

**Mayo Clinic Sleep Medicine Update 2026**  
**July 29 – August 1, 2026**

**WEDNESDAY, JULY 29, 2026**

<b>7:00 a.m.</b>	<b>Registration &amp; Breakfast</b>
<b>7:50 a.m.</b>	<b>Welcome Announcements</b>
<b>Moderator:</b> Timothy Morgenthaler, M.D.	
<b>8:00 a.m.</b>	<b>Obstructive Sleep Apnea: Phenotype, Genotype, Device Type. Smorgasbord of Choices! Which One is for My Patient?</b> Sean Caples, D.O., M.S.
<b>8:25 a.m.</b>	<b>Oro Myofascial Therapy for Sleep Disordered Breathing &amp; Negative Airway Pressure Devices- Do They Work?</b> Umesh Goswami, M.B.B.S., M.D.
<b>8:50 a.m.</b>	<b>Dental Appliances in Sleep Disordered Breathing. The Symbiotic Partnership with Dental Sleep Medicine</b> Subha Giri, B.D.S., M.S.
<b>9:15 a.m.</b>	<b>Panel Q&amp;A Session</b>
<b>9:35 a.m.</b>	<b>Refreshment Break</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
<b>9:50 a.m.</b>	<b>Periodic Limb Movements and RLS: The Neuroscience, Clinical Manifestations and Management</b> Melissa Lipford, M.D.
<b>10:15 a.m.</b>	<b>Other Movement Disorders in Sleep. From the Rare to the Frequently Ignored.</b> Brynn Dredla, M.D.
<b>10:40 a.m.</b>	<b>Hypersomnia: Do I sleep Too Much and Why?</b> Margaret Blattner, M.D., Ph.D.
<b>11:05 a.m.</b>	<b>Panel Q&amp;A Session</b>
<b>11:25 a.m.</b>	<b>Lunch Break</b>
<b>Moderator:</b> Natalia Werninck, APRN, M.S.N.	
<b>12:20 p.m.</b>	<b>GLP1, Weight Loss and Sleep Apnea</b> Kirsten Frederiksen, M.D., M.S.
<b>12:45 p.m.</b>	<b>How to Recognize OSA and CSA in Infants and Children, How To Fix It.</b> Christine Matarese, D.O.
<b>1:10 p.m.</b>	<b>New Treatments in Special Pediatric Population Sleep Disorders and Associated Challenges</b> Robin Lloyd, M.D.
<b>1:35 p.m.</b>	<b>Panel Q&amp;A Session</b>
<b>1:55 p.m.</b>	<b>Refreshment Break</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
<b>2:10 p.m.</b>	<b>Cardiovascular and Metabolic Implications of Sleep Disordered Breathing: What We Know Currently and Have Practice Guidelines Changed?</b> Virend Somers, M.D., Ph.D.
<b>2:35 p.m.</b>	<b>Neurocognitive Implications of Untreated Sleep Disordered Breathing and Insomnia. Does it Contribute to Memory Impairment and Dementia</b> Brynn Dredla, M.D.
<b>3:00 p.m.</b>	<b>Diagnostics in Sleep Medicine</b> Mithri Junna, M.D.

