

Mayo Clinic Sleep Medicine Update

April 15, 2021 Pre-Course Session – Sleep Fundamentals

Moderator: Timothy I. Morgenthaler, M.D.

8:00 a.m. **Welcome & Course Overview**

8:10 a.m. **Sleep Medicine Basics**
Natalia M. Werninck, APRN

8:40 a.m. **Speaker Q&A**

8:45 a.m. **Sleep Disordered Breathing**
Christopher D. Williams, M.D.

9:15 a.m. **Speaker Q&A**

9:20 a.m. **Sleep Testing**
Mithri R. Junna, M.D.

9:50 a.m. **Speaker Q&A**

9:55 a.m. **BREAK**

Moderator: Brendon M. Colaco, M.B.B.S.

10:15 a.m. **Obstructive Sleep Apnea**
Julie A. Williams, P.A.-C.

10:45 a.m. **Speaker Q&A**

10:50 a.m. **Central Sleep Apnea & Complex Sleep Apnea**
Kara L. Dupuy-McCauley, M.D.

11:20 a.m. **Speaker Q&A**

11:25 a.m. **Treatment of Sleep Disordered Breathing**
Vichaya Arunthari, M.D.

11:55 a.m. **Speaker Q&A**

12:00 p.m. **LUNCH BREAK**

Moderator: Natalia M. Werninck, APRN

1:15 p.m. **RBD Movement Disorders**
Brynn K. Dredla, M.D.

1:45 p.m. **Speaker Q&A**

1:50 p.m. **Risks and Management of Long-term use of Sleep-Inducing Medications**
Bhanuprakash (Bhanu) Kolla, M.D.

2:20 p.m. **Speaker Q&A**

2:25 p.m. **Cognitive Behavioral Therapy for Insomnia**
Brendon M. Colaco, M.B.B.S.

2:55 p.m. **Speaker Q&A**

3:00 p.m. **ADJOURN**