

Mayo Clinic Sleep Medicine Update 2025

July 28 – August 1, 2025

MONDAY – July 28, 2025

6:00 a.m. **Registration & Breakfast**

6:55 a.m. **Welcome and Course Overview**

Course Directors

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

7:00 a.m. **Introductory Sleep Medicine for the Novice Practitioner**

Natalia Werninck, APRN, M.S.N.

Carolyn Warner, APRN, C.N.P., D.N.P.

7:30 a.m. **Working Up a Sleep Disorders Patient**

Mithri Junna, M.D.

8:00 a.m. **PAP Therapy in Management of Sleep Apnea**

Vichaya Arunthari, M.D.

8:30 a.m. **Oral Appliances – Sleep Apnea Dentistry, Present and Future**

Subha Giri, B.D.S., M.S.

9:00 a.m. **Weight Loss and Sleep Apnea**

Scott Lynch, M.D., M.P.H.

9:30 a.m. **Refreshment Break**

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

9:50 a.m. **Oromyofascial Therapy, Other Treatments for Sleep Apnea**

Umesh Goswami, M.B.B.S., M.D.

10:20 a.m. **Hypoglossal Nerve Stimulation for Sleep Apnea**

Eric Olson, M.D. and Brendon Colaco, M.B.B.S.

10:50 a.m. **Surgical Management of Sleep Apnea**

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

11:20 a.m. **Pediatric Sleep Apnea**

Christine Matarese, D.O.

11:50 a.m. **Personalized and Individualized Care for Sleep Disordered Breathing**

Moderator: Timothy Morgenthaler, M.D.

Panelists: Carolyn Warner, APRN, C.N.P., D.N.P.

Vichaya Arunthari, M.D.

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

Umesh Goswami, M.B.B.S., M.D.

Subha Giri, B.D.S., M.S.

Christine Matarese, D.O.

Scott Lynch, M.D., M.P.H.

Mithri Junna, M.D.

12:20 p.m. **Adjourn**

12:30 p.m. – **Optional Product Theatre Luncheon (non-CME)**

1:15 p.m.

TUESDAY – July 29, 2025

6:00 a.m. Breakfast

Moderator: Timothy Morgenthaler, M.D.

6:30 a.m. Keynote Address: Is Courage Contagious?
Julie Flygare, J.D.

7:30 a.m. Narcolepsy Type 1, 2 and IH: Diagnostic Challenges
Michael Silber, M.B., Ch.B.

8:00 a.m. Management of Hypersomnia: Choosing the Best Cocktail
Michael Silber, M.B., Ch.B.

8:30 a.m. REM Sleep Behavior Disorder
Erik St. Louis, M.D.

9:00 a.m. Night Terrors, Nightmares, Confusional Arousals in Children
Christine Matarese, D.O.

9:30 a.m. Refreshment Break

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

9:50 a.m. CBTI and Sleep and Wellness
Alexa Kane, Psy.D.
Brendon Colaco, M.B.B.S.

10:20 a.m. Pharmacological Management of Insomnia
Robert Auger, M.D.

10:50 a.m. Insomnia in the Psychiatric Population
Mohit Chauhan, M.B.B.S.

11:20 a.m. Marijuana and Sleep
Mark Hansen, M.D.

11:50 p.m. Community Challenges in Insomnia Management: Leveraging Digitalization of Care and Multispecialty Collaboration to Address the Challenges
Moderator: Brendon Colaco, M.B.B.S.
Panelists: Alexa Kane, Psy.D.
Carolyn Warner, APRN, C.N.P., D.N.P.
Brynn Dredla, M.D.
Mohit Chauhan, M.B.B.S.
Robert Auger, M.D.

12:20 pm. Adjourn

12:30 p.m. – Optional Product Theatre Luncheon (non-CME)
1:15 p.m.

4:30 p.m. Pre-Dinner Social Reception

WEDNESDAY – July 30, 2025

6:25 a.m. Breakfast

6:25 a.m. Dedicated NP/PA Breakfast Networking Session (non-CME)

Hosts: Natalia Werninck, APRN, M.S.N.
Carolyn Warner, APRN, C.N.P., D.N.P.

6:55 a.m. Announcements
Course Directors

Moderator: Course Directors

7:00 a.m. Non-Invasive Ventilation in Sleep: Basics: CPAP, APAP, BPAP, ASV
Bernardo Selim, M.D.

7:30 a.m. Advanced NIV in Sleep: AVAPS, IVAPS, Home Ventilators
Bernardo Selim, M.D.

8:00 a.m. Obesity Hypoventilation Syndrome: Role of Oxygen and PAP Modalities
Sean Caples, D.O., M.S.

8:30 a.m. Trouble Shooting Compliance in Management of Sleep Disordered Breathing: Traditional and Novel Approaches
Brendon Colaco, M.B.B.S.
Natalia Werninck, APRN, M.S.N.

9:00 a.m. Occupational Requirements and the Role of the Sleep Physician
Eric Olson, M.D.

