Keynote Address | Russell Foster, PhD | Light, Sleep and Clocks: Neuroscience to Therapeutics
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Visit us at SLEEP 2016 Booth 422

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The Program Committee is confident that this year’s meeting will provide you with access to the latest advances in the fields of sleep medicine and sleep research while also allowing ample time for you to network with colleagues old and new. We are fostering a “meeting within a meeting” feel by laying out specific tracks to better allow you to network with your colleagues and find the sessions specifically geared towards your clinical or research interests. Look for the color coding throughout the SLEEP 2016 Final Program to indicate the track.

SLEEP 2016 offers a host of programs designed specifically to appeal to clinicians and researchers: a full slate of didactic postgraduate courses and more than 90 interactive and in-depth sessions. New Conversations with Experts sessions give you the opportunity to further engage with the invited lecturers. Additionally, more than 1,100 abstracts will be presented in oral and poster formats. New this year, the posters will be presented starting on Sunday, June 12th and receptions will be offered on Sunday, Monday and Tuesday evenings for poster viewing. More details about these sessions are included in SLEEP 2016 mobile App, which is your essential resource for navigating the meeting.

The SLEEP 2016 mobile app is available on the iOS and Android platforms. This app and complimentary internet access in session rooms is made possible by Vanda Pharmaceuticals. We’re making it easier than ever to stay connected while enjoying the educational content that we have to offer. We also invite you to network using social media, attend the SRS Club Hypnos reception, or stop by the AASM Learning Lounge on the exhibit hall floor. The AASM and SRS are each hosting general membership meetings to provide members with the opportunity to learn about the societies’ latest initiatives and how to get involved. Information about all of these items is available in this program. The vast exhibit hall features the latest products and services available in sleep medicine from more than 130 companies. This is the place to learn about the technologies and advances in the industry.

With changes and developments occurring in sleep medicine and research every day, it is important that clinicians and researchers are provided the opportunity to meet, interact and share their experiences and discuss the issues of greatest importance to the field. It is the hope of the APSS Program Committee that you enjoy your experience at SLEEP 2016 and are able to both renew and initiate relationships with colleagues from around the world who share your interests. Through these relationships, we can mold the future of sleep. Enjoy the meeting.

Sincerely,

Kenneth P. Wright Jr., PhD
Chair, APSS Program Committee
**TABLE OF CONTENTS**

General Information ..................................................................................................................................4
Floor Plans .......................................................................................................................................................8
Poster Hall .....................................................................................................................................................10
Hotel Information .....................................................................................................................................12
Travel Information .................................................................................................................................... 13
Corporate Supporters and Sponsors ............................................................................................14
Continuing Education Information ...............................................................................................16
Schedule at a Glance .............................................................................................................................20
Invited Lecturers .......................................................................................................................................36
21st Annual Trainee Symposia Series .........................................................................................38
Postgraduate Courses ..........................................................................................................................40
Lunch Sessions ..........................................................................................................................................46
Scientific Program ...................................................................................................................................48
Industry Supported Activities .................................................................................................................90
Exhibitors ...................................................................................................................................................... 93

**EDUCATIONAL OPPORTUNITIES**

Below are descriptions of the session types offered at SLEEP 2016

| C | Postgraduate Courses | – Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program. |
| B | Bench-to-Bedside Integrated Sessions | – Two-hour sessions focusing on the latest advances in translational science and clinical applications on a specific topic. |
| D | Discussion Groups | – Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations. |
| E | Conversations with Experts | – Small-group lunch sessions during which invited lecturers lead an informal discussion on a single topic. |
| F | Rapid-Fire Symposia | – Fast-paced two-hour sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field. |
| I | Invited Lectures | – One-hour lectures during which senior-level investigators/clinicians present in their areas of expertise. |

| L | Lunch Debates | – Large-group lunch sessions during which two experts in the field debate on a single topic. |
| M | Meet the Professors | – Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic. |
| O | Oral Presentations | – 15-minute presentations during which investigators present their latest research and new ideas in the field. |
| P | Poster Presentations | – Visual representations of the latest research and new ideas in the field. |
| S | Symposia | – Two-hour sessions focusing on the latest data and ideas in the field. |
| W | Clinical Workshops | – Reviews of patient-related and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices. |

**PROGRAM COMMITTEE**

Kenneth P. Wright Jr., PhD Chair
University of Colorado at Boulder
Boulder, CO

Charlene E. Gamaldo, MD
Johns Hopkins University
Baltimore, MD

Glen P. Greenough, MD
Incoming Chair
Dartmouth-Hitchcock Medical Center
Lebanon, NH

Robert W. Greene, MD, PhD
University of Texas Southwestern Medical Center
Dallas, TX

Ravi Allada, MD
Northwestern University
Evanston, IL

Monique LeBourgeois, PhD
University of Colorado at Boulder
Boulder, CO

Charles Atwood, MD
University of Pittsburgh
Pittsburgh, PA

Jason Ong, PhD,
Psychologist Reviewer
Rush University Medical Center
Chicago, IL

Neil Freedman, MD
NorthShore University HealthSystem
Bannockburn, IL

Jerome A. Barrett, Executive Director
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SLEEP ANNUAL MEETING
VISION

The SLEEP meeting is the premier forum in the world to present and discuss the latest developments in clinical sleep medicine and sleep and circadian science.

GOALS FOR THE SLEEP MEETING

1. Provide evidence-based education to advance the science and clinical practice of sleep medicine
2. Disseminate cutting-edge sleep and circadian research
3. Promote the translation of basic science into clinical practice
4. Foster the future of the field by providing career development opportunities at all levels.

GENERAL INFORMATION

LOCATION

Colorado Convention Center
700 14th Street
Denver, CO 80202
Phone: (303) 228-8000

Headquarter Hotel: Hyatt Regency Denver at Colorado Convention Center

ON-SITE REGISTRATION HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, June 10</td>
<td>4:30pm – 6:00pm*</td>
</tr>
<tr>
<td>Saturday, June 11</td>
<td>6:30am – 5:30pm</td>
</tr>
<tr>
<td>Sunday, June 12</td>
<td>6:30am – 5:30pm</td>
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<tr>
<td>Monday, June 13</td>
<td>6:30am – 5:30pm</td>
</tr>
<tr>
<td>Tuesday, June 14</td>
<td>7:30am – 5:00pm</td>
</tr>
<tr>
<td>Wednesday, June 15</td>
<td>7:30am – 5:00pm</td>
</tr>
</tbody>
</table>

*Registration on Friday is only for pre-registered attendees.

GUEST PASSES

A registered attendee may elect to buy a guest pass. Guest passes are for family members only and allow entrance to the exhibit hall and industry sponsored events only. Guests must be 16 years of age in order to enter the exhibit hall. Guests are not permitted to attend any of the general or ticketed sessions.

BADGE IDENTIFICATION

All meeting participants and guests must wear a badge. Badges allow entrance to the scientific sessions and SLEEP 2016 exhibit hall. Your cooperation with this policy is appreciated.

Bins for collecting badge holders will be located in the convention center for you to recycle your badge holder.

EXHIBIT HALL

The SLEEP 2016 exhibit hall showcases booth displays of pharmaceutical companies, equipment manufacturers, medical publishers and software companies. You must be at least 16 years of age to enter the exhibit hall.

Tickets are required for entry to Postgraduate Courses, Meet the Professor sessions, Lunch Debate sessions and Conversations with Experts sessions. Tickets for those of these sessions that are not sold out are available for on-site purchase at registration.
**EXHIBIT HALL HOURS**

The exhibit hall will be open during the following hours:

- Monday, June 13 9:45am – 4:00pm
- Tuesday, June 14 10:00am – 4:00pm
- Wednesday, June 15 10:00am – 2:00pm

**SPEAKER READY ROOM**

Speakers participating in Oral Presentations, Bench to Bedside sessions, Brown Bag Reports, Invited Lectures, Symposia and Rapid-Fire Symposia, Discussion Groups, Postgraduate Courses, Lunch Debate sessions and Clinical Workshops are required to use the Speaker Ready Room to upload their PowerPoint presentations onto a central server. The Speaker Ready Room is located in Room 711 at the Colorado Convention Center. Speakers must upload their presentations 24 hours in advance of their scheduled session time. Technicians will be available to provide assistance. Speaker Ready Room hours of operation are:

- Friday, June 10 4:30pm – 6:00pm
- Saturday, June 11 6:30am – 5:30pm
- Sunday, June 12 6:30am – 5:30pm
- Monday, June 13 6:30am – 5:30pm
- Tuesday, June 14 7:30am – 5:00pm
- Wednesday, June 15 7:30am – 5:00pm

**JOB BOARDS**

Current job opportunities may be posted in the job boards located in the Lobby A. Postings are restricted to 8.5” x 11” in size and will be removed if they are deemed inappropriate. The APSS assumes no responsibility for these postings.

**PRESS ROOM**

Members of the press are encouraged to utilize the press room in Room 711, operating during meeting registration hours from Sunday, June 12 at 12:00pm through Wednesday, June 15 at 12:00pm. The press room contains resources to assist reporters with their stories, including detailed information on the participating organizations, meeting program books and a computer.

**SOCIETY BOOTH**

Details about membership and products from the American Academy of Sleep Medicine, Sleep Research Society, American Association of Sleep Technologists and/or American Academy of Dental Sleep Medicine are available at the Society Booth located near registration in Lobby A. In addition, a satellite location will be available on Saturday and Sunday in the Four Seasons Ballroom lobby.

**PHOTOGRAPHY/RECORDING POLICY**

Photography and/or recording of any kind, other than by the APSS or registered press approved by the APSS, of sessions, speakers and the exhibit hall is prohibited. No cameras or recording devices will be allowed on the exhibit floor or in the meeting rooms at any time. Violation of this rule could result in removal from the Colorado Convention Center and the confiscation of the film or recording device.

**SEATING**

Open-seating sessions are filled on a first-come, first-served basis. The APSS does its best to match room size with anticipated demand; however, interest in a topic occasionally exceeds seating capacity. Seating limits are strictly enforced by the Fire Marshal. We encourage you to arrive at meeting rooms as early as possible for best seating.

**SLEEP 2016 ABSTRACT SUPPLEMENT**

All abstracts from SLEEP 2016 are published in an online abstract supplement of the journal *SLEEP*. To view these abstracts, visit www.sleepmeeting.org/attendees/abstract-supplement.
WE WANT YOUR FEEDBACK

All attendees are requested to evaluate each session they attend throughout the conference. Visit www.sleepmeeting.org/evaluations or the SLEEP 2016 mobile app at any time during the meeting to rate the sessions. The site will close on July 1, 2016.

The sole purpose of this site is to evaluate speakers and sessions that you attend during SLEEP 2016. The Program Committee will use this information to plan future events. To claim credit from the meeting, visit www.sleepmeeting.org/credits. The deadline to claim credit is October 1, 2016.

COMMEMORATIVE POSTERS

Posters commemorating SLEEP 2016 are available on a first-come, first served basis to full meeting registrants. Posters are limited to one per person while supplies last. Pick up your poster at the Society Booth.

OTHER ACTIVITIES

American Academy of Dental Sleep Medicine (AADSM)
Sheraton Denver Downtown

American Association of Sleep Technologists (AAST)
38th Annual Meeting, June 12 – June 14, 2016
Colorado Convention Center

SRS Trainee Hospitality Room
Colorado Convention Center, Room 103

AMERICAN ACADEMY OF SLEEP MEDICINE MEMBERSHIP

HELPING YOU NAVIGATE THE FUTURE OF SLEEP MEDICINE

With the changes in healthcare and sleep medicine, new challenges are arising all the time. The AASM is committed to providing the tools for high-quality patient-centered care through Advocacy, Education, Strategic Research and Practice Standards.

AASM GENERAL MEMBERSHIP MEETING

Network with colleagues on Monday, June 13 from 12:30PM-1:45PM.
Room: 710

STILL NOT A MEMBER?

All SLEEP 2016 attendees are eligible to save up to 50% with prorated dues.

Members receive access to exclusive updates, the journals SLEEP and JCSM and courses throughout the year. Members also save on all products sold at the Society Booth.

Visit www.aasmnet.org/Join2016 to learn more.
MEET. ENGAGE. CONNECT.

SLEEP 2016 is your chance to connect with attendees.

CONNECT TO WI-FI

Here's how to connect:
1. Go to Settings on your mobile device
2. Select the Wi-Fi option.
3. Click on the Wi-Fi network: HETLIOZ501 (No password required.)

DOWNLOAD OUR APP

Bring SLEEP 2016 to your fingertips and navigate the meeting like never before!

View poster listings and vote for the daily People’s Choice award!

Available for iPhone and Android Devices

SOCIALIZE

Use #SLEEPDenver on Twitter, Facebook, and Instagram.

SLEEP 2016 WI-FI AND OFFICIAL SLEEP 2016 APP SPONSORED BY

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Save with these packages:

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- Tech-friendly AASM eBook Compendium
- Sleep Medicine 101
- All New! Innovative Facility-Ready Products
- Hot Trends Online Learning Modules

BUNDLE #1


BUNDLE #2

SRS Sweatshirt & Coffee Mug

BUNDLE #3

SRS Sweatshirt & Travel Bag
To zoom in and view details on posters, download the SLEEP 2016 mobile app!
SLEEP 2016 POSTER HALL

Poster Presentation and Reception Hours:

**Sunday, June 12**
- **POSTER VIEWING:** 1:00pm-5:00pm
- **POSTER RECEPTION AND PRESENTATIONS:** 5:00pm-7:00pm

**Monday, June 13**
- **POSTER VIEWING:** 8:00am-4:00pm
- **POSTER RECEPTION AND PRESENTATIONS:** 4:00pm-6:00pm

**Tuesday, June 14**
- **POSTER VIEWING:** 8:00am-4:00pm
- **POSTER RECEPTION AND PRESENTATIONS:** 4:00pm-6:00pm

**Monday, June 13th**
- 9:45am - 10:30am: AASM New Member Meet and Greet
- 10:30am - 11:30am: Behavioral Sleep Medicine
- 11:30am - 12:30pm: Accredited Centers: Where We are with Revising the Standards
- 2:00pm - 3:00pm: Private Payor Insurance Policies
- 3:00pm - 4:00pm: ASV

**Tuesday, June 14th**
- 10:00am - 10:45am: Scoring Manual V2.3: Implementing Changes
- 10:45am - 11:45am: Live ISR Gold Standard Review
- 11:45am - 12:15pm: AMA/RUC: Resurvey of Codes
- 1:30pm - 2:00pm: Telemedicine: Tips and Tricks
- 2:00pm - 3:00pm: Integrating AASM SleepTm into Your Practice
- 3:00pm - 4:00pm: Pediatric Sleep Medicine

**Wednesday, June 15th**
- 10:00am - 10:45am: PAP Management
- 10:45am - 11:30am: Electronic Health Records: Discreet Data Fields
- 11:30am - 12:15pm: Young Investigator’s Research Forum Alumni Meet and Greet

**PEOPLE’S CHOICE AWARD**

Vote for your favorite poster on each day of the meeting.
Download the SLEEP 2016 mobile app and visit the poster presentation on each day of the meeting for details and to vote! You must be present at the SLEEP 2016 poster hall to cast your vote. Winners will be announced the following morning.
SLEEP 2016 HOTELS

Questions regarding SLEEP 2016 housing should be directed to:

SLEEP 2016 Housing Bureau
175 S. West Temple, Suite 30
Salt Lake City, UT 84101
help@orchideventssolutions.com
(888) 665-1372

<table>
<thead>
<tr>
<th>Contracted Hotel</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Hyatt Regency - Headquarter Hotel</td>
<td>(303) 436-1234</td>
<td>650 15th Street</td>
</tr>
<tr>
<td>1 Courtyard by Marriott</td>
<td>(303) 571-1114</td>
<td>934 16th Street</td>
</tr>
<tr>
<td>2 Crowne Plaza</td>
<td>(303) 573-1450</td>
<td>1450 Glenarm Place</td>
</tr>
<tr>
<td>3 Grand Hyatt</td>
<td>(303) 295-1234</td>
<td>1750 Welton Street</td>
</tr>
<tr>
<td>4 Hampton Inn and Suites</td>
<td>(303) 623-5900</td>
<td>550 15th Street</td>
</tr>
<tr>
<td>5 Hilton Garden Inn</td>
<td>(303) 603-8000</td>
<td>1400 Welton St</td>
</tr>
<tr>
<td>6 Homewood Suites</td>
<td>(303) 534-7800</td>
<td>550 15th Street</td>
</tr>
<tr>
<td>8 Sheraton Denver Downtown</td>
<td>(303) 893-3333</td>
<td>1550 Court Place</td>
</tr>
<tr>
<td>9 Hyatt Place/Hyatt House</td>
<td>(303) 893-2700</td>
<td>440 14th Street</td>
</tr>
</tbody>
</table>
GETTING AROUND DENVER

TRANSPORTATION

Denver International Airport is less than 30 miles from downtown Denver. Following is information on various modes of travel you can use to get to and from the airport and around Denver.

