

“Brain Sleep Mechanisms”

Friday, March 1, 2019 | 9:30-10:45am



“Stroke/Brain Injury and Obstructive Sleep Apnea”

Friday, March 1, 2019 | 11:00am-12:15pm



About the Speaker

Dr. Dyken graduated with his BA in Biology from Indiana University, his MD from the Indiana University School of Medicine, internship in Internal medicine at Ball Memorial Hospital, residency in Neurology at the University of Iowa College of Medicine, and fellowship in Clinical Neurophysiology and Sleep Disorder Medicine at the University of Iowa College of Medicine. Dr. Dyken’s clinical specialty is in neurology and sleep disorders, as well as obstructive sleep apnea, cerebrovascular disease, narcolepsy, parasomnias, and epilepsy. Dr. Dyken is currently a Professor of Neurology, Sleep Disorders Center Director, Clinical Neurophysiology Fellowship Program Director, and Sleep Medicine Fellowship Program Director.

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Description

“Brain Sleep Mechanisms”

The clinical concomitants of brain injury and sleep.

“Stroke/Brain Injury and Obstructive Sleep Apnea”

Stroke and brain injury are associated with sleep apnea.

Objectives

“Brain Sleep Mechanisms”

1. To understand the clinical concomitants of brain injury through a review of the normal “flip/flop” mechanism of the hypothalamic wakefulness/sleep-center/switch.
2. To understand the clinical presentation associated with brain injury in the lateral hypothalamus.
3. To understand the clinical presentation associated with brain injury in some specific brainstem regions.

“Stroke/Brain Injury and Obstructive Sleep Apnea”

1. Sleep apnea is associated with stroke/brain injury.
2. Untreated obstructive sleep apnea (OSA) is a stroke/brain injury risk factor.
3. Stroke/brain injury and other neurological disease can predispose to sleep apnea.
4. Treating OSA can reduce morbidity/mortality in stroke and other neurological disease.