

## Travel Accommodations

Rooms have been reserved at the following hotels beginning  
**Thursday August 26<sup>th</sup> – 27<sup>th</sup>**

Please request the **ISS Group Rate**

Holiday Inn Express 2508 Bos Landen Dr. (641)628-4853 \$72

Royal Amsterdam 705 East First St. (877) 954-8400 \$72

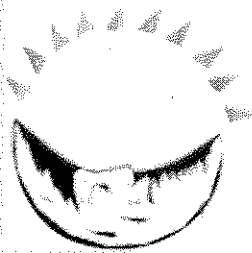
Comfort Inn & Suites 910 W 16<sup>th</sup> St. (641) 621-1421 \$65

## You are invited to attend the 3<sup>rd</sup> Annual Iowa Sleep Society Conference

The Purpose of this conference is to bring the latest information in Sleep Medicine field to RNs, RPSGT, and RRT's

### Conference Objectives

- Identify the relationship between Sleep Disordered Breathing and Cardiovascular Disease
- Discuss Managing a sleep center in Challenging Economic Times
- Provide overview of behavioral medicine approaches to treating sleep disorders
- Review of the history of Sleep Research and the future impact on our practices
- Understand the epidemiology and significance of insomnia
- Identify factors that contribute to OSA and the trucking industry



# Iowa Sleep Society Conference

Friday, August 27, 2010

Central College, Graham Conference  
Center

Pella, Iowa (see map)  
812 University, 50309  
(877) 462-3687

This program is supported by educational grants provided by the following entities:

American Home Patient  
Apria  
Cephalon  
Compumedics  
Dental Prosthetics, Inc.  
Dr. Douglas Pick, DDS  
Allergy, Lung & Sleep Center, Inc.  
Embla Systems  
Fisher & Paykel  
Hammer Medical Supply  
Iowa Health Home Care  
Iowa Sleep Disorders Center  
Jones & Bartlett Learning  
McKesson Medical Supply  
Mercy Home Resp. Care  
Mercy Sleep Center  
Midwest Sleep Services  
Phillips/Respironics  
Quality Medical Services  
ResMed  
Salter  
Sepracor  
Somnicare  
Somnitech  
West Lakes Medical Equipment

Iowa Sleep Society  
6545 NE 12<sup>th</sup> Ave.  
Pleasant Hill, IA 50327  
Ph: (515) 643-6769  
www.iasleepsociety.org  
info@iasleepsociety.org

# Iowa Sleep Society 3rd Annual Conference

You are invited to attend the 3rd Annual Iowa Sleep Society Conference on August 27, 2010! This conference has been designed to meet the continuing educational needs of: physicians, PhD's, nurses, respiratory care professionals, sleep technologists, and other healthcare providers involved in the care of patients with sleep disorders.

- **RPSGT:** 6.0 hours continuing education credits have been approved through The American Association of Sleep Technologists (AAST).
- **RRT:** 6.0 hours of continuing education hours for Respiratory Care (AARC) have been approved for respiratory therapists.
- **RN/ILPN:** Approved for 0.6 CEUs by Iowa Board of Nursing Provider #31, Iowa Health-Des Moines.



*"Activity has been planned and implemented in accordance with the Essential Areas and Policies of the Iowa Medical Society (IMS) through joint sponsorship of Iowa Health-Des Moines (Methodist & Lutheran/Blank Children's) and the Iowa Sleep Society. Iowa Health-Des Moines (Methodist & Lutheran/Blank Children's) is accredited by the IMS to provide continuing medical education for physicians."*

*"Iowa Health-Des Moines (Methodist & Lutheran/Blank Children's) designates this educational activity for a maximum of 4.00 AMA PRA Category 1 Credits (s) TM. Physicians should only claim credit commensurate with the extent of their participation in the activity."*

## Schedule

<b>7:00-7:45</b>	<b>Registration</b> (Continental Breakfast provided)
<b>8:00-8:15</b>	<b>Welcome and Introduction</b> Coral Waggoner, ISS President
<b>8:15-9:15</b>	<b>Gary Hamilton, BS, RRT</b> Matters of the Heart: Sleep Disordered Breathing and Cardiovascular disease
<b>9:15-10:15</b>	<b>Becky Appenzeller, RPSGT, R.EEG.T., CNIM</b> "Managing in Challenging Economic Times"
<b>10:15-10:30</b>	<b>Break</b>
<b>10:30-11:30</b>	<b>Todd D. Jenkins, LMHC, LMFT</b> "Behavioral Treatment for Sleep Disorders"
<b>11:30-12:30</b>	<b>Lunch</b> <b>Door Prize Spinning Wheel</b>
<b>12:30-1:30</b>	<b>Dr. Steven Hull</b> Sleep and Research: Past, Present, Future
<b>1:30-2:30</b>	<b>Dr. Kenneth Wayne</b> "To Sleep Perchance To Breathe" Insomnia
<b>2:30-2:45</b>	<b>Break &amp; Snack</b>
<b>2:45- 3:45</b>	<b>Dr. Stephen Grant</b> Sleep Apnea & the Trucking Industry
<b>3:45-4:45</b>	<b>Question/Answer</b> <b>New Members/Officers</b> <b>Adjournment</b>

## Registration Form

(Deadline: August 20, 2010)

Name: \_\_\_\_\_  
 Credentials: \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

### Check one:

\_\_\_\_\_ Member - \$55  
 \_\_\_\_\_ Non-Member - \$95 \*

\* Non-Member Registration for the conference includes Membership dues through the 2011 Conference Date.

\_\_\_\_\_ Student Member - \$25  
 \_\_\_\_\_ Student Non-Member - \$40  
 (Includes Membership Fee)

### Send Completed Registrations to:

Iowa Sleep Society  
 6545 NE 12<sup>th</sup> Ave.  
 Pleasant Hill, IA 50327

Or

[info@iasleepsociety.org](mailto:info@iasleepsociety.org)

**Attendees will not be officially registered until fees have been received by the Iowa Sleep Society.**