

# Mayo Clinic Sleep Medicine Update 2023

May 1-5, 2023

## MONDAY – May 1, 2023

- 6:00 a.m. Registration & Continental Breakfast**
- 6:55 a.m. Welcome and Course Overview**  
Timothy I. Morgenthaler, M.D.  
*Moderator: Timothy I. Morgenthaler, M.D.*
- 7:00 a.m. The Sleep Experience**  
Brendon M. Colaco, M.B.B.S.
- 7:30 a.m. Obstructive Sleep Apnea**  
Vichaya Arunthari, M.D.
- 8:00 a.m. Update on Sleep Practice-based Diagnostics**  
Mithri Junna, M.D.
- 8:30 a.m. Kids R Us –How Should my Child Sleep? Sleep Testing in Children**  
Robin M. Lloyd, M.D.
- 9:00 a.m. The Dentist and the Sleep Patient**  
Subha Giri, D.D.S., M.S.
- 9:30 a.m. Refreshment Break / Exhibit Hall**  
*Moderator: Natalia M. Werninck, APRN*
- 9:50 a.m. Restless Leg Syndrome Part 1**  
Michael H. Silber, M.B., Ch.B.
- 10:20 a.m. Restless Leg Syndrome Part 2**  
Michael H. Silber, M.B., Ch.B.
- 10:50 a.m. Overview of Insomnia and Cognitive Behavioral Therapy for Insomnia**  
Brendon M. Colaco, M.B.B.S.
- 11:20 a.m. Pharmacotherapy of Insomnia**  
Brynn K. Dredla, M.D.
- 11:50 a.m. REM Sleep Behavior Disorder**  
Erik K. St. Louis, M.D.
- 12:20 p.m. Adjourn**

**TUESDAY – May 2, 2023**

**6:15 a.m. Continental Breakfast**

**6:30 a.m. Breakfast Roundtable / Panel Discussions**

*Moderator: Timothy I. Morgenthaler, M.D.*

**7:00 a.m. Hypoglossal Nerve Stimulation**

Brendon M. Colaco, M.B.B.S.

**7:30 a.m. Challenging Cases with HNS**

Eric J. Olson, M.D.

**8:00 a.m. Pediatric Sleep Disordered Breathing**

Christine A. Matarese, D.O.

**8:30 a.m. Surgical Treatment for Obstructive Sleep Apnea**

Michael D. Olson, M.D.

**9:00 a.m. Maxillofacial Surgery for Obstructive Sleep Apnea**

Christopher F. Viozzi, M.D., D.D.S.

**9:30 a.m. Refreshment Break / Exhibit Hall**

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

**9:50 a.m. Evaluation of the Sleepy Patient**

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

**10:20 a.m. Narcolepsy**

Lois E. Krahn, M.D.

**10:50 a.m. Mastering the NIV Maze**

Kannan Ramar, M.B.B.S., M.D.

**11:20 a.m. Aspen Approach – Panel Discussion on Sleep Apnea Treatment Pathway at Mayo Clinic**

Subha Giri, D.D.S., M.S., Timothy I. Morgenthaler, M.D. and Michael D. Olson, M.D.

**11:50 p.m. Parasomnias and Sexsomnias**

Erik K. St. Louis, M.D.

**12:20 pm. Adjourn**

**WEDNESDAY – May 3, 2023****6:15 a.m. Continental Breakfast****6:30 a.m. Breakfast Roundtable / Panel Discussions***Moderator: Natalia M. Werninck, APRN.***7:00 a.m. Pathophysiology of Central Sleep Apnea**  
Kara L. Dupuy-McCauley, M.D.**7:30 a.m. Controversy in Management of CSA-CPAP/ASV/Remede and the Role of Oxygen**  
Timothy I. Morgenthaler, M.D., Kara L. Dupuy-McCauley, M.D. and Peter C. Gay, M.D.**8:00 a.m. Obstructive Sleep Apnea and Its Role in Cardiac Arrhythmias**  
Sean M. Caples, D.O.**8:30 a.m. Obstructive Sleep Apnea and Pulmonary Hypertension**  
Kate L. Walsh, MPAS, P.A.-C., M.P.H.**9:00 a.m. Mental Health and Sleep**  
Lois E. Krahn, M.D.**9:30 a.m. Refreshment Break / Exhibit Hall****9:50 a.m. DOT, FAA and Sleep**  
Eric J. Olson, M.D.**10:20 a.m. Travel to Concurrent Small Group Sessions****CONCURRENT SMALL GROUP SESSIONS***Attend all three, choose one to start and rotate*Session Start Times**10:30 a.m. – 11:00 a.m.****11:10 a.m. – 11:40 a.m.****11:50 a.m. – 12:20 p.m.**