**Taxi Service**

Taxi service is available on Level 5 of the Jeppesen Terminal at Island 1. Rates are approximately $55 from the airport to the Colorado Convention Center.

**Super Shuttle**

Super Shuttle has discounts exclusively for SLEEP 2016 attendees. Book online in advance at supershuttle.com and enter discount code CG4FJ.

**SkyRide**

SkyRide is Denver’s convenient, affordable bus service to and from the airport. SkyRide buses pick up riders at bus stops and at many Park-n-Rides every day of the year. One-way Skyride fares are between $9-13 and depart every 15 minutes. Visit the RTD information booth in the Denver International Airport Terminal once you arrive for more information.

B-Cycle

Denver B-cycle is Denver’s bike sharing system. With 87 stations and 700 bikes throughout central Denver, you can check out and return a B-cycle at any station 5 a.m. to midnight, 365 days a year. B-cycle is designed for short, one-way trips that are 30 minutes or less. With B-stations at every major cultural facility, it’s great for visitors who want an inexpensive way to experience Denver.

Visit denver.bcycle.com for more information and to purchase an access pass.

**NEW! A Line Train**

Traveling from Union Station in Downtown Denver to the Denver International Airport, Denver’s newest transportation option is a convenient train directly to the airport. The new A Line opened in April 2016 and will take you directly to airline check-in, baggage check and security screening. This service is $9 each way and leave every 15 minutes at most times.
APSS CORPORATE SUPPORTERS

The APSS acknowledges and thanks the following organizations for their generous support and investment in the future of sleep medicine and sleep research as APSS Corporate Supporters.
THANK YOU TO OUR SLEEP 2016 SPONSORS

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Compumedics
Fisher & Paykel Healthcare
Human Design Medical
Indigo Arc, LLC
inSleep® Health
Itamar Medical
Jazz Pharmaceuticals, Inc.
Merck
Natus Neurology
Nihon Kohden America, Inc.
Nonin Medical, Inc.
Optim LLC
PAD-A-CHEEK, LLC
Pernix Therapeutics
Philips Respironics
Quell by NeuroMetrix
Radiometer America
Re-Timer Light Therapy Glasses
ResMed
S.L.P./SleepSense
SomnoMed, Inc.
Somnoware Healthcare Systems, Inc.
University of Tennessee Physician Executive MBA Program
Vanda Pharmaceuticals Inc.
Wilding Wallbeds
World Sleep Society
XenoPort, Inc.
CONTINUING MEDICAL EDUCATION (CME) CREDIT FOR PHYSICIANS

Accreditation Statement
SLEEP 2016 meeting activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians. The American Academy of Sleep Medicine designates this live educational activity for a maximum of 38.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Sessions Available to Earn CME Credit
SLEEP 2016 offers physicians the opportunity to earn as many as 38.25 CME credits. CME credit is awarded for Bench to Bedside sessions, Brown Bag Reports, Clinical Workshops, Discussion Groups, Invited Lectures, Keynote Address, Lunch Debate sessions, Meet the Professor sessions, Oral Presentations, Postgraduate Courses and Symposia/Rapid-Fire Symposia. Specific details as to which sessions are eligible for CME credit are listed on the CME Reference Form, which is distributed during registration. Only those sessions sponsored by the APSS and listed on the CME Credit Claim Form are eligible for CME credit. Note: Poster viewing and late-breaking abstract sessions are not eligible for CME credit.

Credit is awarded based on the amount of time spent in each activity (rounded to the nearest quarter hour). Physicians may earn the following maximum number of credits each day:

- Saturday, June 11: 7.50
- Sunday, June 12: 7.75
- Monday, June 13: 7.00
- Tuesday, June 14: 8.00
- Wednesday, June 15: 8.00

CME may also be available by attending industry sponsored events. These credits are made available by the event organizer and are not processed by the AASM.

Satisfactory Completion
To receive CME credits, SLEEP 2016 attendees must register for CME credit and pay an administrative fee of $25 for members and $40 for nonmembers. Individuals must complete an online claim form to receive CME credit. Further information will be detailed on the CME Reference Form available near the registration area.

Target Audience for SLEEP 2016
Participants of the SLEEP 2016 meeting will include clinicians, scientists, students and other health care professionals seeking to increase their knowledge of the fields of sleep medicine and sleep research. Attendees should possess a basic knowledge of biological systems and/or operational issues in medical practice.

OVERALL EDUCATIONAL OBJECTIVES
Attendance at SLEEP 2016 should give participants a broad understanding of the current state-of-the-art of sleep medicine, including current clinical practices used when investigating and treating sleep disorders in adults and children; areas of controversy in clinical practice; recent basic science research in both animals and humans; and social, business and political issues relevant to sleep medicine.

By the end of SLEEP 2016, participants should be able to:

1. Summarize relevant information on the latest sleep research and clinical practices;
2. Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of sleep medicine or topics related to the field of sleep;
3. Integrate strategies and tools for the enhancement/advancement of sleep medicine; and
4. Recognize and have a basic understanding of common sleep disorders.

CONTINUING EDUCATION (CE) FOR PSYCHOLOGISTS

Accreditation Statement
This course is co-sponsored by Amedco and the Associated Professional Sleep Societies, LLC (APSS). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content.
Sessions Available to Earn CE Credit
Psychologists may receive up to 36.75 hours of continuing education credit for attending SLEEP 2016. CE credit is awarded for Bench to Bedside sessions, Brown Bag Reports, Clinical Workshops, Discussion Groups, Invited Lectures, Keynote Address, Oral Presentations, Postgraduate Courses and Symposia/Rapid-Fire Symposia. Note: Poster viewing, Late-breaking Abstracts, Lunch Debate sessions, Meet the Professor sessions and Conversations with Experts sessions are not eligible for CE credit.

Psychologists may earn the following maximum number of CE credits each day:
- Saturday, June 6: 8
- Sunday, June 7: 8
- Monday, June 8: 6.75
- Tuesday, June 9: 7
- Wednesday, June 10: 7

Satisfactory Completion for Psychologists
To receive CE credits, SLEEP 2016 attendees must register for CE credit. The administrative fee is $50 for members and nonmembers. Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Partial credit of individual sessions is not available. Further information will be detailed on the CE Reference Form, distributed at registration.

CONTINUING EDUCATION FOR OTHERS

Accreditation Statement
The AMA Council on Medical Education mandates that accredited providers only offer AMA PRA Category 1 Credits™ to physicians. The AASM will issue individuals who are not eligible for any type of continuing education credits offered at SLEEP 2016 a letter of attendance outlining the number of AMA PRA Category 1 Credits™ designated for the sessions they attend at SLEEP 2016.

To receive a letter of attendance, SLEEP 2016 attendees must register and pay an administrative fee of $25 for members and $40 for nonmembers. Individuals must complete an online claim form to receive the letter of attendance. Further information will be detailed on the Letter of Attendance Reference Form available near the registration area.

AAST CECs are not provided for SLEEP 2016 sessions. Sleep technologists should register for a Letter of Attendance.

DO NOT FORGET TO REGISTER FOR CREDITS

Follow the instructions below to ensure that you receive credit for SLEEP 2016:

1. When you register for SLEEP 2016, be sure to add the appropriate continuing education credits to your registration. This is a separate fee from the general session registration fee.
2. Pick up the appropriate Reference Form at the Continuing Education table near the SLEEP 2016 registration counters.
3. Use the Reference Form to track the sessions that you attend at SLEEP 2016.
4. Go online to sleepmeeting.org/credits after June 20th to claim your credits. Instructions will be included on the Reference Form.

Deadline to complete online credit claim forms:
- July 13, 2016 for CE for Psychologists
- October 1, 2016 for CME and Letters of Attendance

After these dates, individuals will no longer be able to receive credits.
CPAP Adherence is just a PAD A CHEEK Away

Come by and see the many ways we have of increasing comfort, decreasing leaks, and improving therapy.

We offer additional comfort, based on the requests we have received, for every mask on the market. Custom designs are not a problem, they are the solution to that special patient’s need. We offer simple products that simply work. It would be our pleasure to help you help your patients sleep better.

Booth #122

Mask liners, Strap Pads, Stabilizing and Anti Leak straps, and short and long Hose Covers.
Innovative telemedicine, designed by the AASM, specifically for sleep medicine.

NEW! Receive upfront, guaranteed payments with patient self-pay.

EACH ACCOUNT INCLUDES:
- Customizable dashboard
- Secure document and questionnaire sharing
- One-click encounter scheduling
- On-demand patient-reported sleep data
- Prepayment options through patient self-pay
- Practice-branded patient portal

Daily Raffles
Register at SLEEP 2016 and you’ll be entered into our daily raffle drawing.

PRIZES INCLUDE:
- 2 Colorado Rockies tickets (Tuesday, June 14th night game)
- Fitbit Alta™
- Logitech Webcam/Headset bundle

Get started today at Booth 317
SleepTM.com
### SLEEP 2016 Schedule at a Glance

**Saturday, June 11**

#### Registration Open - 6:30am - 5:30pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Category</th>
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<tr>
<td>8:00am - 5:00pm</td>
<td><strong>Clinical and Translational Research</strong></td>
<td><strong>C01</strong> Year In Review 2016</td>
<td>Four Seasons Ballroom 4</td>
</tr>
<tr>
<td></td>
<td><strong>Clinical Practice</strong></td>
<td><strong>C02</strong> Trends in Sleep Medicine</td>
<td>Four Seasons Ballroom 2, 3</td>
</tr>
<tr>
<td></td>
<td><strong>Clinical Practice</strong></td>
<td><strong>C03</strong> Behavioral Sleep Medicine From Basic Research to Clinical Care: What the Evidence Shows and How to Use it in Your Practice</td>
<td>601</td>
</tr>
<tr>
<td></td>
<td><strong>Clinical Practice</strong></td>
<td><strong>C04</strong> Pediatric Sleep Medicine Course</td>
<td>Four Seasons Ballroom 1</td>
</tr>
</tbody>
</table>

#### Half-day Postgraduate Courses

<table>
<thead>
<tr>
<th>Time</th>
<th>Category</th>
<th>Session</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am - 12:00pm</td>
<td><strong>Clinical Practice</strong></td>
<td><strong>C05</strong> Restless Legs Syndrome: New Treatment Guidelines, Augmentation and Advances in Non-Dopamine Treatment Options</td>
<td>605</td>
</tr>
<tr>
<td>1:00pm - 5:00pm</td>
<td><strong>Clinical Practice</strong></td>
<td><strong>C06</strong> Interface of Neurology and Sleep Medicine</td>
<td>605</td>
</tr>
</tbody>
</table>

#### Lunch Break - 12:00pm - 1:00pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Category</th>
<th>Session</th>
<th>Room</th>
</tr>
</thead>
</table>

#### Educational Opportunities

- **C**: Postgraduate Courses
- **B**: Bench-to-Bedside Integrated Sessions
- **D**: Discussion Groups
- **E**: Conversations with Experts
- **F**: Rapid-Fire Symposia
- **I**: Invited Lectures
- **L**: Lunch Debates
- **M**: Meet the Professors
- **O**: Oral Presentations
- **P**: Poster Presentations
- **R**: Brown Bag Report Sessions
- **S**: Symposia
- **W**: Clinical Workshops

For full session descriptions, visit sleepmeeting.org
# SLEEP 2016 Schedule at a Glance

**Sunday, June 12, Poster Set-up 12:00pm - 1:00pm (Exhibit Hall B)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Category</th>
<th>Course Code</th>
<th>Title</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am - 5:00pm</td>
<td>Clinical Practice</td>
<td>C07</td>
<td>2016 State of the Art for Clinical Practitioners</td>
<td>Four Seasons Ballroom 2, 3</td>
</tr>
<tr>
<td>8:00am - 12:00pm</td>
<td>Clinical Practice</td>
<td>C08</td>
<td>Bringing PAP Management into Your Sleep Practice</td>
<td>605</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>C09</td>
<td>Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders: An Update for 2016</td>
<td>Four Seasons Ballroom 4</td>
</tr>
<tr>
<td></td>
<td>Clinical and Translational Research</td>
<td>C10</td>
<td>ABCs of Effective Management of Clinical Trials in Sleep Medicine</td>
<td>601</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>C11</td>
<td>Actigraphy and Fitness/Sleep Trackers in Adults and Children: Fundamentals and Applications</td>
<td>Four Seasons Ballroom 1</td>
</tr>
</tbody>
</table>

**Registration Open - 6:30am - 5:30pm**
## SLEEP 2016 Schedule at a Glance

### Sunday, June 12 Continued

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1:00pm - 5:00pm</strong></td>
<td><strong>Half-day Postgraduate Courses</strong></td>
<td></td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>C12 Sleep’s Strange Bedfellows: Coordinating Care with Related Medical Specialties</td>
<td>605</td>
</tr>
<tr>
<td>Clinical and Translational Research</td>
<td>C13 Beyond PSG: Sleep Measurement for Research and Clinical Practice in Pediatrics</td>
<td>601</td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>C14 Difficult Cases that Keep You Up at Night: Case-Based Review of Challenging Clinical Scenarios for the Sleep Medicine Specialist</td>
<td>Four Seasons Ballroom 4</td>
</tr>
<tr>
<td>Clinical and Translational Research</td>
<td>C15 The Pervasive Relationship Between Sleep and Mental Health: Deleterious Effects and Therapeutic Outcomes</td>
<td>Four Seasons Ballroom 1</td>
</tr>
<tr>
<td><strong>1:00pm - 3:00pm</strong></td>
<td><strong>General Sessions</strong></td>
<td></td>
</tr>
<tr>
<td>Human Research</td>
<td>O01 Learning and Memory</td>
<td>203</td>
</tr>
<tr>
<td>Basic Research</td>
<td>S01 Circadian or Sleep-wake Driven? Dissecting Central and Peripheral Genome Level Dynamics</td>
<td>207</td>
</tr>
<tr>
<td>Human Research</td>
<td>S02 Stress, Hyperarousal and Insomnia</td>
<td>104</td>
</tr>
<tr>
<td><strong>3:30pm - 5:15pm</strong></td>
<td><strong>General Sessions</strong></td>
<td></td>
</tr>
<tr>
<td>Basic Research</td>
<td>O02 Genetics and Genomics of Sleep</td>
<td>207</td>
</tr>
<tr>
<td>Human Research</td>
<td>O03 Circadian Rhythms: Light Exposure and When You Eat</td>
<td>203</td>
</tr>
<tr>
<td>Human Research</td>
<td>S03 Dynamics of Sleep and Emotion: Pathways to and from Disorders of Emotional Dysregulation</td>
<td>104</td>
</tr>
<tr>
<td><strong>Poster Presentations - 5:00pm - 7:00pm, Exhibit Hall B</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AASM PAC Reception - 6:00pm - 7:00pm, Hyatt Regency Denver - Granite</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SRS Club Hypnos - 6:30pm - 8:30pm, Hyatt Regency Denver - Centennial Ballroom</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## SLEEP 2016 Schedule at a Glance

### Monday, June 13, Poster Set-Up 7:00am - 8:00am (Exhibit Hall B)

### Registration Open - 6:30am - 5:30pm

<table>
<thead>
<tr>
<th>Plenary Session and Keynote Address - 8:00am - 9:45am</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Keynote Address</strong> I01 Light, Sleep and Clocks: Neuroscience to Therapeutics</td>
<td>Bellco Theater</td>
</tr>
</tbody>
</table>

