

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

WEDNESDAY, JULY 29, 2026

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| 7:00 a.m. | Registration & Breakfast |
| 7:50 a.m. | Welcome Announcements |
| Moderator Timothy Morgenthaler, M.D. | |
| 8:00 a.m. | Obstructive Sleep Apnea: Phenotype, Genotype, Device Type. Smorgasbord of Choices! Which One is for My Patient? Brendon Colaco, M.B.B.S. |
| 8:25 a.m. | Challenging PAP Cases- Unexplained Downloads and Troubleshooting PAP Therapy Natalia Werninck, APRN, M.S.N. |
| 8:50 a.m. | Dental Appliances in Sleep Disordered Breathing. The Symbiotic Partnership with Dental Sleep Medicine Subha Giri, B.D.S., M.S. |
| 9:15 a.m. | Panel Q&A Session |
| 9:35 a.m. | Refreshment Break |
| Moderator Brendon Colaco, M.B.B.S. | |
| 9:50 a.m. | Periodic Limb Movements and RLS: Neuroscience, Clinical Manifestations and Management Melissa Lipford, M.D. |
| 10:15 a.m. | Other Movement Disorders in Sleep. From the Rare to the Frequently Ignored. Parasomnias Brynn Dredla, M.D. |
| 10:40 a.m. | Hypersomnia: Do I Sleep Too Much and Why? Margaret Blattner, M.D., Ph.D. |
| 11:05 a.m. | Panel Q&A Session |
| 11:25 a.m. – 12:20 p.m. | Lunch Break Optional Product Theatres 11:40-12:10 p.m. |
| Moderator Natalia Werninck, APRN, M.S.N. | |
| 12:20 p.m. | GLP1, Weight Loss and Sleep Apnea Kirsten Frederickson, M.D., M.S. |
| 12:45 p.m. | How to Recognize OSA and CSA in Infants and Children, How To Fix It. Christine Mataresse, D.O. |
| 1:10 p.m. | Challenging Cases in Pediatrics Robin Lloyd, M.D. |
| 1:35 p.m. | Panel Q&A Session |
| 1:55 p.m. | Refreshment Break |
| Moderator Brendon Colaco, M.B.B.S. | |
| 2:10 p.m. | Challenging RLS cases Michael Silber, M.B., Ch.B. |
| 2:35 p.m. | Neurocognitive Implications of Untreated Sleep Disordered Breathing and Chronic Sleep Deprivation. Does it Contribute to Memory Impairment and Dementia Brynn Dredla, M.D. |
| 3:00 p.m. | Diagnostics in Sleep Medicine Mithri Junna, M.D. |
| 3:25 p.m. | Panel Q&A Session |
| 3:45 p.m. | Adjourn |

THURSDAY, JULY 30, 2026

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| 7:25 a.m. | Breakfast |
| 7:55 a.m. | Announcements |
| Moderator Brendon Colaco, M.B.B.S. | |
| 8:00 a.m. | Optimizing Management of Hypersomnia Margaret Blattner, M.D., Ph.D. |
| 8:25 a.m. | REM Sleep Behavior Disorder, Diagnosis, Testing, Management and State of the Science. Erik St. Louis, M.D. |
| 8:50 a.m. | Cardiovascular and Metabolic Implications of Sleep Disordered Breathing: What We Know Currently and Have Practice Guidelines Changed? Virend Somers, M.D., Ph.D. |
| 9:15 a.m. | Panel Q&A Session |
| 9:35 a.m. | Refreshment Break |
| Moderator Timothy Morgenthaler, MD | |
| 9:50 a.m. | Keynote Address: Sleep and Rest: Are They the Same Thing? Alex Pang, M.D. |
| 10:40 a.m. | Reviewing the Latest Literature in Pediatric Sleep Medicine and How it Applies To My Patient Robin Lloyd, M.D. and Christine Mataresse, D.O. |
| 11:05 a.m. | Rules for Commercial Drivers and Pilots in the Sleep Clinic. Residual hypersomnolence after Management of Sleep Disordered Breathing Tyler Herzog, M.D. |
| 11:25 a.m. – 12:20 p.m. | Lunch Break |
| | Optional Product Theatres 11:40-12:10 p.m. |
| Moderator Brendon Colaco, M.B.B.S. | |
| 12:20 p.m. | Cognitive Behavioral Therapy for Insomnia and Challenging Insomnia Cases Alexa Kane, Psy.D. |
| 12:45 p.m. | Pharmacotherapy for Insomnia Natalia Werninck, APRN, M.S.N. |
| 1:10 p.m. | UARS: Phenotyping Versus Sleep Study Matrices and Adopting a Different Approach Christopher Williams, M.D. |
| 1:35 p.m. | Panel Q&A Session |
| 1:55 p.m. | Refreshment Break |
| Moderator Natalia Werninck, APRN, M.S.N. | |
| 2:10 p.m. | Challenging Hypersomnia Cases Michael Silber, M.B., Ch.B. |
| 2:35 p.m. | Circadian Disturbances in Adults Alexa Kane, Psy.D. |
| 3:00 p.m. | Sleep Disorders in Women: Pregnancy and Menopause Related Sleep Issues Melissa Lipford, M.D. |
| 3:25 p.m. | Panel Q&A Session |
| 3:45 p.m. | Adjourn |
| 4:30 p.m. | Welcome Reception |

