

# Mayo Clinic Sleep Medicine Update 2024

AGD Credit Verification Code: 24R0129573124

## Wednesday, July 31, 2024

**7:00 a.m. Registration & Breakfast**

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

### Basics of Sleep Clinical Practice

*Moderator: Timothy Morgenthaler, M.D.*

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

**8:45 a.m. The Future of Sleep Diagnostics: In and Out of the Lab**  
Mithri Junna, 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, Cardiovascular Diseases and Sleep, Practice Issues

*Moderator: Brendon 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. Cardiovascular Diseases and Sleep Apnea**  
Christopher Williams, M.D.

**11:25 a.m. Rules, Regulations and Sleep Medicine: DOT, FAA, Device Qualifiers and Compliance Rules**  
Eric Olson, M.D.

**12:00 p.m. – LUNCH BREAK**

**1:15 p.m.**

**12:05 p.m. – Optional – Axsome Product Theatre Luncheon (non-CME)**

**1:05 p.m.** Location: Stanley Room

### Insomnia

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

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

**1:50 p.m. CBTI and Evidence-Based Wellness Practices for Better Sleep**  
Brendon 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 – Fairview Ballroom

**Thursday, August 1, 2024**

7:15 a.m. Breakfast

8:05 a.m. Announcements

**Non-PAP Management of Sleep Disordered Breathing**

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

8:10 a.m. **Hypoglossal Nerve Stimulation: Challenging Cases**  
Brendon 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 Olson, M.D., M.S.

9:55 a.m. BREAK

**Weight management, Disorders of Hypersomnolence**

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

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

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

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

12:00 p.m. – LUNCH BREAK

1:15 p.m.

12:05 p.m. – **Optional – Avadel Product Theatre Luncheon (non-CME)**

1:05 p.m. Location: Stanley Room

**Special Interests in Sleep**

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

1:15 p.m. **Parasomnias, Epilepsy**  
Brynn Dredla, M.D.

1:50 p.m. **Sleep in Women**  
Melissa Lipford, M.D.

2:25 p.m. **Asthma, COPD and Sleep**  
Arveen Bhasin, M.D.

3:00 p.m. ADJOURN

**Friday, August 2, 2024**

**7:15 a.m. Breakfast**

**8:05 a.m. Announcements**

**Movement Disorders in Sleep, Pediatric Insomnia**

*Moderator: Natalia 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 Baughn, M.D.

**9:55 a.m. BREAK**

**RBD, Noninvasive Ventilation**

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

**10:15 a.m. REM Sleep Behavior Disorder and Synucleinopathies**

Erik St. Louis, M.D.

**10:50 a.m. Basics of Noninvasive Ventilation**

Bernardo 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**

**1:15 p.m.**

**12:05 p.m. – Optional – Jazz Pharmaceuticals Product Theatre Luncheon (non-CME)**

**1:05 p.m.** Location: Stanley Room

**Back to Sleep Disordered Breathing but of a different kind, Pediatric Challenges.**

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

**1:15 p.m. Central Sleep Apnea: Challenges in Diagnosis and Controversies in Management**

Sean Caples, D.O., M.S.

Kara Dupuy-McCauley, M.D.

**1:50 p.m. Novel Therapy for Central Sleep Apnea: Phrenic Nerve Stimulation**

Timothy Morgenthaler, M.D.

**2:25 p.m. Challenges in Pediatric Sleep Medicine**

Christine Matarese, D.O.

**3:00 p.m. ADJOURN**

**Saturday, August 3, 2024**

**7:15 a.m. Breakfast**

**8:05 a.m. Announcements**

**Pediatric Sleep Medicine**

*Moderators: Timothy Morgenthaler, M.D.*

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

**8:45 a.m. Commercial Sleep Monitoring Technology and Artificial Intelligence in Sleep**  
Natalia Werninck, APRN, M.S.N.

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

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

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

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

**12:00 p.m. LUNCH BREAK**

**Past, Present and Future**

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

**1:15 p.m. Year in Review**  
Kara Dupuy-McCauley, 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**