### Refreshment Break in Exhibit Hall - 9:45am - 10:30am

### Exhibit Hall Open - 9:45am - 4:00pm, Exhibit Hall A

### General Sessions

<table>
<thead>
<tr>
<th>Clinical and Translational Research</th>
<th>10:30am - 12:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>B01 Reducing Cardiovascular Risk in Obstructive Sleep Apnea: Beyond Positive Airway Pressure (PAP) and Current PAP Treatment Criteria</td>
<td>203</td>
</tr>
<tr>
<td>O04 Behavioral and Pharmacological Treatment of Insomnia</td>
<td>601</td>
</tr>
<tr>
<td>O05 Managing the Hypersomnia Patient</td>
<td>605</td>
</tr>
<tr>
<td>O06 Sleep Duration and Quality in Childhood</td>
<td>207</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clinical Practice</th>
<th>10:30am - 12:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>O04 Behavioral and Pharmacological Treatment of Insomnia</td>
<td>601</td>
</tr>
<tr>
<td>O05 Managing the Hypersomnia Patient</td>
<td>605</td>
</tr>
<tr>
<td>O06 Sleep Duration and Quality in Childhood</td>
<td>207</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Human Research</th>
<th>10:30am - 12:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>F01 Getting to the Guts of the Relationship Between Insufficient Sleep and Psychophysiological Wellbeing</td>
<td>404</td>
</tr>
<tr>
<td>O07 Cognition, Emotion and Behavior</td>
<td>402</td>
</tr>
</tbody>
</table>

### Lunch Break - 12:30pm - 1:45pm
## Monday, June 13 Continued

<table>
<thead>
<tr>
<th>Lunch Sessions</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>L01</strong> Is Sleep for Remembering or to Prevent Forgetting?</td>
<td>104</td>
</tr>
<tr>
<td><strong>M01</strong> Gently Implementing AASM Quality Metrics in Practice: Tales from a Fellow Traveler</td>
<td>105</td>
</tr>
<tr>
<td><strong>M02</strong> Oral Appliance Therapy: What Sleep Physicians Needs to Know about the Recent Guideline Paper</td>
<td>107</td>
</tr>
<tr>
<td><strong>M03</strong> Light from Electronic Media and Sleep</td>
<td>108</td>
</tr>
<tr>
<td><strong>M04</strong> Beyond Straightforward OSA: How to Use Advanced PAP Modalities to Manage Complicated Sleep Breathing Disorders</td>
<td>109</td>
</tr>
<tr>
<td><strong>M05</strong> Pediatric Consensus Conference: Sleep Duration Recommendations</td>
<td>110</td>
</tr>
<tr>
<td><strong>E01</strong> Conversations with Experts: Thomas Scammell, MD</td>
<td>111</td>
</tr>
<tr>
<td><strong>E02</strong> Conversations with Experts: Jack Edinger, PhD</td>
<td>112</td>
</tr>
<tr>
<td><strong>E03</strong> Conversations with Experts: Yang Dan, PhD</td>
<td>113</td>
</tr>
</tbody>
</table>

### AASM General Membership Meeting - 12:30pm – 1:45pm
- Room 710

### SRS Membership Section Meetings - 12:45pm – 1:45pm
- See Page 56

### LBA: Late-breaking Abstracts - 12:45pm – 1:45pm
- Room 203

### Industry Products Theaters - 12:30pm – 1:30pm
- See Page 90
### SLEEP 2016 Schedule at a Glance

**Monday, June 13 - Continued**

<table>
<thead>
<tr>
<th>Time</th>
<th>General Sessions</th>
<th>Room</th>
</tr>
</thead>
</table>
| 1:45pm – 2:45pm | **Clinical and Translational Research**  
I02 Health Services in Sleep Medicine | 203   |
|            | **Human Research**  
I03 Insomnia: Natural History, Public Health Burden and Treatment | 601   |
|            | **Clinical and Translational Research**  
O08 Sleep and Chronic Neurological/Neurodegenerative Disorders | 605   |
|            | **Clinical and Translational Research**  
O09 Gender Influence on Sleep and Sleep Health | 207   |
|            | **Clinical and Translational Research**  
O10 Sleep: Pluripotent Effects on Disease | 402   |
|            | **Basic Research**  
O11 Sleep, Circadian Rhythms and Metabolism | 404   |

**Refreshment Break in Exhibit Hall - 2:45pm – 3:00pm**

<table>
<thead>
<tr>
<th>Time</th>
<th>General Sessions</th>
<th>Room</th>
</tr>
</thead>
</table>
| 3:00pm – 5:00pm | **Clinical Practice**  
D01 A Crossroads for Sleep Medicine: Challenges, Choices and Your Input | 601   |
|            | **Clinical and Translational Research**  
S04 Novel Approaches for Circadian Entrainment | 207   |
|            | **Clinical Practice**  
W01 Hypersomnolence: Diagnostic, Scientific and Treatment Challenges | 203   |
|            | **Clinical Practice**  
W02 Sleep Apnea Surgery 2016 | 605   |
|            | **Basic Research**  
S05 Sleep, Metabolism and Biosynthetic Processes | 404   |
|            | **Human Research**  
S06 Sleep: A Rising Star for Enhancing Performance in Elite Athletes | 402   |

**Poster Presentations - 4:00pm – 6:00pm, Exhibit Hall B**
**SLEEP 2016 SCHEDULE AT A GLANCE**

**TUESDAY, JUNE 14, POSTER SET-UP 7:00AM - 8:00AM (EXHIBIT HALL B)**

### Registration Open - 7:30am - 5:00pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am - 9:00am</td>
<td>Clinical Practice</td>
<td>I04</td>
</tr>
<tr>
<td></td>
<td>Clinical and Translational Research</td>
<td>B02</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>O12</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>W03</td>
</tr>
<tr>
<td>8:00am - 10:00am</td>
<td>Clinical Practice</td>
<td>I05</td>
</tr>
<tr>
<td></td>
<td>Clinical and Translational Research</td>
<td>B02</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>O12</td>
</tr>
<tr>
<td></td>
<td>Basic Research</td>
<td>S07</td>
</tr>
<tr>
<td></td>
<td>Human Research</td>
<td>S08</td>
</tr>
<tr>
<td>9:05am - 10:05am</td>
<td>Clinical Practice</td>
<td>I05</td>
</tr>
<tr>
<td></td>
<td>Exhibit Hall Open - 10:00am - 4:00pm, Exhibit Hall A</td>
<td>Exhibit Hall A</td>
</tr>
<tr>
<td></td>
<td>Refreshment Break in Exhibit Hall - 10:00am - 10:20am</td>
<td></td>
</tr>
</tbody>
</table>

**EDUCATIONAL OPPORTUNITIES**

C: Postgraduate Courses  
B: Bench-to-Bedside Integrated Sessions  
D: Discussion Groups  
E: Conversations with Experts  
F: Rapid-Fire Symposia  
I: Invited Lectures  
L: Lunch Debates  
M: Meet the Professors  
O: Oral Presentations  
P: Poster Presentations  
R: Brown Bag Report Sessions  
S: Symposia  
W: Clinical Workshops

For full session descriptions, visit sleepmeeting.org
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Type</th>
<th>General Sessions</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:20am - 11:20am</td>
<td>Human Research</td>
<td>I06 Circadian Phase: Developing Practical Tools Through Effective Collaborations with Industry, Government and Academia</td>
<td>203</td>
</tr>
<tr>
<td>10:20am - 12:20pm</td>
<td>Clinical and Translational Research</td>
<td>F02 Behavioral Interventions to Improve Sleep in Children and Adolescents</td>
<td>402</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>O13 Epidemiology and Diagnosis of OSA</td>
<td>207</td>
</tr>
<tr>
<td></td>
<td>Clinical and Translational Research</td>
<td>S09 RLS as a Disorder of Arousal: Pathophysiology and Treatment Implications</td>
<td>605</td>
</tr>
<tr>
<td></td>
<td>Clinical Practice</td>
<td>W04 Sleep Telemedicine: Nuts, Bolts and Tips from the Field</td>
<td>601</td>
</tr>
<tr>
<td></td>
<td>Human Research</td>
<td>O14 Physiological and Cognitive Responses to Sleep Loss</td>
<td>404</td>
</tr>
<tr>
<td>11:25am - 12:25pm</td>
<td>Basic Research</td>
<td>I07 Neural Circuits for Sleep Control</td>
<td>203</td>
</tr>
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**Lunch Break - 12:20pm - 1:30pm**
TUESDAY, JUNE 14 - CONTINUED

<table>
<thead>
<tr>
<th>Lunch Sessions</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>L02 Central Sleep Apnea: Does it Matter and Should You Treat It?</td>
<td>104</td>
</tr>
<tr>
<td>M06 Scoring Manual Update</td>
<td>105</td>
</tr>
<tr>
<td>M07 Circadian Rhythms and Cardiometabolic Health</td>
<td>107</td>
</tr>
<tr>
<td>M08 Management of Mild Pediatric OSA</td>
<td>108</td>
</tr>
<tr>
<td>M09 ICD-10 Update and Tricks of the Trade</td>
<td>109</td>
</tr>
<tr>
<td>M10 The Use of BiPAP in the Sleep Medicine Clinic</td>
<td>110</td>
</tr>
<tr>
<td>E04 Conversations with Experts: Charles Morin, PhD</td>
<td>111</td>
</tr>
<tr>
<td>E05 Conversations with Experts: Sairam Parthasarathy, MD</td>
<td>112</td>
</tr>
<tr>
<td>E06 Conversations with Experts: Russell Foster, PhD</td>
<td>113</td>
</tr>
</tbody>
</table>

R01: Brown Bag Report: Challenging Cases 601

SRS General Membership Meeting - 12:20pm – 1:30pm 710

Industry Products Theaters - 12:30pm – 1:30pm See Page 90

<table>
<thead>
<tr>
<th>General Sessions</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Practice 108 Sleep Disordered Breathing in Youth: An Evolution in Our Understanding</td>
<td>203</td>
</tr>
<tr>
<td>Clinical and Translational Research 109 The Brain Circuitry of Narcolepsy: Mechanistic and Therapeutic Insights Thomas Scammell, MD - Thomas Roth Lecture of Excellence</td>
<td>601</td>
</tr>
<tr>
<td>Clinical and Translational Research O15 Assessment of Circadian Rhythms and Their Role in Diseases</td>
<td>605</td>
</tr>
<tr>
<td>Clinical Practice O16 Insomnia: Epidemiology and Diagnosis</td>
<td>207</td>
</tr>
<tr>
<td>Clinical Practice O17 Healthcare Delivery</td>
<td>402</td>
</tr>
<tr>
<td>Human Research O18 Sleep, Development and Aging</td>
<td>404</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>2:45pm - 4:45pm</td>
<td>Refreshment Break in Exhibit Hall - 2:30pm – 2:45pm</td>
</tr>
<tr>
<td>2:30pm - 4:30pm</td>
<td>Sleep Medicine Fellowship Directors Council Meeting - 2:30pm – 4:30pm</td>
</tr>
</tbody>
</table>

**General Sessions**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Session</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical and Translational Research</td>
<td>D02</td>
<td>605</td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>S10</td>
<td>601</td>
</tr>
<tr>
<td>Clinical and Translational Research</td>
<td>S11</td>
<td>203</td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>W05</td>
<td>207</td>
</tr>
<tr>
<td>Basic Research</td>
<td>F03</td>
<td>404</td>
</tr>
<tr>
<td>Human Research</td>
<td>S12</td>
<td>402</td>
</tr>
</tbody>
</table>

**Poster Presentations - 4:00pm – 6:00pm, Exhibit Hall B**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revising the NIH Sleep Disorders Research Plan</td>
<td>4:45pm – 5:45pm, 104</td>
</tr>
</tbody>
</table>
**SLEEP 2016 SCHEDULE AT A GLANCE**

**WEDNESDAY, JUNE 15**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am – 10:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clinical and Translational Research</td>
<td>F04</td>
<td>Patient Reported Outcomes: Benchmarks for High Quality Patient Care in Sleep Disorders</td>
</tr>
<tr>
<td>Clinical and Translational Research</td>
<td>O19</td>
<td>Pathophysiology of Insomnia</td>
</tr>
<tr>
<td>Clinical and Translational Research</td>
<td>O20</td>
<td>Sleep and Circadian Disruptions in Psychiatric Conditions</td>
</tr>
<tr>
<td>Clinical Practice</td>
<td>W06</td>
<td>Recognizing and Managing the Hospitalized Patient with Sleep Disordered Breathing</td>
</tr>
<tr>
<td>Human Research</td>
<td>O21</td>
<td>Sleep Deprivation and Neural Responses, Behavior and Health</td>
</tr>
<tr>
<td>Basic Research</td>
<td>S13</td>
<td>Illuminating the Role of Sleep and the Circadian System on Neuroinflammatory Responses</td>
</tr>
</tbody>
</table>

**Registration Open - 7:30am - 5:00pm**

**Nurses’ Breakfast - 7:00am - 8:00am, 104**

**Exhibit Hall Open - 10:00am - 2:00pm, Exhibit Hall A**

**Refreshment Break in Exhibit Hall - 10:00am - 10:20am**
## SLEEP 2016 Schedule at a Glance

### Wednesday, June 15 - Continued

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Details</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:20am – 12:20pm</td>
<td><strong>Clinical and Translational Research</strong></td>
<td></td>
</tr>
<tr>
<td><strong>F05</strong></td>
<td>New Approaches to Quantify Sleep Physiology from Polysomnography</td>
<td>601</td>
</tr>
<tr>
<td><strong>O22</strong></td>
<td>Pediatric Sleep Apnea</td>
<td>207</td>
</tr>
<tr>
<td><strong>O23</strong></td>
<td>Sleep, Stress and Trauma</td>
<td>605</td>
</tr>
<tr>
<td><strong>S14</strong></td>
<td>Management of Hypercapnic Sleep Disorders: What to Do and How to Do It</td>
<td>203</td>
</tr>
<tr>
<td><strong>B03</strong></td>
<td>The Role of Circadian Biology in Precision Medicine</td>
<td>404</td>
</tr>
<tr>
<td><strong>S15</strong></td>
<td>Human Sleep Duration and Timing: Evolution, Trends and Significance</td>
<td>402</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch Break - 12:20pm - 1:30pm</th>
<th>Session Details</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>L03</strong></td>
<td>PLMs: Where Do They Come From and Do They Matter?</td>
<td>104</td>
</tr>
<tr>
<td><strong>M11</strong></td>
<td>Accreditation Updates 2016: How Your Sleep Center May be Effected</td>
<td>105</td>
</tr>
<tr>
<td><strong>M12</strong></td>
<td>Evidence-Based Management of Intrinsic Circadian Rhythm Sleep-Wake Disorders: Updated Practice Parameter Guidelines</td>
<td>107</td>
</tr>
<tr>
<td><strong>M13</strong></td>
<td>Maternal Sleep</td>
<td>108</td>
</tr>
<tr>
<td><strong>M14</strong></td>
<td>Telemedicine in Sleep: Practical Aspects</td>
<td>109</td>
</tr>
<tr>
<td><strong>M15</strong></td>
<td>EHR: Tips, Tools and Trends</td>
<td>110</td>
</tr>
<tr>
<td><strong>E07</strong></td>
<td>Conversations with Experts: Carol Rosen, MD</td>
<td>111</td>
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<tr>
<td><strong>E08</strong></td>
<td>Conversations with Experts: Shantha Rajaratnam, PhD</td>
<td>112</td>
</tr>
<tr>
<td><strong>E09</strong></td>
<td>Conversations with Experts: Nathaniel Watson, MD, MS</td>
<td>113</td>
</tr>
</tbody>
</table>
### SLEEP 2016 Schedule at a Glance

#### Wednesday, June 15 - Continued

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Topic</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>1:30pm - 2:30pm</td>
<td>General Sessions</td>
<td>Basic Research 110 Circadian Rhythms in Health and Disease</td>
<td>601</td>
</tr>
<tr>
<td>1:30pm - 2:30pm</td>
<td>General Sessions</td>
<td>Clinical Practice O24 Medical Disorders and Sleep: New Insights for the Heart and Brain</td>
<td>605</td>
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<tr>
<td>1:30pm - 2:30pm</td>
<td>General Sessions</td>
<td>Clinical Practice O25 Healthcare Delivery in OSA</td>
<td>203</td>
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<tr>
<td>1:30pm - 2:30pm</td>
<td>General Sessions</td>
<td>Clinical and Translational Research O26 Human Sleep and Aging: New Insights</td>
<td>207</td>
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<tr>
<td>1:30pm - 2:30pm</td>
<td>General Sessions</td>
<td>Clinical and Translational Research O27 Sleep and the Sleep Environment</td>
<td>402</td>
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<tr>
<td>1:30pm - 2:30pm</td>
<td>General Sessions</td>
<td>Human Research O28 Arousal and Sleep Inertia</td>
<td>404</td>
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<tr>
<td>2:30pm - 2:45pm</td>
<td>General Sessions</td>
<td>Refreshment Break</td>
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<tr>
<td>2:45pm - 4:45pm</td>
<td>General Sessions</td>
<td>Clinical Practice D03 Consensus Statement: Recommended Sleep Duration for Healthy Pediatric Populations</td>
<td>203</td>
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<tr>
<td>2:45pm - 4:45pm</td>
<td>General Sessions</td>
<td>Clinical and Translational Research O29 RLS and Other Night Walkers</td>
<td>605</td>
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<tr>
<td>2:45pm - 4:45pm</td>
<td>General Sessions</td>
<td>Clinical Practice O30 Sleep Disordered Breathing Pathophysiology, Presentation and Associated Disorders</td>
<td>207</td>
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<tr>
<td>2:45pm - 4:45pm</td>
<td>General Sessions</td>
<td>Clinical Practice S16 Is the Time Ripe for Quantitative Measures in the Management of Insomnia?</td>
<td>601</td>
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<tr>
<td>2:45pm - 4:45pm</td>
<td>General Sessions</td>
<td>Basic Research O31 Neurobiology of Sleep in Health and Disease</td>
<td>404</td>
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<tr>
<td>2:45pm - 4:45pm</td>
<td>General Sessions</td>
<td>Human Research S17 Could Chronotype and Sleep Timing Play a Role in Racial/Ethnic Health Disparities?</td>
<td>402</td>
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</table>
How do you sleep?

