



Program Test

Changing How We Think About Insomnia: Confronting Clinical Challenges

This program is supported by an unrestricted educational grant from Sepracor.

Accreditation

Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this educational activity for a maximum of 2.5 category 1 credits toward the American Medical Association Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

In order to successfully complete this activity, you are required to read the entire Supplement and complete and submit the completed test answer sheet by May 27, 2005. CME credit will be awarded provided a score of 70% or better is achieved. A certificate of credit will be sent within 6 weeks of receipt of the test answers to those who successfully complete the examination.

The estimated time to review the Supplement and complete the accompanying test is 2.5 hours. Please be sure to record the actual time spent on the bottom of the test where indicated.

Course Faculty

Disclosure Policy

It is the policy of Boston University School of Medicine, Department of Continuing Medical Education, that faculty disclose to program participants any real or apparent conflict of interest. In addition, faculty are asked to disclose any discussion of unapproved use of pharmaceuticals and devices.

Authors

Sonia Ancoli-Israel, Ph.D.

Professor, Psychiatry
University of California San Diego
San Diego, California
Consultant: Sepracor, King Pharmaceuticals, Takeda,
Neurocrine Biosciences
Speakers bureau: King Pharmaceuticals
Dr. Ancoli-Israel does not discuss unlabeled/investigational uses
of a commercial product.

Ruth M. Benca, M.D., Ph.D.

Professor
University of Wisconsin-Madison
Madison, Wisconsin
Grant/research support: NIMA, DARPA, Takeda American
Consultant: King Pharmaceuticals, Pfizer Inc., Sanofi-Synthelabo,
Sepracor, Takeda American, Wyeth
Speakers bureau: King Pharmaceuticals, Sanofi-Synthelabo, Wyeth
Dr. Benca does not discuss unlabeled/investigational uses of a
commercial product.

Jack D. Edinger, Ph.D.

Senior Psychologist
Durham VA Medical Center
Clinical Professor
Department of Psychiatry and Behavioral Sciences
Duke University Medical Center
Durham, North Carolina
Grant/research support: Respironics Corp.
Dr. Edinger does not discuss unlabeled/investigational uses
of a commercial product.

Andrew Krystal, M.D., M.S.

Director, Sleep Research Laboratory and Insomnia Program
Associate Professor of Psychiatry and Behavioral Sciences
Duke University Medical Center
Durham, North Carolina
Grant/research support: Sepracor, Neurocrine Biosciences, Sanofi-
Synthelabo, Wyeth, Pfizer Inc., Cephalon, Inc
Consultant: Sepracor, Neurocrine Biosciences, Sanofi-Synthelabo,
King Pharmaceuticals, Pfizer Inc., Aventis, Forest, Takeda
Speakers bureau: Sanofi-Synthelabo, King Pharmaceuticals,
Cephalon Inc
Dr. Krystal does discuss off-label/investigational uses
of a commercial product.

Wallace Mendelson, M.D.

Professor of Psychiatry and Clinical Pharmacology
Sleep Research Laboratory
The University of Chicago
Chicago, Illinois
Speakers bureau: Sanofi-Synthelabo, Sepracor, Elan Corporation,
Aventis, Neurocrine Biosciences
Dr. Mendelson does not discuss unlabeled/investigational uses
of a commercial product.

Harvey Moldofsky, M.D.

Professor Emeritus, Faculty of Medicine
University of Toronto
Toronto, Ontario, Canada
Grant/research support: Canadian Space Agency,
Sanofi-Synthelabo, Pfizer, Orphan Pharmaceuticals
Consultant: Sanofi-Synthelabo, Pfizer
Dr. Moldofsky does not discuss unlabeled/investigational uses
of a commercial product.

Justine Petrie, M.D.

Medical Director
Sleep Disorders Institute
Fullerton, California
Grant/research support: Sepracor, Orphan Pharmaceuticals
Consultant: Forest Pharmaceuticals, Pfizer, Cephalon, Inc
Speakers bureau: GlaxoSmithKline, Lilly, Forest, Cephalon, Inc,
Pfizer
Dr. Petrie does not discuss off-label/investigational uses
of a commercial product.

