulus Control
Adult Behavioral Sleep Medicine: Sleep Hygiene

2018 Courses

The following DBSM exam content areas may be addressed in this online course:

Applying and Communicating Sleep Physiology to Clinical Populations

Presenter: Daniel Kay, PhD

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult*

Nightmares: *adult*

CLINICAL ASSESSMENT

Instrumentation (Diagnostic): Sleep Diary

Initial Evaluation

Psychometric Assessment

Pharmacology when Behavioral Treatments are Insufficient

Presenter: Suzanne Bertisch, MD, MPH

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult*

Adult and Pediatric Insomnias: Pharmacological Treatments: *extensive coverage*

What BSM Providers Need to Know: A Primer on Basic Science / Sleep Physiology

Presenter: Karen Gamble, PhD

The following DBSM exam content areas may be addressed in this online course:

BASIC SCIENCE / SLEEP KNOWLEDGE

Sleep Anatomy & Physiology

Circadian/Biological Rhythms

Homeostatic and Circadian Drives

Sleep Architecture

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias

Adult and Pediatric Insomnias: Pharmacological Treatments: *not specific medications but common mechanisms and timing of medication*

Circadian Rhythm Sleep Disorders

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine: Light Therapy / Chronotherapy / Melatonin

What BSM Providers Need to Know: Innovations in CBT for Sleep Disorders

Presenter: Colleen Carney, PhD, CPsych

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult*

CLINICAL ASSESSMENT

Sleep Diary

CLINICAL MANAGEMENT

Adult Behavioral Sleep Medicine: Cognitive Therapy

Adult Behavioral Sleep Medicine: Light Therapy / Chronotherapy / Melatonin: *discussed briefly in the context of insomnia treatment*

Adult Behavioral Sleep Medicine: Relaxation Strategies

Adult Behavioral Sleep Medicine: Restriction/Compression

Adult Behavioral Sleep Medicine: Stimulus Control

Adult Behavioral Sleep Medicine: Sleep Hygiene

Adult Behavioral Sleep Medicine: Strategies for Treatment Compliance

When CBT-I Hits the Wall: The Slow-to-Respond Patient

Presenter: Eric Zhou, PhD

The following DBSM exam content areas may be addressed in this online course:

ASSOCIATED SLEEP DISORDERS AND THEIR TREATMENTS

Adult and Pediatric Insomnias: *adult*

CLINICAL MANAGEMENT*

Adult Behavioral Sleep Medicine: Paradoxical Intention

Adult Behavioral Sleep Medicine: Relaxation Strategies

Adult Behavioral Sleep Medicine: Restriction/Compression

Adult Behavioral Sleep Medicine: Stimulus Control

Adult Behavioral Sleep Medicine: Sleep Hygiene

**These concepts were discussed but not defined or explained.*