BEHAVIORAL SLEEP MEDICINE EXAM CONTENT AREAS

1. Basic Science/Sleep Knowledge- 10%
   • Sleep Anatomy & Physiology
   • Circadian/Biological Rhythms
   • Homeostatic and Circadian Drives
   • Sleep Architecture
   • Ontogeny – Life Span Development
   • Sleep Over the Life Span
     o Infant, toddler,
   • Sleep Deprivation

2. Behavioral Medicine General Principles/Theory – 20%
   • Classical and Operant Conditioning
     o Shaping
     o Reinforcement Schedules
     o Extinction
     o Spontaneous Recovery
     o Placebo Effect
   • Theories of Behavioral Change
   • Relaxation
   • Acceptance & Commitment Therapy / Mindfulness
   • Cognitive Restructuring
   • Behavioral Activation

3. Associated Sleep Disorders and Their Treatments – 15%
   • Adult and Pediatric Insomnias
     o Pharmacological Interventions
   • Hypersomnias
   • Breathing-Related Sleep Disorders
     o Obstructive Sleep Apnea
     o Central Sleep Apnea
   • Circadian Rhythm Sleep Disorders
   • Narcolepsy
   • Parasomnias
     o Nightmares
     o Night Terrors
       ▪ Sleep Walking / Talking
   • Movement Disorders
     o Restless Leg Syndrome / PLMD
       ▪ Pharmacological Treatments
Behavioral Interventions

4. Clinical Assessment - 20%
   - Instrumentation (Diagnostic)
     - Polysomnography (In lab/HST)
     - Actigraphy
     - Sleep Diary
     - MSLT/MWT
   - Activity Monitoring Devices (Fitbit, Garmin, etc.)
   - Initial Evaluation
   - Functional Analysis
   - Psychometric Assessment
   - Treatment Monitoring
   - Understanding CPAP Download Reports
   - Understanding Sleep Diagnostic Reports

5. Clinical Management - 35%
   - Pediatric Behavioral Sleep Medicine
     - Healthy Sleep Habits
     - Extinction
     - Graduated Extinction w & w/o parent
     - Positive Routines
     - Bedtime Fading
     - Bedtime Pass
     - Exposure with Response Prevention
     - Cognitive Restructuring
     - Positive Reinforcement
     - Scheduled Awakenings
     - Urine Alarm/Dry-Bed Training
     - Systematic Desensitization
     - Relaxation Therapies
   - Adult Behavioral Sleep Medicine
     - Cognitive Therapy
     - CPAP Adherence Sleep
     - Image Rehearsal Therapy
     - Light Therapy/Chronotherapy/Melatonin
     - Paradoxical Intention
     - Relaxation Strategies
     - Restriction/Compression
     - Stimulus Control
     - Sleep Hygiene
     - Systematic Desensitization
     - Strategies for Treatment Compliance