3:25 p.m.	<b>Panel Q&amp;A Session</b>
3:45 p.m.	<b>Adjourn</b>

**THURSDAY, JULY 30, 2026**

7:25 a.m.	<b>Breakfast</b>
7:55 a.m.	<b>Announcements</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
8:00 a.m.	<b>Challenging Restless Leg Syndrome Cases</b> Michael Silber, M.B., Ch.B.
8:25 a.m.	<b>REM Sleep Behavior Disorder, Diagnosis, Testing, Management and State of the Science.</b> Eric St Louis, M.D.
8:50 a.m.	<b>Sleep, A Fib and Stroke/Alternative Topic of Expertise</b> Anna Svatikova, M.D., Ph.D.
9:15 a.m.	<b>Panel Q&amp;A Session</b>
9:35 a.m.	<b>Refreshment Break</b>
<b>Moderator:</b> Timothy Morgenthaler, M.D.	
9:50 a.m.	<b>Keynote Address: Sleep and Rest: Are They The Same Thing?</b> Alex Soojung-Kim Pang
10:40 a.m.	<b>Reviewing the Latest Literature in Pediatric Sleep Medicine and How it Applies To My Patient</b> Robin Lloyd, M.D. Christine Matarese, D.O.
11:05 a.m.	<b>Challenging PAP Cases- Unexplained Downloads and Troubleshooting PAP Therapy</b> Natalia Werninck, APRN, M.S.N.
11:25 a.m.	<b>Lunch Break</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
12:20 p.m.	<b>Cognitive Behavioral Therapy for Insomnia and Challenging Insomnia Cases</b> Alexa Kane, Psy.D.
12:45 p.m.	<b>Pharmacotherapy for Insomnia</b> Robert Auger, M.D.
1:10 p.m.	<b>Changing Behavior is Childs play Challenges in pediatric insomnia</b> Jasmine Berry, Ph.D., L.P.
1:35 p.m.	<b>Panel Q&amp;A Session</b>
1:55 p.m.	<b>Refreshment Break</b>
<b>Moderator:</b> Natalia Werninck, APRN, M.S.N.	
2:10 p.m.	<b>Rare Syndromes in sleep medicine: Zebras not horses</b> Peter Gay, M.D.
2:35 p.m.	<b>Circadian Disturbances in Adolescents and Adults</b> Robert Auger, M.D.
3:00 p.m.	<b>Sleep Disorders in Women: Pregnancy and Menopause Related Sleep Issues</b> Melissa Lipford, M.D.
3:25 p.m.	<b>Panel Q&amp;A Session</b>

3:45 p.m.	Adjourn
4:30 p.m.	Welcome Reception

**FRIDAY, JULY 31, 2026**

7:25 a.m.	Breakfast
7:55 a.m.	Announcements
<b>Moderator:</b> Natalia Werninck, APRN, M.S.N.	
8:00 a.m.	<b>Unilateral and Bilateral Hypoglossal Nerve Stimulation Therapy.</b> Brendon Colaco, M.B.B.S.
8:25 a.m.	<b>Surgical Implantation for Neural Stimulators in Sleep Apnea</b> Michael Olson, M.D., M.S.
8:50 a.m.	<b>Management of Sleep Disorders in the Hospital</b> Tyler Herzog, M.D.
9:15 a.m.	<b>Panel Q&amp;A Session</b>
9:35 a.m.	<b>Refreshment Break</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
9:50 a.m.	<b>MMA and Other Surgical Options for Sleep Disordered Breathing</b> Michael Olson, M.D., M.S.
10:15 a.m.	<b>Noninvasive Ventilatory Modes and What Does a Sleep Practitioner Need to Know About Them</b> Bernado Selim, M.D.
10:40 a.m.	<b>A More in Depth Look at Home Ventilators for CRF and NMD Patients</b> Emir Festic, M.D., M.S.
11:05 a.m.	<b>Panel Q&amp;A Session</b>
11:25 a.m.	<b>Lunch Break</b>
<b>Moderator:</b> Natalia Werninck, APRN, M.S.N.	
12:20 p.m.	<b>Use of Commercial Products in the Insomnia Realm: Marijuana, Sound Wave Technology, Other Novel Products</b> Natalia Werninck, APRN, M.S.N. Carolyn Warner, APRN, C.N.P., D.N.P.
12:45 p.m.	<b>Artificial Intelligence: Current Applications and Future Promise.</b> Umesh Goswami, M.B.B.S., M.D. Diego Zaquera Carvalho, M.D., M.S.
1:10 p.m.	<b>Addressing Patient App Driven Data in the Sleep Clinic. Help or Hinder?</b> Carolyn Warner, APRN, C.N.P., D.N.P. Julie Williams, P.A.-C.
1:35 p.m.	<b>Panel Q&amp;A Session</b>
1:55 p.m.	<b>Refreshment Break</b>
<b>Moderator:</b> Timothy Morgenthaler, M.D.	
2:10 p.m.	<b>The Future of Oral Appliances and Dental Sleep Medicine</b> Subha Giri, B.D.S., M.S.
2:35 p.m.	<b>Rules for Commercial Drives and Pilots in the Sleep Clinic</b> Peter Gay, M.D.

