



Free Webinar: November 7, 2018 12:00pm – 1:00pm

# Insomnia Pharmacotherapy: Past, Present, and Future

Speaker: David Neubauer, M.D., Johns Hopkins University



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## Insomnia Pharmacotherapy: Past, Present, and Future

***November 7, 2018, 12:00pm – 1:00pm***

This presentation will focus on the pharmacologic features and clinical utility of medications and other substances commonly recommended to treat insomnia symptoms. The emphasis will be on those medications approved by the FDA for treating insomnia disorder with a personalized medicine perspective. The discussion will include a brief review of pipeline medications and novel pharmacodynamic strategies that may be effective in future insomnia drug development.

### Learning Objective:

- Review the key pharmacologic characteristics of FDA-approved insomnia medications that allow customized therapy of patients with insomnia disorder.

### Presenter: David Neubauer, M.D.

*Dr. Neubauer is Associate Professor of Psychiatry at the Johns Hopkins University School of Medicine and Associate Director of the Johns Hopkins Sleep Disorders Center. He is a Fellow of the American Academy of Sleep Medicine and Life Fellow of the American Psychiatric Association. He is a member of the Sleep Research Society. He was educated at the University of Miami School of Medicine and received his residency training at Johns Hopkins Hospital. He has a clinical interest in the relationships among sleep, circadian rhythms, and psychiatric disorders. He is the author of the *Understanding Sleeplessness: Perspective on Insomnia* published by the Johns Hopkins University Press. He also has written numerous journal articles and book chapters on sleep related topics. He coauthored the 2017 American Academy of Sleep Medicine Clinical Practice Guidelines for the Pharmacologic Treatment of Chronic Insomnia in Adults. Dr. Neubauer was appointed by the American Psychiatric Association as liaison to the National Sleep Foundation Sleep Time Recommendations project. He currently serves on the National Sleep Foundation Board of Directors. Whenever possible he champions the importance of good sleep as key component in the pursuit of wellness.*

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