

INTERACTIVE WEBCASTS

Friday, September 24, 2021, 9 AM – 4 PM (EDT)

Friday, October 29, 2021, 9 AM – 4 PM (PDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Friday, September 24, 2021 – Monday, November 29, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Friday, September 24, 2021 through Monday, November 29, 2021 to earn home study credit. Release Date: 01/01/20. Planned Expiration Date: 01/01/23.

HOME STUDY RECORDINGS

Valid for CE until January 1, 2023

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 01/01/20. Planned Expiration Date: 01/01/23.

ANXIETY, SLEEP, AND THE BRAIN

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Interactive Webcasts with CE Credit:

- Friday, September 24, 2021, 9 AM – 4 PM (EDT)
- Friday, October 29, 2021, 9 AM – 4 PM (PDT)

On-Demand Webcast with CE Credit:

- September 24, 2021 – November 29, 2021

Purchase of Recordings with Home Study CE Credit through January 1, 2023:

- 4 Audio CDs
- 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 4 Audio CDs, \$50
- 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, _____ Zip _____

Work Phone (_____) _____ Home Phone (_____) _____

Fax (_____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program
- \$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – a text that explains how the brain forms new habits that can be attained and maintained to promote better sleep.

FOUR WAYS TO REGISTER

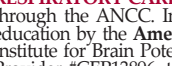
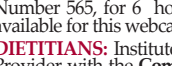
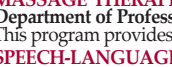
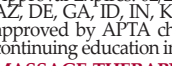
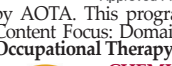
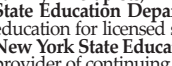
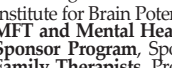
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168,000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

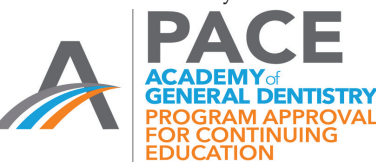
OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Areas of Occupation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-20-033-L04-P and 0492-0000-20-033-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-20-034-H04-P and 0492-0000-20-034-H04-T. Initial Release Date: 01/01/2020. Planned Expiration Date: 01/01/2023. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

Institute for Brain Potential
Nationally Approved PACE Program Provider for
FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557
Release Date: 01/01/20. Expiration Date: 01/01/23



PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA). Approval Expires: 02/25/2022. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 5320, 5420, and 6010. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



ANXIETY, SLEEP, AND THE BRAIN

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting September 24 until November 29. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

Learn how anxiety-related disorders interfere with sleep and how to apply mind-body techniques to improve sleep and protect the aging brain.

Participants completing the new 6-hour program should be able to identify:

- 1. Aspects of poor sleep in people with anxiety-related disorders.*
- 2. Brain-related impairments associated with insufficient sleep.*
- 3. Cognitive-behavioral and mindful approaches to improving sleep.*
- 4. Nutritional approaches to improve sleep.*
- 5. Guidelines for developing and maintaining positive sleep habits.*