See how your sleep compares to others

Visit Booth 535
Engaged patients are adherent patients

myAir
Patient engagement program

How do you give your patients the best chance at sticking with CPAP? Keeping them engaged is a good place to start. myAir uses a nightly sleep score and interactive coaching to help patients become active participants in their therapy. And with 84% of new patients using myAir achieving compliance in 90 days,1 the results speak for themselves. myAir is free and doesn’t require technology pairing or complicated setup. It’s available to ResMed Air10™ device users.

Learn more at
SLEEP 2016, booth #513

Best Practices for Managing Narcolepsy and Obstructive Sleep Apnea: Evidence-Based Strategies and Solutions

AGENDA

6:45 PM Introduction
Thomas Scammell, MD (Chair)

6:50 PM Narcolepsy: Diagnostic Challenges and Solutions
Thomas Scammell, MD

7:10 PM Current and Emerging Treatment Strategies in Managing Narcolepsy
Michael Thorpy, MD

7:30 PM Excessive Daytime Sleepiness in Obstructive Sleep Apnea: Diagnostic Assessment and Therapeutic Approaches
Phyllis Zee, MD, PhD

7:50 PM Interactive Case Presentation
Richard Bogan, MD

8:10 PM Expert Panel Discussion on Narcolepsy and OSA

8:25 PM Question and Answer Session

8:45 PM Conclusion of Program

CHAIR

Thomas Scammell, MD
Professor of Neurology
Harvard Medical School
Boston, Massachusetts

FACULTY

Richard Bogan, MD
Associate Clinical Professor
University of South Carolina School of Medicine
Columbia, South Carolina

Michael Thorpy, MD
Professor of Neurology
Albert Einstein College of Medicine
Bronx, New York

Phyllis Zee, MD, PhD
Professor of Neurology, Neurobiology, and Physiology
Feinberg School of Medicine
Northwestern University
Chicago, Illinois

Monday, June 13, 2016
Registration and Dinner 6:15 PM – 6:45 PM
Symposium 6:45 PM – 8:45 PM

Hyatt Regency Denver at Colorado Convention Center
Centennial Ballroom A,B,C,D
650 15th Street
Denver, Colorado
Keynote Address

Yang Dan, PhD  
**I07: Neural Circuits for Sleep Control**  
Tuesday, June 14  
11:25 am  
Room 203

Howard Hughes Investigator and Professor of Neurobiology at University of California, Berkeley

Dr. Dan’s research focuses on what circuits in the mammalian brain control sleep, and mechanisms by which the frontal cortex exerts top-down executive control.

Jack Edinger, PhD  
**I04: Cognitive Behavioral Insomnia Therapy (CBTI): Final Product or Work in Progress?**  
Tuesday, June 14  
8:00 am  
Room 203

Professor in the Department of Medicine, Division of Pulmonology, Critical Care and Sleep Medicine, at National Jewish Health, Denver, Colorado

Dr. Edinger’s research focuses on insomnia.

Steve Kay, PhD  
**I10: Circadian Rhythms in Health and Disease**  
Wednesday, June 15  
1:30 pm  
Room 601

President, The Scripps Research Institute

Dr. Kay’s research focuses on molecular basis for circadian rhythms in plants, animals and humans.

Charles Morin, PhD  
**I03: Insomnia: Natural History, Public Health Burden, and Treatment**  
Monday, June 13  
1:45 pm  
Room 601

Professor of Psychology and Director of the Sleep Research Center at Université Laval in Quebec City, Canada

Dr. Morin’s research is focused in behavioral sleep medicine with insomnia.
Sairam Parthasarathy, MD  
I02: Health Services Research in Sleep Medicine  
Monday, June 13  
1:45pm  
Room 203

Professor of Medicine and Director for the Center of Sleep Disorders at the University of Arizona

Dr. Parthasarathy’s research focuses on sleep and breathing in both ambulatory and critically ill patients and peer-driven intervention for promotion of CPAP adherence.

Shantha Rajaratnam, PhD  
I06: Circadian Phase: Developing Practical Tools Through Effective Collaborations with Industry, Government and Academia  
Tuesday, June 14  
10:20am  
Room 203

Chair of the Monash Sleep Network, leading the Monash Sleep and Circadian Medicine Laboratory

Dr. Rajaratnam’s research focuses on circadian mechanisms and sleep-wake disturbances.

Carol Rosen, MD  
I08: Sleep Disordered Breathing in Youth: An Evolution in Our Understanding  
Tuesday, June 14  
1:30pm  
Room 203

Department of Pediatrics at Case Western Reserve University School of Medicine in the Division of Pediatric Pulmonary, Allergy/Immunology and Sleep Medicine at University Hospitals-Case Medical Center

Dr. Rosen’s research focuses in sleep disordered breathing in children.

Thomas Scammell, MD  
I09: The Brain Circuitry of Narcolepsy: Mechanistic and Therapeutic Insights  
Tuesday, June 14  
1:30pm  
Room 601

Thomas Roth Lecture of Excellence  

Professor of Neurology at Harvard Medical School, Beth Israel Deaconess Medical Center, and Boston Children’s Hospital, Boston, Massachusetts

Dr. Scammell’s research focuses on identifying the neural mechanisms that control sleep and wakefulness.

Nathaniel Watson, MD, MS  
I05: Exploring the Economic Benefits of OSA Diagnosis and Treatment  
Tuesday, June 14  
9:05am  
Room 203

President of the American Academy of Sleep Medicine and professor of neurology at the University of Washington in Seattle, co-director of the University of Washington Medicine Sleep Center and director of the Harborview Medical Center Sleep Clinic

Dr. Watson’s research focuses on diagnosing and treating clinical sleep diseases of all types, including sleep-disordered breathing, insomnia and narcolepsy.
Trainee Symposia Series
The 21st Annual Sleep Research Society Trainee Symposia Series will be held Sunday, June 12, 2016, at the Colorado Convention Center. The event is free to AASM and/or SRS student members who registered by April 20, 2016. On-site registration for this program is not available.

SUNDAY, JUNE 12, 2016

Workshop 1: 8:00am – 9:00am
Sleep, Beta-amyloid and Aging
Room 105
Yo-El Ju, MD

Drosophila Models of Sleep Disorders
Room 107
Amanda Freeman, PhD

Behavioral Circadian Rhythms Across the Lifespan
Room 108
Natalie Dautovich, PhD

Sleep in Children with Autism: Current Research and Future Directions
Room 109
Kiran Maski, MD

The Development of Sleep-Dependent Learning and Emotional Regulation
Room 110
Jared Saletin, PhD

Sleep in Extreme Environments
Room 111
LCDR Christopher Steele, PhD, and Benita Middleton, PhD

Building a Career in Sleep Research
Room 112
Brant Hasler, PhD, Katherine Sharkey, MD, PhD, and David Dinges, PhD

How to Get the Most Out of Existing Datasets
Room 113
Sanjay Patel, MD

Workshop 2: 9:10am – 10:10am
Sleep and the Immune System
Room 105
Janet Mullington, PhD

Introduction to Research Methods in Circadian Rhythms
Room 107
Kenneth Wright Jr, PhD

Factors Affecting Sleep Patterns Across Early Adolescent Development
Room 108
Mary Carskadon, PhD

Sleep Across Adulthood
Room 109
Jeanne Duffy, MBA, PhD

The Role of Sleep in Motor Skill Learning Across Development
Room 110
Rebecca Spencer, PhD

Alternative Career Pathways for Sleep Researchers
Room 111
Christine Acebo, PhD, Erin Flynn-Evans, PhD, RPSGT and Christopher Winrow, PhD

Responding to Reviewer’s Comments
Room 112
Judith Owens, MD, Kingman Strohl, MD, and Ronald Szymusiak, PhD

Innovations in Insomnia Research: An Ideas Blitz
Room 113
Jason Ong, PhD, Michael Perlis, PhD, Donn Poser, PhD, and Jason Ellis, PhD

Workshop 3: 10:20am – 11:20am
Sleep, Circadian Systems and Metabolism
Room 105
Frank Scheer, PhD

Sleep and Brain Plasticity Across the Lifespan
Room 107
Marcos Frank, PhD

Developing Leadership Skills: The Value of Becoming Involved at the Local and National Level
Room 108
Sean Drummond, PhD

Tips on Writing Manuscripts
Room 109
Michael Grandner, PhD
Actigraphy for Sleep and Circadian Research Across Development
Room 110
Hawley Montgomery-Downs, PhD, and Stephanie Crowley, PhD

Sleep and Cannabis
Room 111
Kimberly Babson, PhD

Cross-Cultural Differences in Pediatric Sleep
Room 112
Jodi Mindell, PhD

Drowsy Driving
Room 113
Torbjörn Åkerstedt, PhD

Workshop 4: 11:30am – 12:30pm

Neural Mechanisms of Narcolepsy
Room 105
Thomas Scammell, MD

The NIH Peer Reviewed Grant Competition: A Program Officer’s Perspective
Room 107
Michael Twery, PhD

Translational Sleep Science: Integrated Workplace Interventions
Room 108
Orfeu Buxton, PhD

Social Determinants of Sleep Health
Room 109
Lauren Hale, PhD

Sleep and Traumatic Brain Injury
Room 110
Kris Weymann, PhD, RN

Goals and Strategies of the Society for Women’s Health Research Sleep Network: Promoting Focus on Sex and Gender In Sleep and Circadian Research
Room 111
Susan Redline, MD, Phyllis Zee, MD, PhD and Jessica Mong, PhD

Napping Across the Lifespan
Room 112
Monique LeBourgeois, PhD, Sara Mednick, PhD, and Christina McCrae, PhD

Sleep, Circadian Rhythms and Neurodegeneration
Room 113
Aleksander Videnovic, MD

The Trainee Development Suite offers SRS trainee members the opportunity to network with other trainees, experienced researchers, and mentors in sleep and circadian science throughout SLEEP 2016. Breakfast and Lunch Sessions require registration and may include guest speakers, panel discussion, small group mentorship, and/or advice for different levels of training.
In order to register for postgraduate courses, you must be registered for SLEEP 2016. The APSS does not offer registration to attend only postgraduate courses. All postgraduate courses require additional registration fees. Tickets for available session can be purchased at the SLEEP 2016 registration counters.

The APSS will provide postgraduate course materials in an electronic format only. Prior to the meeting, attendees who pre-registered were allowed to download and print the course materials. Please note that the APSS will not supply computers or tablets to view the material or power for computers or tablets. It is imperative that attendees wishing to view the course materials on their laptops or tablets have them sufficiently powered prior to arrival at the meeting each day.

**C01: Year in Review 2016**
*Four Seasons Ballroom 4 | 8:00am – 5:00pm*

**Chairs:** Glen Greenough, MD and Ravi Allada, MD  
**Faculty:** Isabelle Arnulf, MD, Shahrokh Javaheri, MD, Yo-El Ju, MD, Andrew Krystal, MD, Judith Owens, MD, Michael Sateia, MD, and Henry Yaggi, MD

**Agenda:**

| 8:00am – 8:15am | Introduction |
| 8:15am – 9:00am | Insomnia |
| 9:00am – 9:45am | Primary Hypersomnia |
| 9:45am – 10:00am | Break |
| 10:00am – 10:45am | Psychiatric Disease and Sleep |
| 10:45am – 11:30am | Central Sleep Apnea |
| 11:30am – 12:00pm | Q&A |
| 12:00pm – 1:00pm | Lunch (on your own) |
| 1:00pm – 1:15pm | Introduction |
| 1:15pm – 2:00pm | Circadian Sleep Science |
| 2:00pm – 2:45pm | Neurological Disease and Sleep |
| 2:45pm – 3:00pm | Break |
| 3:00pm – 3:45pm | Pediatric Sleep Medicine |
| 3:45pm – 4:30pm | Obstructive Sleep Apnea |
| 4:30pm – 5:00pm | Q&A |

**C02: Trends in Sleep Medicine**
*Four Seasons Ballroom 2, 3 | 8:00am – 5:00pm*

**Chairs:** Neil Freedman, MD and Kenneth P Wright, Jr, PhD  
**Faculty:** Peter Gay, MD, Shahrokh Javaheri, MD, Tim Morgenthaler, MD, Susheel Patil, MD, PhD, Shantha Rajaratnam, PhD, Susan Redline, MD, Ryan Soose, MD, and Lisa Wolfe, MD

**Agenda:**

| 8:00am – 8:15am | Introduction |
| 8:15am – 9:00am | The Sleep Center of the Future |
| 9:00am – 9:45am | Big Data and Sleep Medicine |
| 9:45am – 10:00am | Break |
| 10:00am – 10:45am | The Monitored Self and Sleep |
| 10:45am – 11:30am | Circadian Medicine in Clinical Practice |
| 11:30am – 12:00pm | Q&A |
| 12:00pm – 1:00pm | Lunch (on your own) |
| 1:00pm – 1:15pm | Introduction |
| 1:15pm – 2:00pm | New Surgical Approaches for the Management of OSA |
| 2:00pm – 2:45pm | Management of Central Sleep Apnea: Beyond SERVE HF |
| 2:45pm – 3:00pm | Break |
| 3:00pm – 3:45pm | Managing Chronic Respiratory Failure for the Sleep Physician |
| 3:45pm – 4:30pm | Perioperative and In-Hospital Management of OSA |
| 4:30pm – 5:00pm | Q&A |
### C03: Behavioral Sleep Medicine from Basic Science to Clinical Care: What the Evidence Shows and How to Use it in Your Practice
**Room 601 | 8:00am - 5:00pm**

**Chair:** Jack Edinger, PhD and James Wyatt, PhD  
**Faculty:** J. Todd Arnedt, PhD, Colleen Carney, PhD, Valerie Crabtree, PhD, Anne Germain, PhD, Jason Ong, PhD, Michael Smith, PhD, and James Wyatt, PhD

**Agenda:**

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<tr>
<th>Time</th>
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<tr>
<td>8:00am – 8:15am</td>
<td>Introduction</td>
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<tr>
<td>8:15am – 9:00am</td>
<td>CBT Delivery in those with Co-Occurring Depression and Anxiety</td>
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<tr>
<td>9:00am – 9:45am</td>
<td>Behavioral Sleep Medicine Techniques for Sleep Apnea Patients</td>
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<td>9:45am – 10:00am</td>
<td>Break</td>
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<td>10:00am – 10:45am</td>
<td>BSM Interventions for Patients with Alcohol Use Disorders</td>
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<tr>
<td>10:45am – 11:30am</td>
<td>Managing Sleep Difficulties Among Patients with Chronic Pain</td>
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<td>11:30am – 12:00pm</td>
<td>Lunch (on your own)</td>
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<tr>
<td>12:00pm – 1:00pm</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
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### C04: Pediatric Sleep Medicine Course
**Four Seasons Ballroom 1 | 8:00am -5:00pm**

**Chair:** Rosalia Silvestri, MD  
**Faculty:** Catherine Hill, MSc, Osman Ipsiroglu, MD, Suresh Kotagal, MBBS, Lino Nobili, MD, PhD, Judith Owens, MD, Carol Rosen, MD, and Arthurs Walters, MD

