

# 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 A. Matarese, D.O.

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.**

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

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**