

**FATIGUE: “DOC I’M TIRED OF BEING TIRED”**

About one-third of our life is spent sleeping. Why do we sleep? Getting enough of it at the right times is as essential to survival as food and water. Without sleep we cannot form or maintain the pathways in our brain that allow us to learn and create new memories, and it’s harder to concentrate and respond quickly.

Sleep is important to a number of brain functions, including how neurons communicate with each other. Dr. Andrew Binder’s presentation will focus on how sleep affects almost every type of tissue and system in the body including the brain, heart, and lungs, metabolism, immune function, mood and disease resistance. Sleep is a complex and dynamic process that affects how we function in ways scientists are now beginning to understand. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression and obesity. This information may be used to inform patients about the vital role sleep plays in overall health and well-being.

Course Objectives:

1. Recognize and distinguish the three types of fatigue
2. Describe the basic neurology of sleep
3. Recognize six categories of sleep disorders
4. Discuss evaluation and management of sleep disorders

**Dr. Andrew S. Binder, MD, FCCP, FAASM**

Board Certified Sleep Specialist

Dr. Binder has been practicing sleep medicine since 1989. He was the founder and medical director of The Sleep Disorders Center of Santa Barbara. After practicing Pulmonary and Critical Care medicine from 1978 through 1998, he focused his practice on sleep medicine.

Dr. Binder graduated Magna Cum Laude from Williams College, Massachusetts in 1967 and went on to get his MD degree from Harvard Medical School in 1971. He did his Internal Medicine training at the University of Washington, Seattle and his Pulmonary Medicine training at UC San Francisco. He arrived in Santa Barbara, California in 1980, where he continued to practice until 2007. He is a diplomate of the ABIM in Internal Medicine, Pulmonary Diseases, and Sleep Medicine, and the American Board of Sleep Medicine. He is also a fellow of the American Academy of Sleep Medicine and the American College of Chest Physicians.

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine services invite you to attend its September 2018 presentation.

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**Wednesday, September 12, 2018**

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**12:00 - 1:30 p.m.**

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**Burtness Auditorium**

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**Santa Barbara Cottage Hospital**

**Guest Speaker:**

Andrew S. Binder, MD, FCCP, FAASM

**Program Coordinators:**

Mari Mender, BSN, RNC,  
Psychiatry Educator

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Carole Reynolds Ingraham, LMFT

**Education Consultant:**

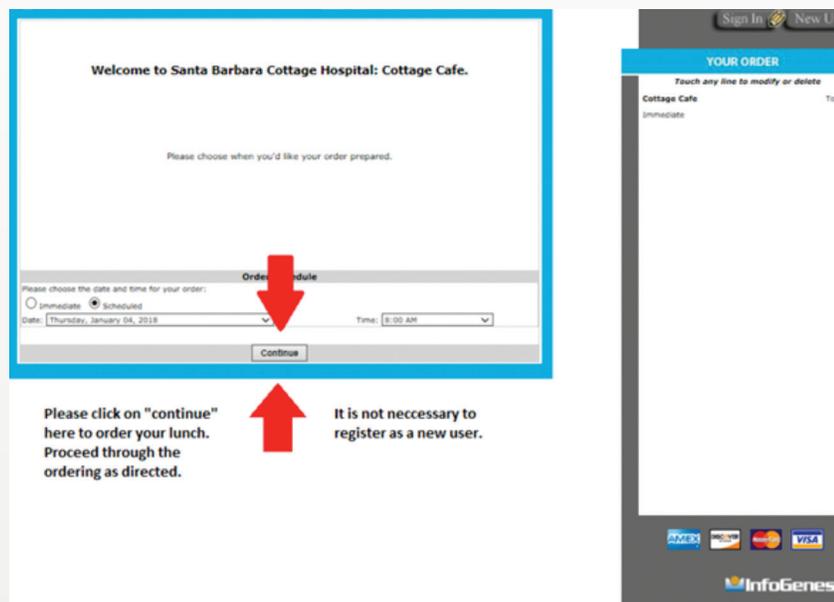

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Christine Block, MSN, RN, CNRN

Lunch is available for purchase from the Cottage Café located just inside the original entrance at Pueblo and Bath St. If you place an order, please stop by and pick up your lunch on your way up to the auditorium.

<https://emenu.e-touch.com/Browse.aspx?s=313&ctx=new>

**Using the link provided please click on Continue. It is not necessary to register as a new user to order from the café.**



#### CONTINUING EDUCATION UNITS

**Physicians:** Please note that due to changes in the requirements to qualify for CMEs, Psychiatric Grand Rounds is no longer able to offer CMEs.

Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (Provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

Course approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.

No RSVP or advanced registration/payment will be required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.

**CH Employees** may receive the continuing education credit through HealthStream.

**Others:** The Continuing Education Certificate will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.

Grievances may be addressed directly to the Education Department.

If you are in need of special accommodation, please contact the Education Department at 805-569-7325.