<b>Topic</b>	<b>Presenter(s)</b>	<b>Location</b>
Masks, Mask Fitting, Mask Accoutrements	Natalia M. Werninck, APRN Melanie A. Lawson, RPSGT	
Positional therapy, Excite OSA, Negative Pressure Devices	Umesh Goswami, M.B.B.S., M.D. Kate L. Walsh, MPAS, P.A.-C., M.P.H.	
Pap machines	Kara L. Dupuy-McCauley, M.D. Eric J. Olson, M.D.	

**12:20 p.m. Adjourn****4:00 p.m. - Social Reception**  
**5:30 p.m.** (cash bar + one drink ticket, light hors d'oeuvres)

**THURSDAY – May 4, 2023****6:15 a.m. Continental Breakfast****6:30 a.m. Breakfast Roundtable / Panel Discussions***Moderator: Natalia M. Werninck, APRN***7:00 a.m. Hot Flashes, Flying Covers: Non-Estrogenic Treatments That Work**  
Charles Loprinzi, M.D.**7:30 a.m. Movement Disorders in Sleep**  
Melissa C. Lipford, M.D.**8:00 a.m. Sleep Medicine Through the COVID-19 Pandemic**  
Mithri Junna, M.D.**8:30 a.m. Oromyofascial Therapy for Sleep Disordered Breathing**  
Umesh Goswami, M.B.B.S., M.D.**9:00 a.m. Idiopathic Hypersomnia**  
Brynn K. Dredla, M.D.**9:30 a.m. Refreshment Break / Exhibit Hall****9:50 a.m. Obesity Hypoventilation Syndrome, Sleep and Pulmonary Overlap Syndromes**  
Peter C. Gay, M.D.**10:20 a.m. Travel to Concurrent Small Group Sessions****CONCURRENT SMALL GROUP SESSIONS***Attend all three, choose one to start and rotate*Session Start Times**10:30 a.m. – 11:00 a.m.****11:10 a.m. – 11:40 a.m.****11:50 a.m. – 12:20 p.m.**

<b>Topic</b>	<b>Presenter(s)</b>	<b>Location</b>
Inspire	Vichaya Arunthari, M.D. Michael D. Olson, M.D.	
Remede	Timothy I. Morgenthaler, M.D. Brendon M. Colaco, M.B.B.S.	
Home ventilators	Umesh Goswami, M.B.B.S., M.D. Sean M. Caples, D.O. Peter C. Gay, M.D.	

**12:20 p.m. Adjourn****1:30 p.m. Optional Fun Practical (non-CME)**  
Yoga and Meditation on the Beach (Bring a mat or beach towel!)  
Dr. Kara Dupuy McCauley

**FRIDAY – May 5, 2023**

**6:15 a.m. Continental Breakfast**

**6:30 a.m. Breakfast Roundtable / Panel Discussions**

*Moderator: Natalia M. Werninck, APRN*

**7:00 a.m. Sleep and Dementia: The Behavioral Neurologist**

Brynn K. Dredla, M.D.

**7:30 a.m. Wearables in Sleep, Updates on AI in Sleep**

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

**8:00 a.m. Understanding Rules Governing PAP Acquisition**

Peter C. Gay, M.D.

**8:30 a.m. Testing Challenges and Therapy Challenges in Pediatric Sleep**

Christine A. Matarese, D.O.

**9:00 a.m. Circadian Rhythm Disturbances**

Brynn K. Dredla, M.D.

**9:30 a.m. Refreshment Break / Exhibit Hall**

*Moderator: Timothy I. Morgenthaler, M.D.*

**9:50 a.m. Update on Age and Weight Considerations for use of CPAP in Children**

Robin M. Lloyd, M.D.

**10:20 a.m. Sleep and Stroke**

Melissa C. Lipford, M.D.

**10:50 a.m. Down Syndrome and Sleep**

Christine A. Matarese, D.O.

**11:20 a.m. Integrative Care Plans: The Mayo Way**

Timothy I. Morgenthaler, M.D.

**11:50 a.m. Year in Review**

Kara L. Dupuy-McCauley, M.D.

**12:20 p.m. Adjourn**