



SLEEP “MATTERS” IN PSYCHIATRY

Andrew S. Binder MD, FAASM, FCCP

Sleep problems play a major role in patients with psychiatric disease. Medical school and residency training for most healthcare professionals provide little or no education regarding sleep disorders or the neurobiology of sleep. The goal of Dr. Andrew S. Binder’s presentation is to pass on what he has learned in the past 30 years practicing sleep medicine. He feels that psychiatric disease cannot be effectively treated if comorbid sleep disorders are not recognized, evaluated, and treated. Sometimes, sleep disorders are misdiagnosed as psychiatric, neurologic, or cardiovascular disease. Evaluating and treating sleep disorders are more difficult for sleep specialists when a lot of psychiatric medications are used without recognizing that there may be a sleep disorder playing a major role in the patient’s presentation.

After attending this presentation participants will be able to:

1. Explain the function of sleep and the basic neuroanatomy and neurophysiology of sleep.
2. Identify how the circadian physiology works and how it impacts sleep.
3. Recognize that sleep disorders and mood disorders are comorbid, and treatment requires treating both.
4. Identify each category of sleep disorders and the approach to evaluation and treatment.

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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
Department invites you to attend
its July 2019 presentation.

Wednesday, July, 10, 2019

Noon to 1:30 PM

**Santa Barbara Cottage Hospital
Amphitheatre**

CONTINUING EDUCATION

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 by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is 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.
- Continuing education certificates for others 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.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

Program Coordinators

Cynthia Manigault, RN, BSN

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Water and coffee will be offered.