

# Mayo Clinic Sleep Medicine Update 2024

**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.

**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 Corticotrophic 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 M. Colaco, M.B.B.S.

**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**