**Agenda:**

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<tr>
<td>8:00am – 8:15am</td>
<td>Introduction</td>
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<tr>
<td>8:15am – 9:00am</td>
<td>Pediatric Insomnia Spectrum: From Diagnosis to Therapeutic Strategies</td>
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<tr>
<td>9:00am – 9:45am</td>
<td>Pediatric Narcolepsy and Other Hypersomnia</td>
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<td>9:45am – 10:00am</td>
<td>Break</td>
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<td>10:00am – 10:45am</td>
<td>Pediatirc OSA: Diagnosis, Therapy and Outcome</td>
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<tr>
<td>10:45am – 11:30am</td>
<td>Differential Diagnosis and Management of Disorders of Arousal and Nocturnal Epilepsy</td>
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<td>11:30am – 12:00pm</td>
<td>Q&amp;A</td>
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<td>12:00pm – 1:00pm</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
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<td>1:15pm – 2:00pm</td>
<td>Growing Pains and Pediatric RLS</td>
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<tr>
<td>2:00pm – 2:45pm</td>
<td>Sleep Disorder and ADHD: Diagnostic and Therapeutic Challenges</td>
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<td>2:45pm – 3:00pm</td>
<td>Break</td>
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<tr>
<td>3:00pm – 3:45pm</td>
<td>Sleep Disorders and its Impact on Cognitive Development and Quality of Life in Children with Major Developmental Neuropsychiatric Disabilities</td>
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<td>3:45pm – 4:30pm</td>
<td>New Assessment Tools for the Differential Diagnosis of Hypermotor Events in Developmentally Challenged Children</td>
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<td>4:30pm – 5:00pm</td>
<td>Q&amp;A</td>
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C05: Restless Legs Syndrome: New Treatment Guidelines, Augmentation and Advances in Non-Dopamine Treatment Options

Room 605 | 8:00am - 12:00pm

Chair: Richard Allen, PhD

Faculty: Diego Garcia-Borreguero, MD, William Ondo, MD, and Michael Silber, MBChB

Agenda:

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<tr>
<td>8:00am - 8:15am</td>
<td>Introduction</td>
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<tr>
<td>8:15am - 9:00am</td>
<td>New Guidelines for Initial RLS/WED Treatment</td>
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<tr>
<td>9:00am - 9:45am</td>
<td>Identification and Response to Dopamine Augmentation</td>
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<td>9:45am - 10:00am</td>
<td>Break</td>
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<td>10:00am - 10:30am</td>
<td>Opioid Treatment Options</td>
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<td>10:30am - 11:15am</td>
<td>Iron Treatments</td>
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<td>11:15am - 11:45am</td>
<td>Refractory RLS – Treatment Options</td>
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<tr>
<td>11:45am - 12:00pm</td>
<td>Discussion &amp; Case Review</td>
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C06: Interface of Neurology and Sleep Medicine

Room 605 | 1:00pm - 5:00pm

Chair: Alon Avidan, MD

Faculty: Carl Bazil, PhD, Devin Brown, MD, and Madeleine Grigg-Damberger, MD

Agenda:

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<td>1:00pm - 1:15pm</td>
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<tr>
<td>1:15pm - 2:00pm</td>
<td>Sleep and Cerebrovascular Disease</td>
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<td>2:00pm - 2:45pm</td>
<td>Sleep, Epilepsy and EEG</td>
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<td>2:45pm - 3:00pm</td>
<td>Break</td>
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<tr>
<td>3:00pm - 3:45pm</td>
<td>Sleep and Neurodegenerative Disease</td>
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<tr>
<td>3:45pm - 4:30pm</td>
<td>REM Sleep Behavior Disorder</td>
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<td>4:30pm - 5:00pm</td>
<td>Q&amp;A</td>
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C07: 2016 State of the Art for Clinical Practitioners
Four Seasons Ballroom 2, 3 | 8:00am – 5:00pm

**Chairs:** Charles Atwood, MD and Charlene Gamaldo, MD

**Faculty:** Patrick Strollo, MD, Daniel Buysse, MD, Nancy Collop, MD, Michael Howell, MD, Shalini Paruthi, MD, Kathleen Sarmiento, MD, Michael Smith, PhD, and Lynn Marie Trotti, MD

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<td>Upper Airway Pacing for OSA</td>
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<td>9:00am – 9:45am</td>
<td>Evaluating and Treating the Hypersomnia Patient</td>
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<td>Break</td>
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<tr>
<td>10:00am – 10:45am</td>
<td>Insomnia in the 21st Century</td>
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<td>10:45am – 11:30am</td>
<td>RLS and Parasomnia: Treatment Updates and Consideration</td>
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<td>11:30am – 12:00pm</td>
<td>Q&amp;A</td>
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<td>Lunch (on your own)</td>
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<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
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<td>1:15pm – 2:00pm</td>
<td>The Sleep and Pain Relationship</td>
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<td>2:00pm – 2:45pm</td>
<td>Sleep in Veterans</td>
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<td>2:45pm – 3:00pm</td>
<td>Break</td>
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<tr>
<td>3:00pm – 3:45pm</td>
<td>Pediatric Sleep Update</td>
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<td>3:45pm – 4:30pm</td>
<td>Sleep Apnea Treatment Options a Year After ASV</td>
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<tr>
<td>4:30pm – 5:00pm</td>
<td>Q&amp;A</td>
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C08: Bringing PAP Management into Your Sleep Practice
Room 605 | 8:00am – 12:00pm

**Chair:** Lawrence Epstein, MD

**Faculty:** Rohit Budhiraja, MD, Alejandro Chediak, MD, and Carolyn Winter-Rosenberg

**Agenda:**

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<tr>
<td>8:00am – 8:15am</td>
<td>Introduction</td>
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<tr>
<td>8:15am – 9:00am</td>
<td>The Steps to Starting a PAP Management Program</td>
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<td>9:00am – 9:45am</td>
<td>Legal, Regulatory and Billing Issues with PAP Management</td>
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<tr>
<td>9:45am – 10:00am</td>
<td>Break</td>
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<tr>
<td>10:00am – 10:45am</td>
<td>Autotitrating Devices: Function and Role</td>
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<tr>
<td>10:45am – 11:30am</td>
<td>Managing PAP Adherence</td>
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<td>Q&amp;A</td>
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C09: Diagnosis and Treatment of Circadian Rhythm Sleep-Wake Disorders: An Update for 2016
Four Seasons Ballroom 4 | 8:00am – 12:00pm

**Chair:** Katherine Sharkey, MD, PhD

**Faculty:** R. Robert Auger, MD, Helen Burgess, PhD, and Jonathan Emens, MD

**Agenda:**

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<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>8:00am – 8:05am</td>
<td>Introduction</td>
</tr>
<tr>
<td>8:05am – 8:30am</td>
<td>Basics of Circadian Rhythms - Definitions &amp; Disorders</td>
</tr>
<tr>
<td>8:30am – 9:20am</td>
<td>2015 AASM Practice Guidelines – Process/DSPD</td>
</tr>
<tr>
<td>9:20am – 9:45am</td>
<td>N24 &amp; Blindness</td>
</tr>
<tr>
<td>9:45am – 10:00am</td>
<td>Break</td>
</tr>
<tr>
<td>10:00am – 10:45am</td>
<td>ASPD/Jet Lag/Shift work</td>
</tr>
<tr>
<td>10:45am – 11:30am</td>
<td>ISWRD &amp; Dementia/Neurologic Disorders/Assessing Circadian Rhythms in Clinical Practice</td>
</tr>
<tr>
<td>11:30am – 11:45am</td>
<td>Assessing Circadian Rhythms in Research Settings</td>
</tr>
<tr>
<td>11:45am – 12:00pm</td>
<td>Q&amp;A</td>
</tr>
</tbody>
</table>
C10: ABCs of Effective Management of Clinical Trials in Sleep Medicine
Room 601 | 8:00am – 12:00pm
Chair: Sairam Parthasarathy, MD
Faculty: Megan Crawford, PhD, Elizabeth Kneeland-Szanto, MBA, and Jason Ong, PhD

Agenda:

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00am – 8:15am</td>
<td>Introduction</td>
</tr>
<tr>
<td>8:15am – 9:00am</td>
<td>Management and Implementation of Behavioral Clinical Trials in Sleep Medicine: A PI's Perspective</td>
</tr>
<tr>
<td>9:00am – 9:45am</td>
<td>Data and Safety Monitoring in Clinical Trials</td>
</tr>
<tr>
<td>9:45am – 10:00am</td>
<td>Break</td>
</tr>
<tr>
<td>10:00am – 10:45am</td>
<td>Strategies to Enhance Recruitment, Retention and Adherence in Clinical Trials</td>
</tr>
<tr>
<td>10:45am – 11:30am</td>
<td>Use of Information Technology in Clinical Trials</td>
</tr>
<tr>
<td>11:30am – 12:00pm</td>
<td>Q&amp;A</td>
</tr>
</tbody>
</table>

C11: Actigraphy and Fitness/Sleep Trackers in Adults and Children: Fundamentals and Applications
Four Seasons 1 | 8:00am – 12:00pm
Chair: Michael Grandner, PhD
Faculty: Sonia Ancoli-Israel, PhD, Lisa Meltzer, PhD, and Sara Nowakowski, PhD

Agenda:

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00am – 8:15am</td>
<td>Introduction</td>
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<tr>
<td>8:15am – 9:00am</td>
<td>Movement-Based Sleep Estimation: Basic Principles and Underlying Technology</td>
</tr>
<tr>
<td>9:00am – 9:45am</td>
<td>Applications of Actigraphy in Adult Populations</td>
</tr>
<tr>
<td>9:45am – 10:00am</td>
<td>Break</td>
</tr>
<tr>
<td>10:00am – 10:45am</td>
<td>Applications of Actigraphy in Pediatric Populations</td>
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<tr>
<td>10:45am – 11:30am</td>
<td>Fitness/Sleep Trackers: Accuracy and Clinical Applications</td>
</tr>
<tr>
<td>11:30am – 12:00pm</td>
<td>Q&amp;A</td>
</tr>
</tbody>
</table>

C12: Sleep’s Strange Bedfellows: Coordinating Case With Medical Specialties
Room 605 | 1:00pm – 5:00pm
Chair: Douglas Kirsch, MD
Faculty: Raman Malhotra, MD, David Plante, MD, and Jaspal Singh, MD

Agenda:

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
</tr>
<tr>
<td>1:15pm – 2:00pm</td>
<td>Sleep and Pulmonary Medicine</td>
</tr>
<tr>
<td>2:00pm – 2:45pm</td>
<td>Sleep and Cardiology: At the Heart of the Matter</td>
</tr>
<tr>
<td>2:45pm – 3:00pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:00pm – 3:45pm</td>
<td>Comorbidity City: Traversing the Intersections of Sleep Medicine and Psychiatry</td>
</tr>
<tr>
<td>3:45pm – 4:30pm</td>
<td>Sleep and Neurology: Interconnections and Synapses</td>
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<tr>
<td>4:30pm – 5:00pm</td>
<td>Q&amp;A</td>
</tr>
</tbody>
</table>
**C13: Beyond PSG: Sleep Measurement for Research and Clinical Practice in Pediatrics**  
Room 601 | 1:00pm - 5:00pm  
**Chair:** Sarah Honaker, PhD  
**Faculty:** Kristin Avis, PhD, Valerie Crabtree, PhD, and Lisa Meltzer, PhD

**Agenda**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
</tr>
<tr>
<td>1:15pm – 2:00pm</td>
<td>Clinical Interview Strategies and Assessing Co-morbid Conditions</td>
</tr>
<tr>
<td>2:00pm – 2:45pm</td>
<td>Rating Scales and Physiological Measures</td>
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<tr>
<td>2:45pm – 3:00pm</td>
<td>Break</td>
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<tr>
<td>3:00pm – 3:45pm</td>
<td>Actigraphy</td>
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<tr>
<td>3:45pm – 4:30pm</td>
<td>Measuring Adherence to Positive Airway Pressure (PAP)</td>
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<tr>
<td>4:30pm – 5:00pm</td>
<td>Q&amp;A</td>
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</tbody>
</table>

**C14: Difficult Cases That Keep You up at Night: Case-Based Review of Challenging Clinical Scenarios for the Sleep Medicine Specialist**  
Four Seasons Ballroom 4 | 1:00pm - 5:00pm  
**Chair:** Raman Malhotra, MD  
**Faculty:** Alon Avidan, MD, Lee Brown, MD, and Douglas Kirsch, MD

**Agenda**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
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<tr>
<td>1:15pm – 2:00pm</td>
<td>Sleep-disordered Breathing Without Upper Airway Obstruction: Can’t Breathe or Won’t Breathe?</td>
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<tr>
<td>2:00pm – 2:45pm</td>
<td>Confusing Convoluted Conundrums in Clinic</td>
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<tr>
<td>2:45pm – 3:00pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:00pm – 3:45pm</td>
<td>Parasomnia Syndromes</td>
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<tr>
<td>3:45pm – 4:30pm</td>
<td>Complex Cases in Sleep Testing: The Answer is Not Always Zzzzzz</td>
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<tr>
<td>4:30pm – 5:00pm</td>
<td>Q&amp;A</td>
</tr>
</tbody>
</table>

**C15: The Pervasive Relationship Between Sleep and Mental Health: Deleterious Effects and Therapeutic Outcomes**  
Four Seasons 1 | 1:00pm - 5:00pm  
**Chair:** Thomas Balkin, PhD, Chair  
**Faculty:** Vincent Capaldi II, MD, Tracy Doty, PhD, Qian Luo, PhD, and Guido Simonelli, MD

**Agenda**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1:00pm – 1:15pm</td>
<td>Introduction</td>
</tr>
<tr>
<td>1:15pm – 2:00pm</td>
<td>Underlying Neuro-Affective Mechanisms of Sleep Loss</td>
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<tr>
<td>2:00pm – 2:45pm</td>
<td>Disordered Sleep in Mental Illness</td>
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<tr>
<td>2:45pm – 3:00pm</td>
<td>Break</td>
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<tr>
<td>3:00pm – 3:45pm</td>
<td>Promoting Resiliency Through Sleep</td>
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<td>3:45pm – 4:30pm</td>
<td>Applying Sleep Science to Behavioral Healthcare</td>
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<tr>
<td>4:30pm – 5:00pm</td>
<td>Q&amp;A</td>
</tr>
</tbody>
</table>
Meet the Professors Sessions

**Monday, June 13, 12:45pm - 1:45pm**

- **M01: Gently Implementing AASM Quality Metrics in Practice: Tales from a Fellow Traveler**
  - Timothy Morgenthaler, MD
  - Room 105

- **M02: Oral Appliance: What Sleep Physicians Needs to Know about the Recent Guideline Paper**
  - Kannan Ramar, MD
  - Room 107

- **M03: Light from Electronic Media and Sleep**
  - Anne-Marie Chang, PhD
  - Room 108

- **M04: Beyond Straightforward OSA: How to Use Advanced PAP Modalities to Manage Complicated Sleep Breathing Disorders**
  - Christine Won, MD
  - Room 109

- **M05: Pediatric Consensus Conference: Sleep Duration Recommendations**
  - Shalini Paruthi, MD
  - Room 110

**Tuesday, June 14, 12:30pm - 1:30pm**

- **M06: Scoring Manual Update**
  - Richard Berry, MD
  - Room 105

- **M07: Circadian Rhythms and Cardiometabolic Health**
  - Frank Scheer, PhD
  - Room 107

- **M08: Management of Mild Pediatric OSA**
  - Matthew Troester, DO
  - Room 108

- **M09: ICD-10 Update and Tricks of the Trade**
  - Fariha Abbasi-Feinberg, MD
  - Room 109

- **M10: The Use of BiPAP in the Sleep Medicine Clinic**
  - Lisa Wolfe, MD
  - Room 110

**Wednesday, June 15, 12:30pm - 1:30pm**

- **M11: Accreditation Updates 2016: How Your Sleep Center May be Effected**
  - James Rowley, MD
  - Room 105

- **M12: Evidence-Based Management of Intrinsic Circadian Rhythm Sleep-Wake Disorders: Updated Practice Parameter Guidelines**
  - R. Robert Auger, MD
  - Room 107

- **M13: Maternal Sleep**
  - Katherine Sharkey, MD, PhD
  - Room 108

- **M14: Telemedicine in Sleep: Practical Aspects**
  - Jaspal Singh, MD
  - Room 109

- **M15: EHR: Tips, Tools and Trends**
  - Dennis Hwang, MD
  - Room 110

---

**Meet the Professors**

Enjoy lunch while participating in a discussion lead by a prominent member of the sleep community. Sessions will have no more than 60 participants and will be focused on a specific topic.

