

Mayo Clinic Sleep Medicine Update 2022

Tuesday, July 26, 2022

7:00 a.m. **Registration & Continental Breakfast**

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 Testing-PSG/HSAT/Oximetry/Actigraphy**

Mithri R. Junna, M.D.

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

9:20 a.m. **Obstructive Sleep Apnea**

Julie A. Williams, P.A.-C.

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

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

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

10:15 a.m. **Treatment of Obstructive Sleep Apnea**

Vichaya Arunthari, M.D.

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

10:50 a.m. **Nuances of Pediatric Sleep Disordered Breathing**

Julie M. Baughn, M.D.

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

11:25 a.m. **Evaluation of Hypersomnia**

Chad M. Ruoff, M.D.

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

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

Moderator: Natalia M. Werninck, APRN

1:15 p.m. **REM Sleep Behavior and Other Related Movement Disorders**

Diego Zaquera Carvalho, M.D., M.S.

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

1:50 p.m. **Risks and Management of Long-Term Use of Sleep-Inducing Medications**

Jarrett W. Richardson, III, 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**

4:30 p.m. **Pre-Dinner Welcome Reception**

Wednesday, July 27, 2022

7:15 a.m. **Continental Breakfast**

Moderator: Natalia M. Werninck, APRN

8:05 a.m. **Announcements**

8:10 a.m. **Central Sleep Apnea & Complex Sleep Apnea**

Kara L. Dupuy-McCauley, M.D.

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

8:45 a.m. **Controversy: Who Should be Treated for Sleep Disordered Breathing?**

Emir Festic, M.D., M.S.

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

9:20 a.m. **Stroke and Obstructive Sleep Apnea**

Melissa C. Lipford, M.D.

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

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

Moderator: Timothy I. Morgenthaler, M.D.

10:15 a.m. **Advances in the Surgical Treatments of Obstructive Sleep Apnea**

Michael D. Olson, M.D.

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

10:50 a.m. **Dental Treatment of OSA in the COVID Era**

Subha Giri, D.D.S., M.S.

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

11:25 a.m. **Orofacial Myofunctional Therapy of Obstructive Sleep Apnea**

Umesh Goswami, M.B.B.S., M.D.

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

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

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

1:15 p.m. **Atrial Fibrillation and Sleep Apnea**

Kara L. Dupuy-McCauley, M.D.

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

1:50 p.m. **Parasomnias and RLS in Pediatric Population**

Christine Matarese, M.D.

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

2:25 p.m. **Seizure Disorders and Nightmares**

Melissa C. Lipford, M.D.

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

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

Thursday, July 28, 2022

7:15 a.m. **Continental Breakfast**

Moderator: Timothy I. Morgenthaler, M.D.

8:05 a.m. **Announcements**

8:10 a.m. **Neurodegeneration and RBD**

Erik K. St. Louis, M.D.

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

8:45 a.m. **Accessorizing Your Sleep! The Watch, The Hat and The Belt?**

Umesh Goswami, M.B.B.S., M.D.

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

9:20 a.m. **Artificial Intelligence Applications in Polysomnography**

Diego Zaquera Carvalho, M.D., M.S.

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

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

Moderator: Natalia M. Werninck, APRN

10:15 a.m. **NIV in Chronic Respiratory Failure for the Sleep Specialist**

Bernardo J. Selim, M.D.

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

10:50 a.m. **The Latest in Mask Fashions, Navigating PAP Acquisition and Recalls!**

Brendon M. Colaco, MB.B.S.

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

11:25 a.m. **Insomnia Interactive Care Plans: Scaling up Cognitive and Behavioral Therapy**

Timothy I. Morgenthaler, M.D.

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

12:00 p.m. **LUNCH BREAK / Travel to Breakout Session** (in-person attendance only)

CONCURRENT BREAKOUT SESSIONS

[In-person attendance only]

Session Times (Choose 3 + 30 minute break)

Start with any room and go down the alphabet to complete the three sessions

1:00 p.m. – 1:30 p.m.

2:10 p.m. – 2:40 p.m.

1:35 p.m. – 2:05 p.m.

2:45 p.m. – 3:15 p.m.

Topic / Presenter(s)	Location
Mastering the Machines – Hands-on issues with PAP Devices Emir Festic, M.D., Bernardo Selim, M.D., Kara Dupuy-McCauley, M.D., Chad Ruoff, M.D., Course Directors	Aqua 310
Dental Devices and Inspire – What are they REALLY like? Subha Giri, D.D.S., Michael Olson, M.D., Mithri Junna, M.D., Vichaya Arunthari, M.D., Course Directors	Aqua 300
Hypnosis and Guided Imagery in Sleep Medicine Jarrett Richardson, III, M.D.	Indigo CDGH

3:15 p.m. **ADJOURN**

Friday, July 29, 2022

7:15 a.m. **Continental Breakfast**

Moderator: Natalia M. Werninck, APRN

8:00 a.m. **Announcements**

8:10 a.m. **PAP Downloads: A Wealth of Information**

Emir Festic, M.D., M.S.

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

8:45 a.m. **Sleep Disordered Breathing in Special Pediatric Populations**

Channing M. Sorensen, APRN, C.N.P., M.S.N.

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

9:20 a.m. **Surgical Treatments for Pediatric Sleep Apnea**

Michael D. Olson, 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. **Management of Central Sleep Apnea – A New Remedy**

Timothy I. Morgenthaler, M.D.

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

10:50 a.m. **Teen Sleep Health and Common Circadian Issues**

Robert R. Auger, M.D.

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

11:25 a.m. **Restless Leg Syndrome-1**

Michael H. Silber, M.B., Ch.B.

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

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

Moderator: Timothy I. Morgenthaler, M.D.

1:15 p.m. **Restless Leg Syndrome -2**

Michael H. Silber, M.B., Ch.B.

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

1:50 p.m. **Management of Idiopathic Hypersomnia and Narcolepsy**

Robert R. Auger, M.D.

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

2:25 p.m. **Parasomnias and Sexsomnia**

Erik K. St. Louis, M.D.

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

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