9:30 a.m. Refreshment Break

Moderator: Course Directors

9:50 a.m. Sleep Apnea and Obstructive Airway Diseases and Dynamic Collapse of the Airways: Co-Managing Patients for Better Outcomes
Jose Soto Soto, M.D.
David Abia Trujillo, M.D., M.B.

10:20 a.m. Sleep Apnea and Cardiovascular Disease: Telling the Tale from The Cardiologist's Point of View
Virend Somers, M.D., Ph.D.

10:50 a.m. Central Sleep Apnea Updates
Kara Dupuy-McCauley, M.D.

11:20 a.m. Phrenic Nerve Stimulation for CSA
Timothy Morgenthaler, M.D.

11:50 a.m. Challenging Cases of Complex Sleep Disordered Breathing
Moderator: Kara Dupuy-McCauley, M.D.
Panelists: Timothy Morgenthaler, M.D.
Bernardo Selim, M.D.
Peter Gay, M.D.
Sean Caples, D.O., M.S.

12:20 pm. Adjourn

12:30 p.m. Optional Product Theatre Luncheon (non-CME)
1:15 p.m.

1:15 p.m. Optional Yoga, Meditation, and Dance (non-CME)
Kara Dupuy-McCauley, M.D. and Alexa Kane, Psy.D.

THURSDAY – July 31, 2025

6:25 a.m. Breakfast

6:55 a.m. Announcements
Course Directors

Moderator: Course Directors

7:00 a.m. Addressing Insomnia and Circadian Issues in Pediatric Patients
Julie Baughn, M.D.

7:30 a.m. Parasomnias and Sexsomnia
Diego Zaquera Carvalho, M.D., M.S.

8:00 a.m. Special Pediatric Populations and Sleep Issues
Julie Baughn, M.D.

8:30 a.m. Sleep and Work: Can We Find a Happy Medium. Shift Work: Sleep Opportunity and Circadian Alignment
Brynn Dredla, M.D.

9:00 a.m. Upper Airway and GI Issues in the Sleep Patient: Rhinitis, Sinusitis, UARS and Sleep Apnea
Michael Olson, M.D., M.S.
Brendon Colaco, M.B.B.S.

9:30 a.m. Refreshment Break

Moderator: Course Directors

9:50 a.m. Restless Legs Syndrome
Diego Zaquera Carvalho, M.D., M.S.

10:20 a.m. Stroke and Sleep
Melissa Lipford, M.D.

10:50 a.m. Sleep in Women
Brynn Dredla, M.D.

11:20 a.m. Artificial Intelligence in the Sleep World and Using the EHR to Improve Care
Umesh Goswami, M.B.B.S., M.D.
Mithri Junna, M.D.

11:50 p.m. Difficult Neurological and Pediatric Sleep Cases
Moderator: Melissa Lipford, M.D.
Panelists: Diego Zaquera Carvalho, M.D., M.S.
Erik St. Louis, M.D.
Julie Baughn, M.D.
Mithri Junna, M.D.
Brynn Dredla, M.D.

12:20 pm. Adjourn

12:30 p.m. – Optional Product Theatre Luncheon (non-CME)
1:15 p.m.

FRIDAY – August 1, 2025

6:00 a.m. Breakfast

6:25 a.m. Announcements
Course Directors

Moderator: Course Directors

6:30 a.m. My Most Challenging Cases from a Sleep Pulmonologist
Timothy Morgenthaler, M.D.

7:00 a.m. My Most Challenging Cases from a Sleep Neurologist
Michael Silber, M.B., Ch.B.

7:30 a.m. Sleep Apnea and ILD Overlap Syndromes: Does NIV Make a Difference? Sleep Apnea and Reflux Disease: A Bad Combination
Augustine Lee, M.D.
Abubakr Bajwa, M.D.

8:00 a.m. Around the World in 80 Days! How a Sleep Doctor Can Help with Travel
Robert Auger, M.D.

8:30 a.m. Ambulatory Monitoring of EMG and EEG: State of the Art and Review of Commercial Products
Erik St. Louis, M.D.

9:00 a.m. Threading the Eye of the Needle for NIV: Finding the Right Way Toward Therapy with Insurance Coverage
Peter Gay, M.D.

9:30 a.m. Refreshment Break

Moderator: Course Directors

9:50 a.m. Personalizing Sleep Medicine: Factors to Consider and Commercial Tools to Assist
David Dare, M.D.

10:20 a.m. Implant Failures and Complications in Sleep Medicine
Mithri Junna, M.D.

10:50 a.m. The Future of Dental Sleep Medicine: Dare to Dream
Subha Giri, B.D.S., M.S.

11:20 a.m. Present and Future of OSA Treatment: Reviewing Market Products and Discussing Where Treatment May be Headed
Christopher Williams, M.D.

11:50 p.m. Year in Review
Kara Dupuy-McCauley, M.D.

12:20 pm. Adjourn

12:30 p.m. – Optional Product Theatre Luncheon (non-CME)
1:15 p.m.