

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. Parasomnias, Epilepsy

Brynn K. Dredla, 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 Every Sleep Provider Needs to Know about Sleep Surgery

Michael D. Olson, M.D., M.S.

9:55 a.m. BREAK

Disorders of Hypersomnolence

Moderator: Timothy I. Morgenthaler, M.D.

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

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. Managing Insomnia in the Child

Julie M. Baughn, 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 Chronic Respiratory Failure

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. Challenges in Pediatric Sleep Medicine

Christine A. Matarrese, D.O.

3:00 p.m. ADJOURN

Saturday, August 3, 2024

7:15 a.m. Continental Breakfast

8:05 a.m. Announcements

Pediatric Sleep Medicine

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

8:10 a.m. Update in Non-Surgical Treatment in Pediatric Obstructive Sleep Apnea
Julie M. Baughn, M.D.

8:45 a.m. Cardiovascular Diseases and Sleep Apnea
Christopher D. Williams, M.D.

9:20 a.m. The Future of Dental Sleep Medicine
Subha Giri, B.D.S., M.S.

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
Lois 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