Mayo Clinic Sleep Medicine Update
March 1-5, 2027

Day 1 | Monday, March 1, 2027

6:00 a.m.	**Registration & Breakfast**
6:55 a.m.	**Welcome Announcements** Timothy Morgenthaler, M.D.
Moderator: Timothy Morgenthaler, M.D.	
7:00 a.m.	**Leveraging AI to capture the sleep history** Natalia Werninck, A.P.R.N., M.S.N.
7:30 a.m.	**Diagnostics in sleep medicine: From the traditional to the novel; Is it time to adopt emerging technologies?** Mithri Junna, M.D.
8:00 a.m.	**Phenotyping and endotyping OSA: Does it impact management? Does AI change our approach?** Umesh Goswami, M.B.B.S., M.D.
8:30 a.m.	**Partnership with ENT to manage OSA spectrum disease** Michael Olson, M.D., M.S.
9.00 a.m.	**Neurostimulators in the management of OSA: What makes for success?** Brendon Colaco, M.B.B.S.
9.30 a.m.	**Panel Q&A Session**
10.00 a.m.	**Refreshment Break**
10.30 a.m.	**Mishaps with neurostimulation for OSA** Eric Olson, M.D.
11.00 a.m.	**Oral appliances in management of OSA** Subha Giri, B.D.S., M.S.
11.30 a.m.	**Patient facing and direct to consumer marketed diagnostics and therapeutic products for sleep disordered breathing** Tyler Herzog, M.D.
12.00 a.m.	**Interdisciplinary OSA clinic: Way of the future? Pros, cons and replicability** Michael Olson, M.D., Eric Olson, M.D., Dr. Subha Giri, B.D.S., M.S., and David Dare, M.D.
12.30 a.m.	**Panel Q&A Session**
12.50 p.m.	**General Session Adjourns**
1.00 p.m-1.30 p.m.	**Optional Product Theater Luncheon (non-CME)** **Sponsoring Company:** Alkermes *For those not attending, lunch is on own
1.30 p.m. (Optional session)	**Practicum on hypoglossal nerve stimulation therapy** Brendon Colaco, M.B.B.S. **Intended Audience:** All providers interested in learning how to activate and titrate hypoglossal nerve stimulation therapies in the clinic including sleep physicians, ENT providers, Nurse practitioners and PA's as well as trainees.
2:00 p.m.	**Optional Session Adjourns**

Day 1 | Monday, March 1, 2027 - Additional program for RPSGTs by RPSGTs

2:15 p.m.	**Welcome to first Mayo RPGST Course** Dan Herold, RPSGT, Matt Lizak, RPSGT, and Rebecca Pitzer, RPSGT
2:30 p.m.	**Introduction to becoming an RPSGT: Process, hurdles and how to overcome them** Dan Herold, RPSGT
2:50 p.m.	**Troubleshooting the EEG and EOG signal waveform** Ginny Brown, RPSGT
3:10 p.m.	**Dealing with artifact** Matt Lizak, RPGST, R.R.T., R.C.P.
3:30 p.m.	**Rules for diagnosis and titration pathways** Rebecca Pitzer, RPGST
3:50 p.m.	**Deciphering doctors' orders** Melanie Erickson, RPGST, CCSH
4:10 p.m.	**Refreshment Break**
4:25 p.m.	**The challenging patient in the sleep lab** Arizona Sleep Tech, RPGST
4:45 p.m.	**Managing a successful home sleep apnea testing program** Jennifer Garrison, RPGST
5:05 p.m.	**How the RPSGT can contribute to a busy sleep practice** Melanie Lawson, RPGST
5:25 p.m.	**Remote PAP monitoring; What's on the market? Does it help?** Rebecca Pitzer, RPGST and Ginny Brown, RPGST
5:45 p.m.	**New technologies in the sleep lab** Dan Herold, RPGST and Matt Lizak, RPGST, R.R.T., R.C.P.
6:05 p.m.	**Adjourn**

