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

**Pediatic 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
Pediatic Behavioral Sleep Medicine; Healthy Sleep Habits: *reviewed in the context of pediatric narcolepsy*
Pediatic 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.