Wednesday, July 31, 2024

7:00 a.m.  Registration & Continental Breakfast

8:00 a.m.  Welcome & Course Overview
            Timothy I. Morgenthaler, M.D.

**Basics of Sleep Clinical Practice**
Moderator:  Timothy I. Morgenthaler, M.D.

8:10 a.m.  Sleep Disordered Breathing Syndromes
            Carolyn M. Warner, APRN, C.N.P., D.N.P.

8:45 a.m.  The Future of Sleep Diagnostics: In and Out of the Lab
            Kara L. Dupuy-McCauley, M.D.

9:20 a.m.  Overview of Treatment Options for Sleep Disordered Breathing
            Vichaya Arunthari, M.D.

9:55 a.m.  BREAK

**Dental Sleep Med, Pediatric Sleep, Practice Issues**
Moderator:  Brendon M. Colaco, M.B.B.S.

10:15 a.m. Update in Oral Appliance Technology and Dental Sleep Medicine
            Subha Giri, B.D.S., M.S.

10:50 a.m. Introduction to Pediatric Sleep Medicine: Bread and Butter of Pediatric Sleep Disorders
            Julie M. Baughn, M.D.

11:25 a.m. The Future of Sleep Medicine from the Clinic to the Community
            David R. Dare, M.D.

12:00 p.m. LUNCH BREAK

**Insomnia**
Moderator:  Natalia M. Werninck, APRN, M.S.N.

1:15 p.m.  Personalized Medicine for Insomnia Drugs: Genotypes and Phenotypes
            Mark R. Hansen, M.D.

1:50 p.m.  CBTI and Evidence-Based Wellness Practices for Better Sleep
            Brendon M. Colaco, M.B.B.S.

2:25 p.m.  Marijuana Products and Sleep
            Mohit Chauhan, M.B.B.S.

3:00 p.m.  ADJOURN

4:30 p.m.  Pre-Dinner Social Reception
Thursday, August 1, 2024

7:15 a.m. Continental Breakfast

8:05 a.m. Announcements

Non-PAP Management of Sleep Disordered Breathing
Moderator: Natalia M. Werninck, APRN, M.S.N.

8:10 a.m. Hypoglossal Nerve Stimulation: Challenging Cases
Brendon M. Colaco, M.B.B.S.

8:45 a.m. Pharmacologic Treatment of Sleep Disordered Breathing- Looking into the Future
Umesh Goswami, M.B.B.S., M.D.

9:20 a.m. What’s New in Surgical Management of Sleep Disordered Breathing
Michael D. Olson, M.D., M.S.

9:55 a.m. BREAK

Disorders of Hypersomnolence
Moderator: Brendon M. Colaco, M.B.B.S.

10:15 a.m. Weight Loss and Sleep: Hear from the Experts
Scott A. Lynch, M.D., M.P.H.
Brendon M. Colaco, M.B.B.S.
Daniela D. Hurtado Andrade, M.D., Ph.D.

10:50 a.m. Evaluation of the Sleepy Patient: Challenges in Diagnosis of Narcolepsy and Idiopathic Hypersomnia
Chad M. Ruoff, M.D.

11:25 a.m. Stimulant Choices, Monitoring and Regulation of the Narcoleptic/Idiopathic Hypersomnia Patient
Michael H. Silber, M.B., Ch.B.

12:00 p.m. LUNCH BREAK

Special Interests in Sleep
Moderator: Natalia M. Werninck, APRN, M.S.N.

1:15 p.m. Sleep in Women
Melissa C. Lipford, M.D.

1:50 p.m. Asthma, COPD and Sleep
Arveen K. Bhasin, M.D.

2:25 p.m. Rules, Regulations and Sleep Medicine: DOT, FAA, Device Qualifiers and Compliance Rules
Eric J. Olson, M.D.

3:00 p.m. ADJOURN
Friday, August 2, 2024

7:15 a.m.    Continental Breakfast

8:05 a.m.    Announcements

**Movement Disorders in Sleep**

Moderator: Natalia M. Werninck, APRN, M.S.N.

8:10 a.m.    Challenging Restless Legs Syndrome Cases
              Diego Zaquera Carvalho, M.D., M.S.

8:45 a.m.    Nonpharmacological Therapy for Restless Legs Syndrome: What’s New?
              Diego Zaquera Carvalho, M.D., M.S.

9:20 a.m.    Parasomnias, Epilepsy
              Brynn K. Dredla, M.D.

9:55 a.m.    BREAK

**RBD, Noninvasive Ventilation**

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

10:15 a.m.   REM Sleep Behavior Disorder and Synucleinopathies
              Erik K. St. Louis, M.D.

10:50 a.m.   Basics of Noninvasive Ventilation
              Bernardo J. Selim, M.D.

11:25 a.m.   VAPS in Neuromuscular Disorders and Corticotropic Releasing Factor
              Emir Festic, M.D., M.S.

12:00 p.m.   LUNCH BREAK

**Back to Sleep Disordered Breathing**

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

1:15 p.m.    Central Sleep Apnea: Challenges in Diagnosis and Controversies in Management
              Sean M. Caples, D.O., M.S.
              Kara L. Dupuy-McCauley, M.D.

1:50 p.m.    Novel Therapy for Central Sleep Apnea: Phrenic Nerve Stimulation
              Timothy I. Morgenthaler, M.D.

2:25 p.m.    Cardiovascular Diseases and Sleep Apnea
              Christopher D. Williams, M.D.

3:00 p.m.    ADJOURN
Saturday, August 3, 2024

7:15 a.m.  Continental Breakfast

8:05 a.m.  Announcements

**Pediatric Sleep Medicine**
Moderators:  Robin M. Lloyd, M.D.
            Julie M. Baughn, M.D.

8:10 a.m.  Challenges in Pediatric Sleep Medicine
            Robin M. Lloyd, M.D.

8:45 a.m.  Update in Non-Surgical Treatment in Pediatric Obstructive Sleep Apnea
            Julie M. Baughn, M.D.

9:20 a.m.  Managing Insomnia in the Child
            Robin M. Lloyd, M.D.

9:55 a.m.  BREAK

**Circadian Disturbances and Psychiatric Issues in Sleep.**
Moderator:  Brendon M. Colaco, M.B.B.S.

10:15 a.m.  Evaluation of the Sleepy Teenager: Circadian Rhythm Disturbances
            Julie M. Baughn, M.D.

10:50 a.m.  How to Manage the Depressed and Bipolar Patient with Insomnia
            Louis E. Krahn, M.D.

11:25 a.m.  Commercial Sleep Monitoring Technology and Artificial Intelligence in Sleep
            Natalia M. Werninck, APRN, M.S.N.

12:00 p.m.  LUNCH BREAK

**Past, Present and Future**
Moderator:  Brendon Colaco, M.D.

1:15 p.m.  Year in Review
            Mithri Junna, M.D.

1:50 p.m.  Challenges in Practice: Reimbursements, Staffing, Quality, Resources, Qualifiers
            Peter Gay, M.D.

2:25 p.m.  Nuances in Individualized Sleep Medicine vis a vis Artificial Intelligence in Sleep: State of the Science
            Timothy Morgenthaler, M.D.

3:00 p.m.  ADJOURN