Sleep Deprivation and Anxiety Disorders

- **A Night of Restorative Sleep:** slow wave sleep, REM sleep, circadian rhythms, and healthy cortisol rhythm; how much sleep do we need and the epidemic of insufficient sleep.
- **How Anxiety-Related Disorders Interfere with Sleep**
 - **Generalized Anxiety Disorder**
 - **Obsessive Compulsive Disorder**
 - **Posttraumatic Stress Disorder**
 - **Mixed Anxiety and Depression**
- **The Significance of Different Aspects of Sleep Disturbance**
 - **Lying Awake for Extended Time Before Sleep Onset**
 - **Shallow Sleep Indicated By Stage 1 and 2 Slow-Wave Sleep**
 - **Multiple Awakenings**
 - **REM Behavior Disorder, Depression and Parkinson's Disease**
 - **Difficulty Returning to Sleep**
 - **Total Sleep Time**
 - **Excessive Daytime Fatigue**
- **Cortisol and Stress-Related Symptoms:** the adrenal hormone associated with chronic stress, is elevated with sleep deprivation, and is associated with neuro-inflammation and hypertension.
- **Anxiety and the Vigilant Brain:** increased time lying awake; reduced restorative slow-wave sleep and less total sleep.
- **Anxiety and Depression:** anxiety is associated more with difficulty falling asleep whereas depression is related to early awakening with inability to return to sleep, REM sleep occurring at the time of sleep onset and cortisol suppression.
- **Sleep Loss and Memory Impairments:** how insufficient slow-wave or REM sleep impairs short-term memory, long term memory and memory for habits.
- **Short-Term Memory Consolidation:** elevated cortisol strips hippocampal neurons of their dendrites.
- **Fear, Anxiety and the Sensitized Amygdala:** elevated cortisol enlarges the amygdala, the brain's "watch dog."
- **Regret, Rumination, and "What If" Thinking:** how a region of the frontal lobes sensitive to aging is critical for producing restorative slow-wave sleep and "what if" thinking.
- **Removal of Neurotoxins:** a key function of restorative slow wave sleep is the removal of waste products including beta-amyloid and tau, biomarkers of Alzheimer's Disease.

A Brain-Based Approach to Improve Sleep

- **A New Approach:** by identifying the parts of the brain that impair sleep, optimal mind-body interventions can be practiced.
- **Calming the Alerting System—Tired But Wired:** exercises that help us habituate to the bedroom by mindfully focusing on thoughts, feelings and sensations to quiet the reticular formation.
- **Reducing Pain:** mind-body approaches to calm the pain matrix.
- **Reducing Hunger:** hormones that keep us awake; low glycemic snacks that help to relax.
- **Cooling the Environment:** to fall asleep, the body must cool itself by 2 degrees; role of room temperature and the hypothalamus.
- **Resetting Circadian Rhythms:** time markers (light-dark, meal time), cortisol rhythm in sleep-phase disorders (e.g., night owls).
- **Reducing Fear:** calming the amygdala by the slower, wiser frontal cortex by visualizing more realistic expectations.
- **Reducing Rumination:** calming the fronto-polar region involved in "what if" reasoning.
- **Reducing Anticipatory Anxiety:** parts of the prefrontal cortex "invent" the future; how a sleep journal can distance us from thoughts that keep us awake.
- **Cognitive-Behavioral Approaches for Insomnia:** CBT engages the parieto-temporal cortices to modify how we think about sleep; the mindset of stress-resilient people.
- **Mindfulness-Based Sleep Meditation:** unfocused attention (open monitoring) involves non-judgmental awareness of sensations, feelings and thoughts and diminished activity in anxiety-related brain areas.
- **Food, Neurotransmitters, Hormones and Sleep**
 - **GABA,** gabapentin, sedation and lavender.
 - **Serotonin,** tryptophan, and reducing wakefulness.
 - **Melatonin:** misuse and use for setting the time of sleep onset.
 - **Orexin:** selected lipids that act like hypnotics.
 - **Cortisol:** nutritional and botanical modification.
- **Adopting Brain-Protective Sleep Habits of SuperAgers:** how to attain and maintain positive habits.

ABOUT THE INSTRUCTOR

Mark B. Moss, Ph.D. (Chair Emeritus, Neuroscience, Boston University School of Medicine), NIH MERIT-Award recipient is a leading expert in evidence-based strategies to protect the aging brain. He received the highest teaching award at the Medical School and among the highest teaching scores at IBP for his inspiring lectures.

Dr. Moss has taught programs for IBP concerning Aging, Memory, and SuperAgers, and Memory: How it Works, How It Fails, and How to Improve It. Participants receive a detailed outline prepared by Dr. Moss. In addition to Q&A, Dr. Moss answers your questions by email after adjournment.