Thomas Roth, Ph.D.

Chief, Sleep Disorders and Research Center
Henry Ford Hospital
Detroit, Michigan
Grant/research support: Sepracor, Neurocrine Biosciences, Pfizer,
Purdue, Sanofi-Synthelabo, King Pharmaceuticals, Cephalon, Inc
Consultant: Sepracor, Neurocrine Biosciences, Pfizer, Purdue
Pharma, Sanofi-Synthelabo, King Pharmaceuticals, Cephalon, Inc
Speakers bureau: Sepracor, King Pharmaceuticals, Sanofi-
Synthelabo
Dr. Roth does not discuss unlabeled/investigational uses
of a commercial product.



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James K. Walsh, Ph.D.

Executive Director and Senior Scientist
Sleep Medicine and Research Center at St. Luke's Hospital
Chesterfield, Missouri
Grant/research support: Upjohn Company, Lorex Pharmaceuticals, Searle Pharmaceuticals, Pfizer Inc., Abbott Laboratories, American Cyanamid, Hoffman-LaRoche, Merck & Co., Bristol-Myers Squibb, Wyeth-Ayerst Research, Orphan Medical, Takeda American, Ancile Pharmaceuticals, Neurocrine Biosciences, Cephalon, Inc, Sanofi-Synthelabo, Lundbeck A/S, Sepracor
Consultant: Alza Corporation, Bristol-Myers Squibb, Pharmacia & Upjohn, Whitehall-Robins, Lorex Pharmaceuticals, Searle Pharmaceuticals, Wyeth-Ayerst Research, Abbott Laboratories, Eli Lilly, Pfizer Inc., Sanofi-Synthelabo, Cephalon, Inc., American Cyanamid, CoCensys Pharmaceuticals, Neurocrine Biosciences, Takeda American, Sepracor, Ancile Pharmaceuticals, Lundbeck A/S, Procter & Gamble, McNeil Pharmaceuticals, Elan Pharmaceuticals, Aventis, Respiroics, Merck KgaA Darmstadt, Restiva Pharmaceuticals, King Pharmaceuticals, Merck Co.
Honoraria: Abbott Laboratories, Elan Pharmaceuticals, Cephalon, Inc, Pfizer, Sanofi-Synthelabo, Searle Pharmaceuticals, Upjohn Company, Wyeth
Dr. Walsh does not discuss unlabeled/investigational uses of a commercial product.

John Winkelman, M.D., Ph.D.

Medical Director
Sleep Health Center, Brigham and Women's Hospital
Boston, Massachusetts
Grant/research support: Pfizer, GlaxoSmithKline, UCB Pharma, Ortho-McNeil Pharmaceuticals
Consultant: Cephalon Inc., Elan Pharmaceuticals, GlaxoSmithKline, Pfizer, Sepracor
Speakers bureau: Eli Lilly, Cephalon, Inc, Wyeth, Sanofi, Elan Pharmaceuticals, GlaxoSmithKline
Dr. Winkelman does discuss off-label/investigational uses of a commercial product.

Continuing Medical Education Advisor

Sanford Auerbach, M.D.

Associate Professor of Neurology
Boston University School of Medicine
Boston, Massachusetts
Dr. Auerbach has nothing to disclose with regard to commercial support. Dr. Auerbach does not discuss off-label/investigational uses of a commercial product.

Target Audience

Community psychiatrists

Educational Needs Addressed

The high prevalence and burden of insomnia are not well recognized. Numerous barriers impede the accurate diagnosis and recognition of insomnia. For those with chronic insomnia, there are limitations to existing commonly used treatments.

Educational Objectives

At the conclusion of this activity, participants will be able to:

1. Discuss the significance of insomnia in terms of prevalence and burden.
2. Better recognize and diagnose insomnia.
3. Better address the needs of patients with chronic insomnia.
4. Identify the special needs related to the elderly and to insomniacs with depression and pain syndromes.

Term of Approval

May 27, 2004–May 27, 2005

Original Release Date of CME Program: May 2004

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