**Registration Fees:** Member: $55, Nonmember: $65

*CE Credits for psychologists are not available for these sessions.*

Meals are pre-selected with standard dietary needs in mind and cannot be substituted.
Lunch Debates

**Spend your lunch exploring hot topics in the field of sleep!** Sessions will have approximately 120 participants and will be focused on a specific topic. Lunch is provided.

**Registration Fees:** Member: $40, Nonmember: $50

*CE Credits for psychologists are not available for these sessions.*

<table>
<thead>
<tr>
<th>Lunch Debate Sessions</th>
<th>Room 104</th>
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<tbody>
<tr>
<td><strong>Monday, June 13, 12:45pm - 1:45pm</strong></td>
<td>Room 104</td>
</tr>
<tr>
<td>Lo1: Is Sleep for Remembering or to Prevent Forgetting?</td>
<td>Ravi Allada, MD, Paul Franken, PhD, Jared Saletin, PhD, Robert Stickgold, PhD</td>
</tr>
<tr>
<td><strong>Tuesday, June 14, 12:30pm - 1:30pm</strong></td>
<td>Room 104</td>
</tr>
<tr>
<td>Lo2: Central Sleep Apnea: Does it Matter and Should You Treat It?</td>
<td>Shahrokh Javaheri, MD, Timothy Morgenthaler, MD</td>
</tr>
<tr>
<td><strong>Wednesday, June 15, 12:30pm - 1:30pm</strong></td>
<td>Room 104</td>
</tr>
<tr>
<td>Lo3: PLMs: Where Do They Come From and Do They Matter?</td>
<td>Richard Allen, PhD, David Rye, MD, PhD</td>
</tr>
</tbody>
</table>

*Meals are pre-selected with standard dietary needs in mind and cannot be substituted.*

Conversations with Experts Sessions

**Take your chance!** Get your questions answered by some of the most prominent names in the field of sleep and circadian science in these small-group ticketed sessions. Lunch will not be provided.

**Registration Fees:** Free; but registration is required.

*CE Credits for psychologists and CME credits are not available for these sessions.*

<table>
<thead>
<tr>
<th>Conversations with Experts Sessions</th>
<th>Room</th>
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<tbody>
<tr>
<td><strong>Monday, June 13, 12:45pm - 1:45pm</strong></td>
<td>Room</td>
</tr>
<tr>
<td>E01: Thomas Scammell, MD</td>
<td>111</td>
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<tr>
<td>E02: Jack Edinger, PhD</td>
<td>112</td>
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<tr>
<td>E03: Yang Dan, PhD</td>
<td>113</td>
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<tr>
<td><strong>Tuesday, June 14, 12:30pm - 1:30pm</strong></td>
<td>Room</td>
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<tr>
<td>E04: Charles Morin, PhD</td>
<td>111</td>
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<tr>
<td>E05: Sairam Parthasarathy, MD</td>
<td>112</td>
</tr>
<tr>
<td>E06: Russell Foster, PhD</td>
<td>113</td>
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<tr>
<td><strong>Wednesday, June 15, 12:30pm - 1:30pm</strong></td>
<td>Room</td>
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<tr>
<td>E07: Carol Rosen, MD</td>
<td>111</td>
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<tr>
<td>E08: Shantha Rajaratnam, PhD</td>
<td>112</td>
</tr>
<tr>
<td>E09: Nathaniel Watson, MD, MS</td>
<td>113</td>
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</tbody>
</table>
SEATING

General sessions are open-seating and filled on a first-come, first-served basis. The APSS does its best to match room size with anticipated demand, however, interest in a topic occasionally exceeds seating capacity. Seating limits are strictly enforced by the Convention Center Fire Marshal. We encourage you to arrive at meeting rooms as early as possible for best seating.

POSTER SET-UP

12:00pm – 1:00pm
Exhibit Hall B
Posters should be set-up during this time and should not be removed until 7:00pm

O01: Learning and Memory

1:00pm – 3:00pm
Room 203

Co-chairs: Ted Abel, PhD and Bryce Mander, PhD

0211 1:00pm – 1:15pm
THAT TIME OF THE MONTH: THE EFFECT OF MENSTRUAL CYCLE ON SLEEP-DEPENDENT MEMORY CONSOLIDATION
Sattari N, McDevitt EA, Niknazar M, Ahmadi M, Mednick SC

0212 1:15pm – 1:30pm
TEST EXPECTATION ENHANCES MEMORY CONSOLIDATION ACROSS BOTH SLEEP AND WAKE
Wamsley EJ, Hamilton K, Graveline Y, Manceor S, Parr E

0213 1:30pm – 1:45pm
SELECTIVE CONSOLIDATION OF EMOTIONALLY SALIENT INFORMATION DURING A NAP IS PRESERVED ACROSS AGE
Alger SE, Payne JD

0214 1:45pm – 2:00pm
TEST EXPECTATION ENHANCES MEMORY PERFORMANCE ACROSS WAKE BUT NOT SLEEP
Hopper TS, Stickgold R

0215 2:00pm – 2:15pm
SLEEP, PROSPECTIVE MEMORY, AND AGING
Scullin MK, Krueger M, Daunis M, Tami C, Decker MJ, Bliwise DL

0216 2:15pm – 2:30pm
CHOLINERGIC ENHANCEMENT DURING SLEEP RESCUES DECLARATIVE MEMORIES FROM INTERFERENCE
McDevitt EA, Mednick SC

0217 2:30pm – 2:45pm
THE IMPACT OF SLEEP ON CONCEPT LEARNING
Graveline Y, Wamsley EJ

0218 2:45pm – 3:00pm
ACOUSTIC STIMULATION INCREASES SLOW-WAVE ACTIVITY AND IMPROVES DECLARATIVE MEMORY IN OLDER ADULTS
Papalambros PA, Santostasi G, Malkani RG, Weintraub S, Paller KA, Zee PC

S01: Circadian or Sleep-wake Driven?
Dissecting Central and Peripheral Genome Level Dynamics

1:00pm – 3:00pm
Room 207

Chair: Paul Franken, PhD

1:00pm – 1:30pm
Central and Peripheral Consequences of Sleep Loss; A Systems Genetics Approach in Mice
Paul Franken, PhD

1:30pm – 2:00pm
Genomics of Circadian and Homeostatic Regulation of Sleep in Drosophila Neural Circuits
Ravi Allada, MD

2:00pm – 2:30pm
Sleep and Circadian Rhythms Interact to Regulate the Human Transcriptome; Implications for Health
Simon Archer, PhD

2:30pm – 3:00pm
Sleep-wake and Circadian Modulation of the Human Proteome
Christopher Depner, PhD
# S02: Stress, Hyperarousal and Insomnia

**1:00pm – 3:00pm**  
**Room 104**  
**Chair:** Denise Jarrin, PhD

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>1:00pm – 1:30pm</td>
<td>Sleep Reactivity as a Component in the Evolution of Insomnia</td>
<td>Christopher Drake, PhD</td>
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<tr>
<td>1:30pm – 1:55pm</td>
<td>Stress Reactivity and Hyperarousal in Insomnia</td>
<td>Ivy Chen</td>
</tr>
<tr>
<td>1:55pm – 2:20pm</td>
<td>Cognitive and Metacognitive Processes, Stress Reactivity and Arousal Regulation in Insomnia</td>
<td>Laura Palagini, MD, PhD</td>
</tr>
<tr>
<td>2:20pm – 2:45pm</td>
<td>Work Stress and Sleep: Field Polysomnography and Prospective Epidemiology</td>
<td>Torbjörn Åkerstedt, PhD</td>
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<tr>
<td>2:45pm – 3:00pm</td>
<td>Q&amp;A and Discussion</td>
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</tbody>
</table>

**Refreshment Break**  
3:00pm – 3:15pm

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# O02: Genetics and Genomics of Sleep

**3:15pm – 5:15pm**  
**Room 207**  
**Co-chairs:** Simon Archer, PhD, and Roni Anafi, MD, PhD

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>3:15pm – 3:30pm</td>
<td>SLEEP ARCHITECTURE PREDICTS LIFESPAN AND BIOLOGICAL DIFFERENCES IN DROSOPHILA</td>
<td>Fiebelman C, Olbricht G, Wang L, Samaranayake V, Thingan M</td>
</tr>
<tr>
<td>3:30pm – 3:45pm</td>
<td>THE NAD+ PRODRUG NMN INCREASES SLEEP TIME IN CLOCK MUTANT AND WILD-TYPE MICE</td>
<td>Vitaterna MH, Peek CB, Ramsey KM, Olker C, Song E, Gao VD, Bass JT, Turek FW</td>
</tr>
<tr>
<td>3:45pm – 4:00pm</td>
<td>NONINVASIVE SLEEP MONITORING IN LARGE SCALE SCREENING OF MOUSE KNOCKOUTS (KOMP2) PRODUCES HIGH HIT RATE WITH IMPLICATIONS FOR SLEEP AND BEHAVIORAL STUDIES</td>
<td>Sethi M, Joshi SS, Striz M, Cole N, Ryan J, Lhamon ME, Agarwal A, Sukoff Rizzo SJ, Denegre JM, Braun RE, Fardo DW, Donohue KD, Chesler EJ, Svenson KL, O’Hara BF</td>
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</tbody>
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**Download the SLEEP 2016 Mobile App at sleepmeeting.org**  
**to navigate the meeting and evaluate sessions!**
0008 5:00pm – 5:15pm
TRANS-ETHNIC META-ANALYSIS IDENTIFIES SEX AND SLEEP STATE-SPECIFIC GENETIC ASSOCIATIONS WITH OBSTRUCTIVE SLEEP APNEA SEVERITY

003: Circadian Rhythms: Light Exposure and When You Eat
3:15pm – 5:15pm
Room 203

Co-chairs: Katherine Sharkey, MD, PhD, and Ellen Stothard

0128 3:15pm – 3:30pm
CHICAGO TO JAPAN: CIRCADIAN PERIOD AND PHASE SHIFTS IN AFRICAN AND EUROPEAN AMERICANS
Eastman CI, Tomaka VA, Crowley SJ

0129 3:30pm – 3:45pm
LONGITUDINAL ASSESSMENT OF CIRCADIAN PHASE AND CHRONOTYPE ACROSS EARLY CHILDHOOD
Thellman KE, Simpkin CT, Akacem LD, LeBourgeois MK

0130 3:45pm – 4:00pm
EVENING BRIGHT LIGHT SUPPRESSES MELATONIN IN PRESCHOOL AGE CHILDREN
Akacem LD, Schneider SR, Wright KP, LeBourgeois MK

0131 4:00pm – 4:15pm
UNRESTRICTED USE OF LIGHT-EMITTING TABLET COMPUTERS IN THE EVENING DELAYS SELF-SELECTED BEDTIME AND DISRUPS CIRCADIAN SIGNALING AND MORNING ALERTNESS
Chinoy ED, Duffy JF, Czeisler CA

0132 4:15pm – 4:30pm
ASSOCIATIONS BETWEEN SLEEP AND CIRCADIAN TIMING WITH MEASURES OF OBESITY, DIET AND EXERCISE AMONG HEALTHY ADULTS
Baron KG, Reid KJ, Attarian H, Wolfe LF, Zee PC

0133 4:30pm – 4:45pm
THE TIMING OF FOOD INTAKE RELATIVE TO THE ONSET OF MELATONIN PREDICTS BODY FAT PERCENTAGE IN COLLEGE UNDERGRADUATES
McHill AW, Keating L, Yee K, Czeisler CA, Klerman EB

0134 4:45pm – 5:00pm
FASTING DURING NIGHT SHIFT: A STRATEGY TO REDUCE THE METABOLIC IMPACT OF SHIFT-WORK

0135 5:00pm – 5:15pm
DINNER TIMING INTERACTS WITH MTNR1B SNP TO INFLUENCE GLUCOSE TOLERANCE IN NATURAL LATE EATERS
López Mínguez J, Saxena R, Bandín Saura C, Scheer F, Garaulet Aza M

S03: Dynamics of Sleep and Emotion: Pathways to and from Disorders of Emotional Dysregulation
3:15pm – 5:15pm
Room 104

Chair: Patrick Finan, PhD

3:15pm - 3:45pm
Sleep and the Human Emotional Brain
Matthew Walker, PhD

3:45pm - 4:15pm
Effect of Sleep Loss and Sleep Treatments on Neural Responses to Threat and Reward Cues
Anne Germain, PhD

4:15pm – 4:45pm
Sleep Continuity Disruption and the Positive Emotion Spectrum
Patrick Finan, PhD

4:45pm – 5:15pm
Sleep Difficulties as an Upstream Risk Factor for Mental Health Symptoms and Externalizing Behavior in U.S. Soldiers
Phillip Quartana, PhD
SLEEP 2016 will feature cash bar receptions in the Poster Hall on Sunday, Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the discoveries in the field and network with colleagues.

See the SLEEP 2016 mobile app for a complete listing of posters.

Stop by the AASM PAC Booth to register for the 4th Annual AASM PAC Reception!

The event will be held on Sunday, June 12, from 6:00 – 7:00PM at the Hyatt Regency at the Colorado Convention Center. Admission is $100 and includes hors d’oeuvres and (2) drink tickets. All proceeds support the AASM PAC which supports sleep medicine-friendly legislators.

Stop by the AASM PAC booth to:

- Pick up your AASM PAC Donor Ribbon
- Learn about our current legislative activities:
  - Exception to the Stark Law for sleep medicine
  - Support of telemedicine legislation
  - Resolutions addressing:
    - Drowsy driving
    - Prevalence of sleep disease in veterans
    - Increased pervasiveness of sleep apnea among black Americans

Registration Required
INDUSTRY SUPPORTED ACTIVITIES
Please see page 90 for information regarding industry supported activities at SLEEP 2016.

PLENARY SESSION
8:00am – 9:45am
Bellco Theater

Welcome Address
Kenneth P. Wright Jr, PhD, APSS Program Committee Chair

AASM and SRS Presentations

I01: Light, Sleep and Clocks: Neuroscience to Therapeutics
Russell Foster, PhD (Bio on page 36).

POSTER SET-UP
7:00am – 8:00am
Exhibit Hall B
Posters should be set-up during this time and should not be removed until 6:00pm.