<b>3:00 p.m.</b>	<b>Practicum on HNS Stim</b> Brendon Colaco, M.B.B.S. Mithri Junna, M.D.
<b>3:25 p.m.</b>	<b>Practicum on Advanced PAP and NIV</b> Bernado Selim, M.D. Emir Festic, M.D., M.S.
<b>3:45 p.m.</b>	<b>Adjourn</b>

### **SATURDAY, AUGUST 1, 2026**

<b>7:25 a.m.</b>	<b>Breakfast</b>
<b>7:55 a.m.</b>	<b>Announcements</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
<b>8:00 a.m.</b>	<b>Central Sleep Apnea</b> Christopher Williams, M.D.
<b>8:25 a.m.</b>	<b>ASV versus BiPAP ST and Pharmacological Treatments Associated with CSA</b> Kara Dupuy McCauley, M.D.
<b>8:50 a.m.</b>	<b>Remede: Right and Not-as Right Patients</b> Timothy Morgenthaler, M.D.
<b>9:15 a.m.</b>	<b>Panel Q&amp;A Session</b>
<b>9:35 a.m.</b>	<b>Refreshment Break</b>
<b>Moderator:</b> Natalia Werninck, APRN, M.S.N.	
<b>9:50 a.m.</b>	<b>Practicum on Remede</b> Timothy Morgenthaler, M.D. Kara Dupuy McCauley, M.D.
<b>10:15 a.m.</b>	<b>Optimizing Management of Hypersomnia</b> Mithri Junna, M.D.
<b>10:40 a.m.</b>	<b>Hypersomnia Challenging Cases</b> Michael Silber, M.B., Ch.B.
<b>11:05 a.m.</b>	<b>Panel Q&amp;A Session</b>
<b>11:25 a.m.</b>	<b>Lunch Break</b>
<b>Moderator:</b> Timothy Morgenthaler, M.D.	
<b>12:20 p.m.</b>	<b>Complex Cases for Sleep Disordered Breathing Involving Multimodal Therapies</b> Brendon Colaco, M.B.B.S. Michael Olson, M.D., M.S.
<b>12:45 p.m.</b>	<b>Dealing with the DME and Insurance: How can we help our patients?</b> Peter Gay, M.D. Ginny Brown, RPSGT Rebecca Pitzer
<b>1:10 p.m.</b>	<b>Tackling Insomnia in Different Cultures</b> Alexa Kane, Psy.D. Jasmine Berry, Ph.D., L.P.
<b>1:35 p.m.</b>	<b>Panel Q&amp;A Session</b>
<b>1:55 p.m.</b>	<b>Refreshment Break</b>
<b>Moderator:</b> Brendon Colaco, M.B.B.S.	
<b>2:10 p.m.</b>	<b>Year in Review</b> Tyler Herzog, M.D. Margaret Blattner, M.D., Ph.D.

2:35 p.m.	<b>A Comprehensive Review of Direct to Consumer Market Products Targeting Sleep</b> Christopher Williams, M.D. Kara Dupuy McCauley, M.D.
3:00 p.m.	<b>The Future of Sleep Medicine: Dare to Dream- From the Academic Towers to the Community.</b> Timothy Morgenthaler, M.D.
3:25 p.m.	<b>Panel Q&amp;A Session</b>
3:45 p.m.	<b>Adjourn</b>