

WHY WON'T YOU GO TO SLEEP? PEDIATRIC INSOMNIA AND ITS IMPACT ON FAMILIES



Satellite Conference and Live Webcast

Thursday, May 24, 2012, 12:00-2:00 p.m. (Central Time)

1:00-3:00 p.m. (Eastern) ■ 11:00 a.m.-1:00 p.m. (Mountain) ■ 10:00 a.m.-12:00 p.m. (Pacific)

Pediatric insomnia, though rare, does occur and can often signal a more serious, underlying health concern. Program faculty will outline various symptoms that lead to a diagnosis of pediatric insomnia. Faculty will also explore behavioral interventions including the book, "Happiest Baby on the Block," stimulus controls, and sleep restrictions. Pediatric insomnia studies will be reviewed and the impact of pediatric insomnia on the family unit will be discussed.

FACULTY:

Ellie Frederick

Parent of a Child with Insomnia

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Assistant Professor

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UAB MEDICINE
PEDIATRIC PULMONARY

PROGRAM OBJECTIVES:

1. Discuss the differential for pediatric insomnia.
2. Describe the epidemiology and significance of pediatric insomnia.
3. List behavioral interventions of pediatric insomnia.
4. Explain the impact of pediatric insomnia on families and caregivers.

CONFERENCE DETAILS:

Target Audience: Nurses, social workers, school counselors, school nurses, those working with children who have sleep disorders

Continuing Education: Nurses 1.0 hours, Social Workers 1.25 hours

Registration: www.adph.org/alphntn

Technical Information: To receive complete technical information you must register at www.adph.org/alphntn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphntn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphntn@adph.state.al.us