FRIDAY, JULY 31, 2026

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| 7:25 a.m. | Breakfast |
| 7:55 a.m. | Announcements |
| Moderator Natalia Werninck, APRN, M.S.N. | |
| 8:00 a.m. | Unilateral and Bilateral Hypoglossal Nerve Stimulation Therapy. Brendon Colaco, M.B.B.S. |
| 8:25 a.m. | Surgical Implantation for Neural Stimulators in Sleep Apnea Michael Olson, M.D., M.S. |
| 8:50 a.m. | Management of Sleep Disorders in the Hospital: When and How to Initiate PAP Therapy. Tyler Herzog, M.D. |
| 9:15 a.m. | Panel Q&A Session |
| 9:35 a.m. | Refreshment Break |
| Moderator Brendon Colaco, M.B.B.S. | |
| 9:50 a.m. | DISE, facial geomorphism and anthropometric measurements and their role in assisting the sleep dream team in management of sleep disordered breathing: How might AI change this metric Michael Olson, M.D., M.S., Timothy Morgenthaler, M.D., and Subha Giri, B.D.S., M.S. |
| 10:15 a.m. | Noninvasive Ventilatory Modes and What Does a Sleep Practitioner Need to Know About Them Bernado Selim, M.D. |
| 10:40 a.m. | In Depth Look at Home Ventilators for CRF and NMD Patients Emir Festic, M.D., M.S. |
| 11:05 a.m. | Panel Q&A Session |
| 11:25 a.m. – 12:20 p.m. | Lunch Break |
| | Optional Product Theatres 11:40-12:10 p.m. |
| Moderator Natalia Werninck, APRN, M.S.N. | |
| 12:20 p.m. | Use of Commercial Products in the Insomnia Realm: Marijuana, Sound Wave Technology, Other Novel Products Carolyn Warner, APRN, C.N.P., D.N.P. |
| 12:45 p.m. | MMA and Palatal and Tongue Based Procedures in Treatment of OSA Michael Olson, M.D., M.S. |
| 1:10 p.m. | Addressing Patient App Driven Data in the Sleep Clinic. Help or Hinder? Erik St. Louis, M.D. |
| 1:35 p.m. | Panel Q&A Session |
| 1:55 p.m. | Refreshment Break |
| Moderator Timothy Morgenthaler, MD | |
| 2:10 p.m. | The Future of Oral Appliances and Dental Sleep Medicine Subha Giri, B.D.S., M.S. |
| 2:35 p.m. | A Fib, Stroke and Sleep Disordered Breathing: Circadian Sleep Disturbances and Cardiovascular and Metabolic Risks. The Cardiologist's Perspective Anna Svatikova, M.D., Ph.D. |
| 3:00 p.m. | Practicum on HNS Stim Brendon Colaco, M.B.B.S., Mithri Junna, M.D. and Michael Olson, M.D., M.S. |
| 3:25 p.m. | Practicum on Advanced PAP and NIV Bernado Selim, M.D. |
| 3:45 p.m. | Adjourn |

SATURDAY, AUGUST 1, 2026

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| 7:25 a.m. | Breakfast |
| 7:55 a.m. | Announcements |
| Moderator Brendon Colaco, M.B.B.S. | |
| 8:00 a.m. | Central Sleep Apnea Emir Festic, M.D., M.S. |
| 8:25 a.m. | ASV versus BiPAP ST and Pharmacological Treatments Associated with CSA Umesh Goswami, M.B.B.S., M.D. |
| 8:50 a.m. | Phrenic Nerve Stimulation Therapy: Right and Not-as Right Patients Timothy Morgenthaler, M.D. |
| 9:15 a.m. | Panel Q&A Session |
| 9:35 a.m. | Refreshment Break |
| Moderator Natalia Werninck, APRN, M.S.N. | |
| 9:50 a.m. | Practicum on Transvenous Phrenic Nerve Stimulation Therapy Umesh Goswami, M.B.B.S., M.D. and Christopher Williams, M.D. |
| 10:15 a.m. | AI Applications in Sleep Medicine- From the Imaginary to the Clinic Umesh Goswami, M.B.B.S., M.D. |
| 10:40 a.m. | Rare Syndromes in Sleep medicine: Zebras Not Horses Peter Gay, M.D. |
| 11:05 a.m. | Panel Q&A Session |
| 11:25 a.m. – 12:20 p.m. | Lunch Break |
| | Optional Product Theatres 11:40-12:10 p.m. |
| Moderator Timothy Morgenthaler, MD | |
| 12:20 p.m. | Cardiovascular and Metabolic issues with Sleep deprivation and IH/Narcolepsy Virend Somers, M.D., Ph.D. |
| 12:45 p.m. | Dealing with the DME and Insurance: How Can We Help Our Patients? Peter Gay, M.D. |
| 1:10 p.m. | Cultural Considerations in Behavioral Sleep Medicine Jasmine Berry, Ph.D., L.P. |
| 1:35 p.m. | Panel Q&A Session |
| 1:55 p.m. | Refreshment Break |
| Moderator Brendon Colaco, M.B.B.S. | |
| 2:10 p.m. | Year in Review Mithri Junna, M.D. |
| 2:35 p.m. | A Comprehensive Review of Direct-to-Consumer Market Products Targeting Sleep Christopher Williams, M.D. |
| 3:00 p.m. | The Future of Sleep Medicine: Dare to Dream- From the Academic Towers to the Community. Timothy Morgenthaler, MD |
| 3:25 p.m. | Panel Q&A Session |
| 3:45 p.m. | Adjourn |