Day 2 | Tuesday, March 2, 2027

6:30 a.m.	**Registration & Breakfast ***
6:55 a.m.	**Announcements** Brendon Colaco, M.B.B.S.
Moderator: Dr. Brendon Colaco, M.B.B.S.	
7:00 a.m.	**Central sleep apnea: Deep dive** Christopher Williams, M.D.
7:30 a.m.	**Phrenic nerve stimulation: Successes and mishaps** Timothy Morgenthaler, M.D.
8:00 a.m.	**Positive airway pressure therapy: Basic principles and advanced settings** Bernardo Selim, M.D.
8:30 a.m.	**OSA OHS syndrome** Emir Festic, M.D., M.S.
9:00 a.m.	**Home ventilation modalities and challenges** Bernardo Selim, M.D.
9:30 a.m.	**Panel Q&A Session**
10:00 a.m.	**Break**
10:30 a.m.	**Insomnia: CBT-I** Kathe Lopez, APRN, D.N.P. and Carolyn Warner, APRN., C.N.P., D.N.P.

11:00 a.m.	**Pharmacotherapy for insomnia** R. Robert Auger, M.D.
11.30 a.m.	**Complex insomnia cases: Combination therapy** Alexa Kane, Psy.D. and Brendon Colaco, M.B.B.S.
12:00 p.m.	**Addressing insomnia in the psychiatric patient population** Mohit Chauhan, M.B.B.S.
12:30 p.m.	**Panel Q&A Session**
12:50 p.m.	**General Session Adjourns**
1:00 p.m.-1:30 p.m.	**Optional Product Theater Luncheon (non-CME)** **Sponsoring Company:** Jazz Pharmaceuticals *for those not attending, lunch is on own
1:30 p.m.- 2.00 p.m. Optional session)	**Practicum on phrenic nerve stimulation therapy** Christopher Williams, M.D. **Intended Audience:** All providers interested in learning how to activate, titrate and manage patients with central sleep apnea who have been implanted with the Phrenic nerve stimulator device including sleep physicians, cardiologists, NP's and PA's as well as trainees.
2:00 p.m.	**Optional Session Adjourns**
4:30 p.m.	**Pre-Dinner Reception** **Sponsoring Company:** Takeda Location: Puna Court

Day 3 | Wednesday, March 3, 2027

6:30 a.m.	**Registration & Breakfast***
6:55 a.m.	**Announcements** Mithri Junna, M.D.
Moderator: Mithri Junna, M.D.	
7:00 a.m.	**Restless legs syndrome: Review of current guidelines** Diego Zaquera Carvalho, M.D., M.S.
7:30 a.m.	**Cases of refractory RLS and augmentation** Michael Silber, M.B., Ch.B.
8:00 a.m.	**REM sleep behavior disorder: State of the science** Margaret Blattner, M.D., Ph.D.
8:30 a.m.	**Parasomnias: The twilight zone- notable cases** Erik St Louis, M.D.
9:00 a.m.	**Multiple system atrophy and Parkinsons disease: Sleep aspects** Maja Tippmann-Piekert, M.D.
9:30 a.m.	**Panel Q&A Session**
10:00 a.m.	**Break**
10.30 a.m.	**Movement disorders in sleep: if it's not PLMS or RLS, what is it?** Brynn Dredla, M.D..
11:00 a.m.	**Keynote speaker** Speaker: TBA, External
11:30 a.m.	**OSA in neonatal and pediatric populations** Christine Matarese, D.O.

12:00 p.m.	**Behavioral sleep issues, dealing with the parents and the child: Challenges and insights** Channing Sorensen, APRN, C.N.P., M.S.N.
12:30 p.m.	**Panel Q&A Session**
12:50 p.m.	**General Session Adjourns**
1:00 p.m.to 1:30 p.m.	**Optional Product Theater Luncheon (non-CME)** **Sponsoring Company:** TBD *for those not attending, lunch is on own
1:30 p.m. – 2:00 p.m. (Optional session)	**Practicum on management of Advanced Bilevel devices and home ventilators** Bernardo Selim, M.D. **Intended Audience:** Any providers interested in learning how to initiate and adjust noninvasive home positive airway pressure therapies including advanced bilevel devices such as VAPS and AVAPS and home ventilators. This would include providers who manage patients with chronic respiratory failure and neuromuscular disease, including sleep, pulmonary, neurology, internists and family medicine physicians, PA's and NP's and trainees.
2:00 p.m.	**Optional Session Adjourns**

