

CNS Supervision Sleep/Fatigue Syllabus

Hours	Assignment	Title
Week One - Nocturnal Hypoglycemia		
0	Post in Google Forum	Introduce yourself and share what you are hoping to learn this month.
2	Write a 1 page (500 words) summary	Hypoglycemia and Sleep Quality
3	Write a 1 - 2 page (500 - 1,000 words) summary	The Effects of Magnesium - Melatonin - Vit B Complex Supplementation in Treatment of Insomnia.
3	Complete Case Analysis 1	"Janice"
2	Write a 1 page Google Forum post (500 words) - use your imagination	Discuss what makes for an ideal sleep environment with optimal sleep hygiene.
Week Two - Nocturnal Enuresis		
2	Write a 1 page (500 words) summary	Find the Best Foods and Eating Habits to Help you Bid Bedwetting Goodbye.
3	Write a 1 - 2 page (500 - 1,000 words) summary	Pathogenesis of enuresis: Towards a new understanding.
3	Complete Case Analysis 2	"Nick"
1	Write a 1/2 page Google Forum post (250 words)	Write a forum post and list 3 interesting things you have learned so far and how you can use them.
1	Phone Conference at 1 pm Eastern Standard Time	We will use a phone conference line. The call will be recorded for you to relisten to it.
Week Three - Microglial Activation		
2	Write a 1 page (500 words) summary	Effect of Hypoproteic and High-Fat Diets on Hippocampal Blood-Brain Barrier Permeability and Oxidative Stress
3	Write a 1 - 2 page (500 - 1,000 words) summary	Folate nutrition and blood-brain barrier dysfunction.
3	Complete Case Analysis 3	"Grace"
1	Write a 1/2 page Google Forum post (250 words)	Look up how fasting can affect neuroinflammation / microglial activation
Week Four - Restless Leg Syndrome		
2	Write a 1 page (500 words) summary	Can Certain Foods Ease My Restless Leg Syndrome Symptoms?
3	Write a 1 - 2 page (500 - 1,000 words) summary	Restless legs syndrome: pathophysiology and modern management
3	Complete Case Analysis 4	"Michelle"

1	Write a 1/2 page Google Forum post (250 words)	Write about 5 things you can do to optimize mitochondrial function.
1	One-on-one mentoring	Set up a time with Dr. Morgan that works best for you, can be anytime during the month.
1	End of month webinar at 7 pm	We will use a phone conference line. The call will be recorded for you to relisten to it.
Supplemental Material		
0	Sleep Apnea Symptoms and Risk Factors	http://sleepeducation.org/essentials-in-sleep/sleep-apnea/symptoms-risk-factors