

Mayo Clinic Sleep Medicine Update 2023

May 1-5, 2023

Schedule reflects Hawaii time zone

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** (*Onsite attendance only*)
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** (Onsite attendance only)*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.**

Topic	Presenter(s)	Location
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.	
Breakout Sessions for Livestream Attendees only		
Challenging RBD Cases	Melissa C. Lipford, M.D. Mithri Junna, M.D.	10:30 a.m. – 11:00 a.m.
The Difficult Insomnia Patient	Brendon M. Colaco, M.B.B.S. Vichaya Arunthari, M.D.	11:10 a.m. – 11:40 a.m.
Challenging ENT and MMA Sleep Cases	Michael D. Olson, M.D. Christopher F. Viozzi, M.D., D.D.S.	11:50 a.m. – 12:20 p.m.

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** (*Onsite attendance only*)
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.**

Topic	Presenter(s)	Location
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.	
Breakout Sessions for Livestream Attendees only		
Challenging PAP Cases	Natalia M. Werninck, APRN Kate L. Walsh, MPAS, P.A.-C., M.P.H.	10:30 a.m. – 11:00 a.m.
Challenging Pediatric Cases	Robin M. Lloyd, M.D.	11:10 a.m. – 11:40 a.m.
Challenging RLS Cases	Mithri Junna, M.D. Melissa C. Lipford, M.D.	11:50 a.m. – 12:20 p.m.

- 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 (Onsite attendance only)

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