EXHIBIT HALL OPEN
Exhibit Hall A
9:45am - 4:00pm

O04: Behavioral and Pharmacological Treatment of Insomnia
10:30am - 12:30pm
Room 601

Co-chairs: Colin Espie, PhD, and Sooyeon Suh, PhD

0557  10:30am – 10:45am
LONG-TERM EFFICACY OF COGNITIVE BEHAVIOR THERAPY FOR MENOPAUSAL INSOMNIA
Fellman-Couture C, Pillai V, Arnedt J, Anderson J, Moss K, Roth T, Drake C

0606  10:45am – 11:00am
RESULTS OF A PILOT RCT COMPARING BRIEF CBT-I TO TREATMENT AS USUAL IN PRIMARY CARE PATIENTS ENDORSING SUICIDAL IDEATION
Pigeon WR, Funderburk J, Bishop T, Crean H, Titus C

0558  11:00am – 11:15am
TREATMENT RESPONSE TO INSOMNIA AS A FUNCTION OF OBJECTIVE SLEEP DURATION
Rochefort A, Jarrin DC, Ivers H, Morin CM

0559  11:15am – 11:30am
EFFECT OF COGNITIVE-BEHAVIORAL VS. PHARMACOLOGICAL TREATMENT OF INSOMNIA ON CARDIOMETABOLIC OUTCOMES: A PILOT STUDY
Vgontzas A, Fernandez-Mendoza J, Gaines J, Bixler E

Refreshment Break in the Exhibit Hall
9:45am – 10:30am

B01: Reducing Cardiovascular Risk in Obstructive Sleep Apnea: Beyond Positive Airway Pressure (PAP) and Current PAP Treatment Criteria
10:30am – 12:30pm
Room 203

Chair: Don Watenpaugh, PhD

10:30am - 11:00am  Role of Oxidative and Inflammatory Stress in Vascular Control after Intermittent Hypoxia: Implications for Obstructive Sleep Apnea
Michael Smith, PhD

11:00am - 11:30am  Angiotensin Receptor Blockers: A Novel Treatment for Intermittent Hypoxia-induced Vascular Disease
Glen Foster, PhD

11:30am - 12:00pm  Managing the Cardiovascular Consequences of OSA-induced Intermittent Hypoxia
J. Woodrow Weiss, MD

12:00pm – 12:30pm  Successful Treatment of Sleep Apnea Involves Much More than Treating Sleep Apnea
Don Watenpaugh, PhD
0607 11:30am – 11:45am
A RANDOMIZED PLACEBO CONTROLLED TRIAL OF CBT-I +/- ARMODAFINIL IN PATIENTS WITH INSOMNIA COMORBID WITH SLEEP APNEA

0560 11:45am – 12:00pm
SEQUENCED THERAPIES FOR COMORBID AND PRIMARY INSOMNIA: UPDATED FINDINGS FROM AN ONGOING RANDOMIZED CONTROLLED TRIAL
Edinger JD, Morin CM, Krysta AD, Beaulieu-Bonneau S, Ivers H, Guay B, Cartwright A, Busby M, Solano A

0561 12:00pm – 12:15pm
GENETIC PREDICTORS OF THE RESPONSE TO COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBTI): A TRIAD STUDY REPORT
Krystal AD, Manber R, Trockel M, Buysse D, Edinger J, Thase M, Hallmayer J

0562 12:15pm – 12:30pm
DO PATIENTS WITH INSOMNIA AND COMORBID MODERATE TO SEVERE, PERSISTENT DEPRESSION RESPOND DIFFERENTLY TO COMBINED DEPRESSION AND INSOMNIA TREATMENT THAN DO THOSE WITH MILD TO MODERATE, LESS PERSISTENT DEPRESSION? A REPORT FROM THE TRIAD STUDY
Bathgate C, Edinger J, Manber R, Buysse DJ, Krystal AD, Thase M, Wisniewski S

0675 10:30am – 10:45am
JZP-110 HAS A LARGE EFFECT SIZE ON THE MAINTENANCE OF WAKEFULNESS TEST IN PATIENTS WITH NARCOLEPSY INDEPENDENT OF 20- OR 40-MINUTE CENSORSHIP OF THE DATA

0676 10:45am – 11:00am
FLUMAZENIL FOR THE TREATMENT OF REFRACTORY HYPERSOMNOLENCE: CLINICAL EXPERIENCE WITH 154 PATIENTS
Trotti L, Saini P, Koola C, LaBarbera V, Bliwise DL, Rye DB

0680 11:45am – 12:00pm
ADHD SYMPTOMS REPORTED IN ADULTS WITH NARCOLEPSY AND IDIOPATHIC HYPERSOMNIA
Kowalczyk S, DeBassio W

0678 11:15am – 11:30am
MAINTENANCE OF WAKEFULNESS TESTING IN EPILEPSY: CORRELATION WITH THE EPWORTH SLEEPINESS SCALE AND EPILEPSY-RELATED VARIABLES

0679 11:30am – 11:45am
CORRELATION BETWEEN THE EPWORTH SLEEPINESS SCALE AND THE MAINTENANCE OF WAKEFULNESS TEST IN PATIENTS WITH NARCOLEPSY PARTICIPATING IN TWO CLINICAL TRIALS OF SODIUM OXYBATE
Erman M, Emsellem H, Black J, Mori F, Mayer G

0681 12:00pm – 12:15pm
REPEATABILITY OF THE MULTIPLE SLEEP LATENCY TEST IN NARCOLEPSY TYPE 1 AND 2 WITH KNOWN HYPOCRETIN LEVELS OR HLA DQB1*06:02 STATUS
Ruoff C, Einen M, Pizza F, Nevsimalova S, Plazzi G, Mignot E

0682 12:15pm – 12:30pm
INCIDENCE OF NARCOLEPSY SYMPTOMS AMONG THE FAMILY MEMBERS OF NARCOLEPTIC PROBANDS: A LONGITUDINAL STUDY
Ohayon MM
006: Sleep Duration and Quality in Childhood

10:30am – 12:30pm
Room 207

Co-chairs: James Pagel, MD, and Judith Owens, MD

0909 10:30am – 10:45am
INCLUSION OF DIVERSE SAMPLES IN PEDIATRIC BEHAVIORAL SLEEP INTERVENTION STUDIES
Jameyfield BA, Honaker SM, Drozd H, Schwichtenberg AJ

0937 10:45am – 11:00am
SLEEP AND PSYCHOSOCIAL IMPAIRMENT IN CHILDREN RAISED BY GRANDPARENTS IN KIN TECH RANDOMIZED CONTROLLED TRIAL
Pandey A, Littlewood K, Cooper L, McCrae J, Strozier A, Rosenthal M, Hernandez L, McCrae C

0938 11:00am – 11:15am
MATERNAL SOCIOECONOMIC STATUS IS ASSOCIATED WITH CHANGES IN INFANT SLEEP DURATION FROM 3- TO 6-MONTHS OF AGE
Tomfohr-Madsen L, Sedov I, Clayborne Z, Letourneau N, Campbell T, Giesbrecht G

0946 11:15am – 11:30am
ESTIMATING ‘USUAL’ SLEEP DURATION AMONG ADOLESCENTS: COMPARISON OF MULTIPLE SELFREPORT MEASURES AND ACTIGRAPHY
Levenson JC, Buysse DJ, Franzen PL

0947 11:30am – 11:45am
IMPACT OF MIDDLE SCHOOL START TIMES ON SLEEP HEALTH
Temkin D, Princiotta D, Thompson J, Skora E, Lewin D

0928 11:45am – 12:00pm
SLEEP DURATION VARIABILITY PREDICTS ALTERED DORSAL ANTERIOR CINGULATE ACTIVITY DURING A STRESSFUL COGNITIVE INTERFERENCE TASK IN ADOLESCENTS WITH BIPOLAR DISORDER
Soehner AM, Goldstein T, Phillips ML, Siegle G, Franzen PL

0929 12:00pm – 12:15pm
PREDICTING CHRONOTYPE: THE INFLUENCE OF INTERNALIZING DISORDERS
Haraden D, Hankin B, Mullin B

0910 12:15pm – 12:30pm
CHILDHOOD HIGH-FREQUENCY EEG DYNAMICS ARE ASSOCIATED WITH INCIDENT INSOMNIA IN ADOLESCENCE: A LONGITUDINAL STUDY
Li Y, Fernandez-Mendoza J, Calhoun S, Gaines J, Bixler E, Vgontzas A

F01: Getting to the Guts of the Relationship Between Insufficient Sleep and Psychophysiological Wellbeing

10:30am – 12:30pm
Room 404

Chair: Amy Reynolds, PhD

10:30am - 10:55am
The Role of the Gut Microbiome in Health and Disease
Antonio Gonzalez Pena, PhD

10:55am - 11:20am
The Impact of Insufficient Sleep on the Human Microbiome
Josiane Broussard, PhD

11:20am - 11:45am
Sustaining the Troops – Will a Tired Internal Army Have You Fighting a Health War?
Amy Reynolds, PhD

11:45am - 12:10pm
Gut Feelings – The Influence of the Second Brain on Mental Health
Jessica Paterson, PhD

12:10pm – 12:30pm
Health and Performance Implications of Sleeping Outside the Biological Night
Sally Ferguson, PhD
O07: Cognition, Emotion and Behavior
10:30am – 12:30pm
Room 402

Co-chairs: Anne-Marie Chang, PhD, and Jessica Levenson, PhD

0219 10:30am – 10:45am
STRATEGIC GLUCOSE USAGE SUSTAINS PERFORMANCE DURING SLEEP DEPRIVATION
Chandler JF, McEwen K, Creps D, Gereben M, Mathis M

0220 10:45am – 11:00am
IMPACT OF SUSTAINED SLEEP LOSS AND WEEKEND RECOVERY SLEEP ON VIGILANCE PERFORMANCE AND SUBJECTIVE SLEEPINESS
Ritchie HK, Depner CM, Wright KP

0221 11:00am – 11:15am
OBSTRUCTIVE SLEEP APNEA AND ITS ASSOCIATION WITH COGNITIVE PERFORMANCE, EXCESSIVE DAYTIME SLEEPINESS, AND QUALITY OF LIFE IN THE GENERAL POPULATION
Kim H, Thomas RJ, Yun C, Au R, Lee S, Lee S, Shin C

0222 11:15am – 11:30am
MILD TRAUMATIC BRAIN INJURY IMPACTS SLEEPDEPENDENT EMOTIONAL PROCESSES
Mantua J, Henry OS, Garskovas NF, Spencer RM

0169 11:45am – 12:00pm
SLEEP, MOOD, AND NEUROBEHAVIORAL PERFORMANCE IN THE PERINATAL PERIOD
Sarte JC, Machan JT, Blatch S, Quattrucci J, Boni G, Pearlstein TB, Sharkey KM

0170 12:00pm – 12:15pm
SLEEP DISRUPTION IS ASSOCIATED WITH FEARFUL BEHAVIOR IN A MOUSE MODEL OF POST-TRAUMATIC STRESS DISORDER
Akins DJ, Opel RA, Modarres M, Kuzma NN, Gieger MR, Lim MM

LBA: LATE-BREAKING ABSTRACTS
12:45pm – 1:45pm
Room 203

Complete abstract available on pages 86. These sessions do not qualify for CME or CE for Psychologists.

LBA 1 12:45pm – 1:00pm
Galaninergic Neurons in the Ventrolateral Preoptic Area Promote Non-rapid Eye Movement (NREM) Sleep In Mice
Vetrivelan R, Gagliardi C, and Saper CB

LBA 2 1:00pm – 1:15pm
Catechol-O-Methyltransferase (COMT) Genotype Affects Dynamic Decision Making during Sleep Deprivation
Satterfield BC, Hinson JM, Whitney P, Schmidt MA, Wisor JP, Van Dongen HPA

LBA 3 1:15pm – 1:30pm
Sleep Restriction Slows Metabolism and Impairs Performance in Elite Cyclists

LBA4 1:30pm – 1:45pm
Transvenous Stimulation of the Phrenic Nerve to Treat Central Sleep Apnea: Results of a Randomized Trial

Lunch Break
12:30pm – 1:45pm
SRS MEMBERSHIP SECTION MEETINGS

12:45pm – 1:45pm
These meetings are open to all SRS members interested in SRS membership sections.

Basic Sleep Section Meeting
Room 601

Sleep and Behavior Research Section Meeting
Room 404

Sleep Disorders Section Meeting
Room 402

Circadian Rhythms Section Meeting
Room 207

MEET THE PROFESSORS

12:45pm – 1:45pm
Pre-registration is required. See registration desk for full details.

CE credits for psychologists are not available for these sessions.

M01: Gently Implementing AASM Quality Metrics in Practice: Tales from a Fellow Traveler
Room 105
Timothy Morgenthaler, MD

M02: Oral Appliance Therapy: What Sleep Physicians Needs to Know about the Recent Guideline Paper
Room 107
Kannan Ramar, MD

M03: Light from Electronic Media and Sleep
Room 108
Anne-Marie Chang, PhD

M04: Beyond Straightforward OSA: How to Use Advanced PAP Modalities to Manage Complicated Sleep Breathing Disorders
Room 109
Christine Won, MD

M05: Pediatric Consensus Conference: Sleep Duration Recommendations
Room 110
Shalini Paruthi, MD

CONVERSATIONS WITH EXPERTS

12:45pm – 1:45pm
Free, but registration is required. See registration desk for further details.

CE credit for psychologists and CME are not available for these sessions.

E01: Thomas Scammell, MD
Room 111

E02: Jack Edinger, PhD
Room 112

E03: Yang Dan, PhD
Room 113

I02: Health Services in Sleep Medicine
1:45pm – 2:45pm
Room 203
Sairam Parthasarathy, MD (Bio on page 37).
I03: Insomnia: Natural History, Public Health Burden and Treatment
1:45pm – 2:45pm
Room 601
Charles Morin, PhD (Bio on page 36).

O08: Sleep and Chronic Neurological/Neurodegenerative Disorders
1:45pm – 2:45pm
Room 605
Co-chairs: Phyllis Zee, MD, PhD, and Logan Schneider, MD

0697 1:45pm – 2:00pm
CIRCADIAN TIMING AND SLEEP COMPLAINTS IN WOMEN WITH CHRONIC MIGRAINE
Fox RS, Taylor HL, Park M, Snyder S, Burgess HJ, Wyatt JK, Rains J, Ong J

0698 2:00pm – 2:15pm
SLEEP IN NON-DEMENTED PATIENTS WITH PARKINSON’S DISEASE: SHORTER SLEEP DURATIONS PREDICT INCREASED BURDEN IN THEIR CAREGIVERS
Crew EC, Catania C, Anderson LM, Robinson ME, Price CC

0699 2:15pm – 2:30pm
PROGRESSION OF DEMENTIA ASSESSED BY TEMPORAL CORRELATIONS OF PHYSICAL ACTIVITY
Hu K, Riemersma-van der Lek RF, Patxot M, Shea SA, Scheer FA, Van Someren EJ

0700 2:30pm – 2:45pm
OBJECTIVELY MEASURED OBSTRUCTIVE SLEEP APNEA AND THE RISK OF INCIDENT ALZHEIMER’S DISEASE: A LONGITUDINAL ANALYSIS OF OLDER ADULTS WHO UNDERWENT SLEEP STUDY AT TAMPA GENERAL HOSPITAL

O09: Gender Influence on Sleep and Sleep Health
1:45pm – 2:45pm
Room 207
Co-chairs: Michele Okun, PhD, and Fiona Baker, PhD

0997 1:45pm – 2:00pm
OSA AND PSYCHIATRIC SYMPTOMS IN A NATIONAL SAMPLE OF WOMEN VETERANS

0998 2:00pm – 2:15pm
THE RELATIONSHIP BETWEEN SLEEP APNEA, METABOLIC DYSFUNCTION AND INFLAMMATION: THE GENDER INFLUENCE
Albuquerque RG, Hirotsu C, Nogueira H, Hachul H, Bittencourt L, Tufik S, Andersen ML

0999 2:15pm – 2:30pm
THE RELATIONSHIP BETWEEN SLEEP DURATION AND ALCOHOL DRINKING PATTERNS AMONG BLACK AND WHITE MEN AND WOMEN IN THE UNITED STATES
Jackson CL, Kawachi I, Redline S

1000 2:30pm – 2:45pm
SLEEP APNEA AND TESTOSTERONE: GENDER EFFECT IN A POPULATION-BASED STUDY
Tufik SB, Hirotsu C, Bittencourt L, Andersen ML, Tufik S

O10: Sleep: Pluripotent Effects on Disease
1:45pm – 2:45pm
Room 402
Co-chairs: Eric Olson, MD, and Stacey Simon, PhD

0726 1:45pm – 2:00pm
PRE-DIAGNOSIS SLEEP DURATION, NAPPING AND MORTALITY AMONG PATIENTS WITH COLORECTAL CANCER IN A LARGE US COHORT
Xiao Q, Matthews C
0727  2:00pm – 2:15pm  
**OBJECTIVE SHORT SLEEP DURATION IS ASSOCIATED WITH DECREASED LEVELS OF SERUM VITAMIN D: RESULTS FROM A CROSS-SECTIONAL STUDY**  
Piovezan RD, Marcia F, Hirotsu C, Andersen M, Tufik S, Poyares D

0728  2:15pm – 2:30pm  
**INSOMNIA SYMPTOMS ARE ASSOCIATED WITH INCIDENTAL CARDIO- AND CEREBROVASCULAR DISEASE EVENTS IN YOUNG TO MIDDLE-AGED MEN**  
Petrov ME, Li X, Knutson K, Carnethon MR, Lauderdale DS, Lewis CE, Glasser S, Reis JP

0729  2:30pm – 2:45pm  
**KIDNEY FUNCTION TRAJECTORY PRIOR TO SLEEP APNEA DIAGNOSIS AND PAP THERAPY**  
Derose SF, Canales M, Zhou H, Shi JM, Huang B, Barnet JH, Hagen EW, Peppard PE

**O11: Sleep, Circadian Rhythms and Metabolism**  
1:45pm – 2:45pm  
Room 404

**Chair:** Fred Turek, PhD, and Kristen Knutson, PhD

0107  1:45pm – 2:00pm  
**SELECTIVE KNOCKOUT OF BMAL1 IN SKELETAL MUSCLE AND BRAIN HAS DIFFERENTIAL EFFECTS ON SLEEP AND CIRCADIAN PROCESSES**  

0108  2:00pm – 2:15pm  
**METABOLIC DYSREGULATION IN SKELETAL MUSCLE AND ADIPOSE TISSUE FOLLOWING ACUTE SLEEP LOSS IN HEALTHY YOUNG MEN**  
Cedernaes J, Benedict C

