

SIX-HOUR LIVE WEBINAR

Thu., May 23, 2024

(REGISTRATION FORM)

NEWLY UPDATED

THE SLEEP-LOSS EPIDEMIC:

UNDERSTANDING & MANAGING SLEEP DISORDERS

Please Check One Option Below:

LIVE WEBINAR:

Thu., May 23, 2024, 8:30 AM – 3:40 PM, (Eastern Time)

or 7:30 AM – 2:40 PM, (Central Time)

or 5:30 AM – 12:40 PM, (Pacific Time)

\$89 – Pre-Registration Rate: Live Webinar with 6 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

\$83 – DVD or Streaming Video available for homestudy credit.

\$69 – DVD or Streaming Video only without homestudy test.

*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

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Home Address _____

City/State _____ Zip _____

Work Phone _____ Home Phone _____

Fax _____

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Profession _____ License No. _____

Pharmacists only: NABP # _____ Date of Birth mm / dd / yy

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There are four ways to register:

- 1) Internet: www.INRseminars.com
- 2) Mail: INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) Fax: (925) 363-7798
- 4) Phone: 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses, including one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LTO140-0927) for 7.2 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits. The Maryland State Board of Dental Examiners has approved this course for 6.0 CEUs. Under Approval No 23-016, the New Jersey Board of Dentistry has approved this course for 6 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-23-111-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRS

This program awards 6 hours of CPEUs in accordance with the Commission on Dietetic Registrations provider programs. This course has Activity Number 145093 and Performance Indicators: 8.2.2, 8.2.4, and 9.1.3. CPE Level: I.

PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

MENTAL HEALTH COUNSELORS, MFTs, & SOCIAL WORKERS

Institute for Natural Resources has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 7156. Programs that do not qualify for NBCC credit are clearly identified. Institute for Natural Resources is solely responsible for all aspects of the programs.

Institute for Natural Resources (INR) is recognized by the NY SED's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #00089899 and Under Approval #60007980617, CRCC has approved this course for six contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Institute for Natural Resources (INR) is recognized by the NY SED's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 6 clinical continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED's State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. The California Board of Behavioral Sciences will accept courses approved by ASWB. This course "The Sleep-Loss Epidemic," Approval #01202023-22 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/22 through 08/31/24. New Jersey social workers will receive six (6) clinical CE credits for participating in this course. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS/PTAs & CHIROPRACTORS

The Florida Physical Therapy Association has approved this course for 6 contact hours (Approval #CE 24-697553). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 6 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. The Maryland Board of Chiropractic Examiners has approved this course for 6 hours. The New Jersey Board of Chiropractic Examiners has approved INR as a pre-approved provider of chiropractic continuing education courses for the Sep 1, 2023 – Aug 31, 2025 renewal cycle.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 6 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

ACCREDITATION (cont.'d)

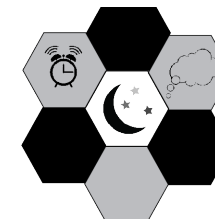
MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider, Provider #299936-00, and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the State of New York for license renewal.



OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live programs yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standards, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 363-7798

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 373-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

THE SLEEP-LOSS EPIDEMIC:

UNDERSTANDING & MANAGING SLEEP DISORDERS

Frequently Asked Questions

Q: What do I have to do to complete the live Webinar successfully?

To obtain the 6 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How will I know that my profession qualifies for continuing education credit? Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar? You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit? Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

The value of a good night's sleep is priceless. Yet many people have difficulty obtaining decent sleep. The scientifically-based, six-hour course, "The Sleep-Loss Epidemic: Understanding and Managing Sleep Disorders," is designed to provide the patients of health professionals with ways to improve sleep and prevent disorders associated with poor sleep.

Sleep disorders are some of the most frequently encountered problems in clinical practice. Insomnia can exacerbate virtually any illness. Research now indicates that insomnia can increase the risk of developing both depression and anxiety disorders. Depressed individuals often wake up at 3 A.M. or 4 A.M. and find that they cannot get back to sleep. Anxious individuals often struggle to fall asleep, tossing and turning for hours.

The course will examine the clinical consequences of insomnia and other sleep disorders. The course will cover basic sleep hygiene and the effects of everyday stress on sleep. It will examine how medications can compromise sleep and how acute and chronic illness can lead to insomnia. The course will review the appropriate use of medications and strategies to foster healthy sleep habits.