Day 4 | Thursday, March 4, 2027

6:30 a.m.	**Registration & Breakfast**
6:55 a.m.	**Announcements** Natalia Werninck, A.P.R.N., M.S.N.
Moderator: Natalia Werninck, A.P.R.N., M.S.N.	
7:00 a.m.	**Circadian disorders and commercial tools to help in management** Brendon Colaco, M.B.B.S. and Alexa Kane, Psy.D.
7:30 a.m.	**Update in pediatric sleep disorders** Robin Lloyd, M.D.
8:00 a.m.	**Traditional challenges in diagnosis of hypersomnia and novel approaches to diagnosis and treatment** Yasemin Tashman, M.D.
8:30 a.m.	**Difficult cases of hypersomnia: Managing polypharmacy titration** Michael Silber, MB., Ch.B.
9:00a.m.	**Topic: Challenging cases of PAP therapy: Have we given up on making it work?** Julie Williams, P.A.-C. and Rebecca Pitzer, RPSGT.
9:30 a.m.	**Panel Q&A Session**
10:00 a.m.	**Break**
10:30 a.m.	**Arrythmias and sleep apnea: Latest literature and guidelines** Ana Svatikova, M.D., Ph.D.
11:00 a.m.	**Weight management in the sleep apnea patient: An update from the obesity specialists** Kirsten Frederiksen, M.D., M.S. and Scott Lynch, M.D., M.P.H.
11:30 a.m.	**Sleep, pregnancy and menopause: Women specific sleep issues** Melissa Lipford, M.D.

12:00 p.m.	**Metabolic and cardiovascular implications of hypersomnolence and sleep deprivation** Virend Somers, M.D., Ph.D.
12:30 p.m.	**Panel Q&A Session**
12:50 p.m.	**General Session Adjourns**
1:00 p.m.-1:30 p.m.	**Optional Product Theater Luncheon (non-CME)** **Sponsoring Company:** Harmony Biosciences *for those not attending, lunch is on own

Day 5 | Friday, March 5, 2027

6:30 a.m.	**Registration & Breakfast**
6:55 a.m.	**Announcements** Mithri Junna, M.D.
Moderator: Mithri Junna, M.D.	
7:00 a.m.	**Sleep, shift work and travel: Guidelines and strategies** R. Robert Auger, M.D.
7:30 a.m.	**Driving Ms. Daisy and Top Gun: What does sleep have to do with it?** Eric Olson, M.D.
8:00 a.m.	**Patient-facing commercial sleep monitoring devices and applications: Do they help or hinder?** Umesh Goswami, M.B.B.S., M.D.
8:30 a.m.	**Cardiovascular implications of OSA; The cardiologists' perspective** Virend Somers, M.D., Ph.D.
9:00 a.m.	**Nightmares, night terrors and movement disorders in pediatric sleep medicine** Robin Lloyd, M.D. and Christine Matarese, D.O.
9:30 a.m.	**Panel Q&A Session**
10:00 a.m.	**Break**
10:30 a.m.	**What is in the Pipeline for Sleep disordered breathing?** Joe Zein, M.D.,Ph.D.
11:00 a.m.	**Leveraging technology to improve adherence with therapies in sleep disorders management** Peter Gay, M.D. and Ginny Brown, RPSGT
11:30 a.m.	**Hospital sleep medicine: Different cases where the sleep physician is called to the bedside** Tyler Herzog, M.D.
12.00 p.m.	**Year in Review** Kara Dupuy McCauley, M.D.
12:30 p.m.	**Panel Q&A Session**
12:50 p.m.	**Closing remarks** Timothy Morgenthaler, M.D.
1:00 p.m.	**Adjourn**