Chapter 55:

LEARNING OBJECTIVES

After completing this chapter, the student should be able to:

1. Explain physiologic and systemic changes that occur during sleep.
2. Classify and discuss the etiologies for sleep disorders.
3. Discuss the association between specific sleep disorders and quality of life and risk for systemic diseases.
4. Appropriately identify and evaluate specific sleep disorders, including insomnia, sleep apnea, narcolepsy, restless legs syndrome, periodic limb movements of sleep, and circadian rhythm disorders.
5. Develop patient-specific nondrug and drug treatment plans for specific or coexisting sleep disorders, including insomnia, sleep apnea, narcolepsy, restless legs syndrome, periodic limb movements of sleep, and circadian rhythm disorders.
6. Apply principles of pharmacokinetics and pharmacodynamics to appropriately select a benzodiazepine receptor agonist for the treatment of insomnia.
7. Identify relevant adverse effects of benzodiazepine and GABA<sub>A</sub> agonist therapy and how to manage them during the treatment of insomnia.
8. Distinguish between the various wake-promoting therapies and their appropriate use for the treatment of narcolepsy.
9. Identify adverse effects and precautions of therapies for restless legs syndrome.
10. Differentiate between non-REM and REM parasomnias and recommend appropriate management and therapy.
11. Describe the differences in significance and management between PLMS and RLS.
12. Utilize standardized questionnaires and sleep laboratory findings to assess severity of sleep disorders.
13. Assess the effectiveness of and optimize nonpharmacologic and pharmacologic therapies for sleep disorders.
14. Educate and counsel patients on the importance of sleep and good sleep hygiene.
15. Discuss how unrecognized and poorly treated sleep disorders may affect the treatment and severity of concomitant systemic diseases.