By understanding and applying the practical principles of good sleep hygiene, clinicians in any discipline will be better equipped to help an ever-growing and frustrated group of patients.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

PROGRAM/LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **What Is Sleep And Why Do We Need It?** How Much Is Enough?
- **The Master 24-Hour Clock:** Suprachiasmatic Nuclei of the Hypothalamus, Circadian Rhythms, and Sleep.
- **Circadian Rhythm Sleep Disorders.** Jet Lag, Shift Work Sleep Disorder, Seasonal Affective Disorder, "Morning Larks" vs. "Night Owls": Advanced Phase and Delayed Phase Sleep Disorders.
- **Understanding the Stages of Sleep:** Non-Rapid Eye Movement (NREM): Stages 1 and 2 (Light Sleep) vs. Stage 3 (Deep Sleep) and Stage R: Rapid Eye Movement (REM).
- **Dreams, Dreaming, and Dreamers:** Do We Dream in All Stages of Sleep? How REM Dreams Affect Emotions, Memory, and Creativity.
- **Sleep Disruption:** How Stress and Illness Affect Sleep.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Aging and Sleep:** Sleep Patterns of Infants, Children, Adolescents, Adults, and the Elderly.
- **Is Thomas Edison to Blame For Sleep Deprivation?** Sleep Patterns and the Effects of Artificial Light and Electronics.
- **Caffeine, Alcohol, and Sleep:** Adverse Effects and Recommendations for Optimal Sleep.
- **The Effects of Acute and Chronic Pain on Sleep.** Dental Pain, TMJ, and Bruxism.
- **How Sleep Deprivation Leads to Serious Illness:** Heart Disease, Stroke, Diabetes, and Dementia.
- **Sleep Deprivation, Sleep Deficit, and Sleep Debt:** Dangers to Health? Are Teens Sleep-Deprived?

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **Sleep Hygiene:** 27 Guidelines To Help People Sleep Better.
- **Diagnosing Sleep Disorders:** Screening Tests, Sleep Studies, and Polysomnography.
- **Primary vs. Secondary Insomnias:** Health Risks. Behavioral and Pharmacologic Treatments. Is there a Schizophrenia Connection?
- **Sleep Disordered Breathing:** Snoring and Obstructive Sleep Apnea. Central Sleep Apnea.
- **Risky Business:** Real World Consequences of Sleep Deprivation in Adolescents. Poor Health, Behavioral Problems, Academic Decline, Impaired Decision-making and Concentration.
- **Why Sleep Deprivation Leads to Weight Gain and Obesity:** More Junk Food and Erratic Meals, Sedentary Behavior, Increased Insulin Resistance, and Decreased Insulin Sensitivity.
- **The Moody Blues in Sleep-Deprived Teens:** Irritability, Increased Anxiety and Depression, Social Dysfunction, Aggression and Loneliness.

PROGRAM (cont.)

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **First Do No Harm:** When ADHD Meds are Over-prescribed. Strategies to Help Teens (and everyone else) Focus Without Drugs. The Calming Sound of Silence.
- **Aiming for Optimal Amounts of Sleep:** The Restorative Effect of Sleep before Midnight. The Hallmark of Adequate Sleep – Waking Up Naturally. Daily Routines and Structure.
- **Too Much of Everything:** Electronic Media, Nonstop Texting, Girls and Social Media Overload, Boys and Violent Video Games.
- **The Restorative Power of Sunlight:** Why Teens Need Time Outdoors. Reducing Insomnia, Anxiety, and Depression.

Evaluation, Questions, and Answers: 3:20 PM – 3:40 PM

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the stages, cycling, and circadian rhythms of sleep.
- 2) cite evidence connecting sleep deprivation and sleep disorders to heart disease, stroke, diabetes, and dementia.
- 3) list the major sleep medications with their uses and adverse effects.
- 4) outline the stages of sleep in teens and how they influence repair processes in the brain and body.
- 5) describe how adequate sleep impacts emotional stability, learning, and social interaction.
- 6) discuss how regulating circadian rhythms in teens can improve academic performance and reduce the risk of addiction.
- 7) list the deleterious effects of overstimulation and excessive social media on adolescent sleep.
- 8) describe how the information in this course can be utilized to improve patient care and patient outcomes.

INSTRUCTOR

Dr. Eric Bornstein (DMD) is the former Chief Medical Officer of Nomir Medical Technologies, and is a biochemist, dentist, and photobiologist. He has successfully taken three medical devices through to FDA 510k approval. Dr. Bornstein has managed five human clinical trials and has patented multiple medical technologies in the areas of lasers, photo-biology, circadian rhythm, adipose tissue modification, and biofilm eradication. Dr. Bornstein is widely published in peer-reviewed journals such as "Current Trends in Microbiology" and "Compendium." For the past five years, he has delivered continuing education seminars and webinars to over 100,000 health care professionals. His lectures encompass the subjects of pharmacology, marijuana, vaping, opioids, hallucinogens, drug abuse, periodontal disease and medical devices. Dr. Bornstein has lectured all over the United States, Canada, Mexico, the UK, Germany, and Israel.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.