Valid for CE until January 1, 2023

Interactive Webcast

Tuesday, January 12, 2021, 9 AM – 4 PM (EST)

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

Home Study Recordings

Valid for CE until January 1, 2023

Interactive Webscasts

Tuesday, January 12, 2021 – Saturday, February 13, 2021

Download or view the recorded presentation in 4 convenient segments on a phone, tablet, or computer from Tuesday, January 12, 2021 through Saturday, February 13, 2021 to earn home study credit.

Release Date: 01/01/20. Planned Expiration Date: 01/01/23.
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 January 12 until February 13. 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 the program starting January 12 until February 13. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

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, Ruminating 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&As, Dr. Moss answers your questions by email after adjournment.