0109  2:15pm – 2:30pm  
**INTER-INDIVIDUAL DIFFERENCES IN WAKING AND SLEEP ENERGY EXPENDITURE**  
Melanson EL, Ritchie HK, Dear TB, Catenacci V, Shea K, Connick E, Moehlman TM, Stothard ER, Higgins J, Wright K

0110  2:30pm – 2:45pm  
**TIMING OF DAILY ENERGY INTAKE DISTRIBUTION DIFFERS WITH TIME AWAKE IN OBESE ADOLESCENTS: PRELIMINARY RESULTS FROM FORCED DESYNCHRONY**  
Carskadon MA, Barker D, Raynor HA, Hart CN, Gredvig-Ardito C, Bartz A

**Refreshment Break in the Exhibit Hall**  
2:45pm – 3:00pm

D01: A Crossroads for Sleep Medicine: Challenges, Choices and Your Input  
3:00pm - 5:00pm  
Room 601

**Co-Chairs:** Ronald Chervin, MD, and Jerome Barrett  
**Faculty:** Douglas Kirsch, MD, Allan Pack, PhD, Ilene Rosen, MD, Anita Shelgikar, MD, and Nathaniel Watson, MD, MS

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S04: Novel Approaches for Circadian Entrainment

3:00pm – 5:00pm
Room 207

Chair: Jamie Zeitzer, PhD

3:00pm – 3:30pm  From Light to Therapeutics: a Rodent Study
                    Aarti Jagannath, PhD

3:30pm – 4:00pm  Impact of Caffeine on the Melatonin Rhythm and Cellular Clocks in Humans
                    Kenneth Wright Jr, PhD

4:00pm – 4:30pm  Hacking the Human Biological Clock with Light Flashes
                    Jamie Zeitzer, PhD

4:30pm – 5:00pm  A Global Quantification of Sleep Schedules Using Smartphone Data
                    Daniel Forger, PhD

W01: Hypersomnia: Diagnostic, Scientific and Treatment Challenges

3:00pm – 5:00pm
Room 203

Chair: Lynn Marie Trotti, MD

3:00pm – 3:20pm  Challenges to Traditional Diagnostic Strategies
                    David Rye, PhD

3:20pm - 3:40pm  Hypersomnia in Affective Disorders
                    David Plante, MD

3:40pm – 4:00pm  Differentiating Circadian Rhythm Disorders from Hypersomnia
                    Phyllis Zee, MD, PhD

4:00pm – 4:10pm  Discussion – Diagnostic Challenges

4:10pm – 4:30pm  Hypersomnia Persisting After OSA Treatment
                    Jed Black, MD

4:30pm – 4:50pm  Strategies for Treatment-Refractory Hypersomnia
                    Lynn Marie Trotti, MD

4:50pm – 5:00pm  Discussion – Treatment Challenges

W02: Sleep Apnea Surgery 2016

3:00pm – 5:00pm
Room 605

Chair: Edward Weaver, MD

3:00pm – 3:20pm  Indications & Goals of Sleep Apnea
                    Edward Weaver, MD

3:20pm - 3:45pm  Overview of Surgery Options for Sleep Apnea, Including Bariatric Surgery
                    Jennifer Hsia, MD

3:45pm – 4:10pm  Surgery for Pediatric Sleep Apnea After Adenotonsillectomy
                    Derek Lam, MD

4:10pm – 4:35pm  Update on the Evidence for Sleep Apnea Surgery
                    Raj Dedhia, MD

4:35pm – 5:00pm  Cost-effectiveness of Sleep Apnea Surgery
                    Jonathan Skirko, MD
**S05: Sleep, Metabolism and Biosynthetic Processes**

3:00pm – 5:00pm  
Room 404

**Chair:** Ted Abel, PhD

**3:00pm – 3:15pm**  
Sleep, Circadian Rhythms, and Translational Control  
Ted Abel, PhD

**3:15pm - 3:40pm**  
The Relationship Between Sleep, Circadian Rhythm, Depression and Brain Function  
Janne Grønli, PhD

**3:40pm – 4:05pm**  
Sleep and Movement Disorders  
Andrew Varga, MD, PhD

**4:05pm - 4:30pm**  
Translational Control of the Circadian Clock  
Ruifeng Cao, PhD

**4:30pm - 5:00pm**  
Translating Clocks: Mechanisms of Circadian Protein Synthesis  
Jonathan Lipton, MD, PhD

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**S06: Sleep: A Rising Star for Enhancing Performance in Elite Athletes**

3:00pm – 5:00pm  
Room 402

**Chair:** Charles Samuels, MD

**3:00pm – 3:05pm**  
Introduction  
Charles Samuels, MD

**3:05pm - 3:35pm**  
Effects of Sleep Extension on Performance in Elite Cyclists  
Cheri Mah, MS

**3:35pm – 4:05pm**  
Sleep Interventions in National Team Curlers  
Amy Bender, PhD

**4:05pm - 4:30pm**  
Time Zone Travel Effects on Injury Metrics in the NFL  
Allison Brager, PhD

**4:30pm - 5:00pm**  
Sleep Your Way to a Win  
Meeta Singh, MD

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**POSTER PRESENTATIONS**

4:00pm – 6:00pm  
Exhibit Hall B

SLEEP 2016 will feature cash bar receptions in the Poster Hall on Sunday, Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the discoveries in the field and network with colleagues.

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POSTER SET-UP
7:00am – 8:00am
Exhibit Hall B
Posters should be set-up during this time and should not be removed until 6:00pm.

I04: Cognitive Behavioral Insomnia Therapy (CBTI): Final Product or Work in Progress?
8:00am - 9:00am
Room 203
Jack Edinger, PhD (Bio on page 36).

B02: Circadian Rhythms and Cancer
8:00am - 10:00am
Room 605
Chair: Shelley Knowles, MD

8:00am - 8:05am  Introduction
Shelley Knowles, MD

8:05am - 8:30am  Molecular Integration Between the Circadian Clock and Cellular Physiology
Andrew Liu, PhD

8:30am - 8:55am  Ambient Light, Cancer and Sleep
George Brainard, PhD

8:55am – 9:20am  Circadian Dynamics of Cancer Growth, Metabolism, and Signaling: Consequences of Their Disruption by Light at Night for Cancer Risk and Response to Therapy
David Blask, MD, PhD

9:20am - 9:45am  Cancer, Circadian Dysruction, Light and Sleep
William Hrushesky, MD

9:45am - 10:00am  Q&A and Discussion

O12: Treatment of Sleep Disordered Breathing
8:00am - 10:00am
Room 207
Co-chairs: Peter Gay, MD, and Bernardo Selim, MD

0370  8:00am – 8:15am
COMBINATION OF ORAL APPLIANCE AND CPAP FOR TREATING PATIENTS WITH SEVERE SLEEP APNEA INTOLERANT TO CPAP OF HIGH PRESSURE

0371  8:15am – 8:30am
CONTINUOUS NEGATIVE EXTERNAL PRESSURE (CNEP) FOR THE TREATMENT OF OBSTRUCTIVE SLEEP APNEA (OSA): A PILOT STUDY
Kram JA, Woidtke R, Klein KB, Rose RM

00372  8:30am – 8:45am
DIAGNOSING AND TREATING SLEEP APNEA IN PATIENTS WITH ACUTE CEREBROVASCULAR DISEASE: THE SLEEP TIGHT STUDY
Yaggi HK, Sico J, Concato J, Qin L, Tobias L, Bravata D

0373  8:45am – 9:00am
POSITIVE AIRWAY PRESSURE (PAP) USE IN OBSTRUCTIVE SLEEP APNEA (OSA) TREATMENT AS A FUNCTION OF SLEEP TIME: HOW MUCH SLEEP TIME REMAINS UNTREATED?
Sawyer AM, King TS

0374  9:00am – 9:15am
CORRELATION OF DRUG-INDUCED SEDATION ENDOSCOPY FINDINGS WITH TREATMENT OUTCOME IN OBSTRUCTIVE SLEEP APNEA PATIENTS TREATED WITH ORAL APPLIANCE THERAPY IN A FIXED MANDIBULAR PROTRUSION
0375 9:15am – 9:30am
DURABILITY OF STIMULATION THRESHOLDS AND THERAPY PROGRAMMING AT 36 AND 42 MONTHS OF UNILATERAL CRANIAL NERVE XII STIMULATION FOR TREATMENT OF OBSTRUCTIVE SLEEP APNEA
Cornelius J, Strohl K, Vanderveeken O, Lee K, Coleman M, Ni Q

0376 9:30am – 9:45am
ASSESSING POLYSOMNOGRAPHIC EFFECTS AND SUSTAINED BIOLOGICAL EFFICACY OF ADAPTIVE VENTILATION USING NON-TRADITIONAL SCORING APPROACHES
Gunn S, Naik S, Thomas RJ

0377 9:45am – 10:00am
UPPER AIRWAY STIMULATION: INITIAL EXPERIENCE AND OUTCOMES AT TWO ACADEMIC CENTERS
Huntley C, Soose R, Doghramji K, Boon M

S07: Control of Cortical Activation: New Optogenetic and Chemogenetic Findings
8:00am - 10:00am
Room 404
Chair: Ritchie Brown, PhD

8:00am – 8:30am  Synergistic Control of Cortical Activation by Basal Forebrain Cholinergic and GABA/Parvalbumin Neurons
Ritchie Brown, PhD

8:30am - 9:00am  Basal Forebrain Circuit for Sleep-Wake Control
Min Xu, PhD

S08: Effects of Environmental Noise on Sleep and Health
8:00am – 10:00am
Room 402
Chair: Mathias Basner, MD, PhD

8:00am – 8:30am  Effects of Environmental Noise on Sleep and Health: Mechanisms, Mitigation and Research Needs
Mathias Basner, MD, PhD

8:30am – 9:00am  Traffic Noise Effects on Autonomic Arousals During Sleep
Barbara Griefahn, MD, PhD

9:00am - 9:30am  Effects of Noise on Sleep in the Hospital: Results of the Sound Sleep Study
Jeffrey Ellenbogen, MD
9:30am – 10:00am  Epidemiological Evidence for Acute and Long-Term Effects of Nocturnal Traffic Noise Exposure in Adults and Children
Irene van Kamp, PhD

10:05am – 10:20am  Exploring the Economic Benefits of OSA Diagnosis and Treatment
Nathanial Watson, MD, MS (Bio on page 36).

10:20am – 11:20am  Circadian Phase: Developing Practical Tools Through Effective Collaborations with Industry, Government and Academia
Shantha Rajaratnam, PhD
See Invited Lecturer information on pages 36-37.

10:20am – 12:20pm  Behavioral Interventions to Improve Sleep in Children and Adolescents
Chair: Jessica Levenson, PhD

10:20am - 10:40am  Impact of Short Sleep and Variable Sleep on Major Health Issues Facing Adolescents
Tori Van Dyk

10:40am - 11:00am  Family Pathways to Success in an Intervention for Behavioral Sleep Problems in Early Childhood
Michelle Garrison, PhD

11:00am - 11:20am  Stakeholder Feedback to Inform an Adolescent Sleep Promotion Program
Jessica Levenson, PhD

11:20am - 11:40am  Behavioral Interventions to Improve Sleep Health in Adolescents: A Focus on the Circadian System
Stephanie Crowley, PhD

11:40am - 12:00pm  Developing a Sleep Treatment for Anxious Youth within a Developmental Affective Neuroscience Framework
Dana McMakin, PhD

12:00pm – 12:20pm  Pilot Study of a Sleep Health Promotion Program for College Students
Peter Franzen, PhD

10:20am – 12:20pm  Epidemiology and Diagnosis of OSA
Co-chairs: Atul Malhotra, MD, and Cathy Goldstein, MD

10:20am – 10:35am  ARE WE OVER PAPITIZING OUR PATIENTS? THE AASM 2012 CRITERIA FOR HYPOPNEAS SCORING, ITS IMPACT ON OBSTRUCTIVE SLEEP APNEA PREVALENCE AND HEALTHCARE COSTS
Bajaj N, Johnsen J, Auerbach S

DOWNLOAD THE SLEEP 2016 MOBILE APP AT SLEEPMEETING.ORG to navigate the meeting and evaluate sessions!
OBJECTIVE, BUT NOT SUBJECTIVE, SLEEPINESS IS ASSOCIATED WITH INFLAMMATION IN SLEEP APNEA

INPATIENT TYPE III MONITORING: FEASIBILITY, DIAGNOSTIC AND TREATMENT OUTCOMES
Lastra AC, Zouein E, Pu C, Herdegen JJ

PATIENT PERSPECTIVES ON EXPERIENCES WITH DIAGNOSIS AND TREATMENT OF SLEEP APNEA: THE SLEEP APNEA PATIENT-CENTERED OUTCOMES NETWORK

DIAGNOSTIC DELAYS AND PRESENTING SYMPTOMS REPORTED BY PATIENTS: THE SLEEP APNEA PATIENT-CENTERED OUTCOMES NETWORK

S09: RLS as a Disorder of Arousal: Pathophysiology and Treatment Implications

Chair: Diego Garcia-Borreguero, MD

Sleep Telemedicine: Are our Heads in the Cloud(s)?
Jaspal Singh, MD

Telemedicine in the Wild, Wild West
Seema Khosla, MD

The VA and Sleep Telemedicine: All for One and One for All
Barry Fields, MD

Questions and Group Discussion
014: Physiological and Cognitive Responses to Sleep Loss
10:20am – 12:20pm
Room 404

Co-chairs: Hans Van Dongen, PhD, and Tracy Doty, PhD

0248 10:20am – 10:35am
SLEEP LOSS PROMOTES ASTROCYTIC PHAGOCYTOSIS OF SYNAPTIC ELEMENTS IN MOUSE CEREBRAL CORTEX
Bellesi M de Vivo L, Tononi G, Cirelli C

0249 10:35am – 10:50am
ACUTE (50H) SLEEP DEPRIVATION IMPACTS SALIVARY DNA METHYLATION AND TELOMERE LENGTH IN PERIPHERAL BLOOD MONONUCLEAR CELLS

0250 10:50am – 11:05am
SEX DIFFERENCES AND EFFECTS OF INSUFFICIENT SLEEP ON THE HUMAN PLASMA METABOLOMECT
Depner CM, Markwald RR, Cruickshank-Quinn C, Quinn K, Reisdorph N, Wright KP

0251 11:05am – 11:20am
THE METABOLOMERIC MARKER ACETYLCARNITINE PREDICTS NEUROBEHAVIORAL PERFORMANCE DURING CHRONIC SLEEP RESTRICTION

0252 11:20am – 11:35am
INDIVIDUAL DIFFERENCES IN NEUROBEHAVIORAL RESPONSE TO CHRONIC SLEEP RESTRICTION ARE NOT RELATED TO MARKERS OF PHYSIOLOGICAL SLEEP HOMEOSTASIS
Tkachenko O, Abe T, Basner M, Dinges DF

0253 11:35am – 11:50am
DETERIORATION OF NEUROBEHAVIORAL PERFORMANCE DURING CHRONIC SLEEP RESTRICTION IN THE ABSENCE OF EXTENDED WAKE EPISODES

0254 11:50am – 12:05pm
CAFFEINE EFFICACY ACROSS A SIMULATED 5-DAY WORK WEEK WITH SLEEP RESTRICTION
So CJ, Quartana PJ, Ratcliffe RH, Bergman EM, Trach SK, Maquire KM, Ephrem D, Simonelli G, Yarnell AM, Capaldi VF, Moon JE, Balkin TJ, Doty TJ

0255 12:05pm – 12:20pm
HOMEOSTATIC RESPONSE TO REPEATED SLEEP RESTRICTION IN ADOLESCENTS
Gratzmiller SM, Buysse DJ, Franzen PL

I07: Neural Circuits for Sleep Control
11:25am – 12:25pm
Room 203

Yang Dan, PhD (Bio on page 36).

Lunch Break
12:20pm – 1:30pm

Sleep Research Society General Membership Meeting
12:20pm – 1:30pm
Room 710
This meeting is open to all SRS Members.
R01: Brown Bag Report: Challenging Cases
12:30pm – 1:30pm
Room 601

During this session, challenging cases will be presented and an expert panel will discuss their approach to diagnosis and treatment. Lunch is not provided.

Voltage Gated Potassium Channel Antibody Syndrome Resulting in Sleep Disturbances
Daniel A. Barone, MD

Can REM Without Atonia (RWA) be Present in Pseudo-REM Sleep Behavior Disorder (pseudo-RBD) Due to Obstructive Sleep Apnea (OSA)
Irina Petrenko, MD

Death Associated with Zolpidem Purchased Via the Internet
Salma Patel, MD

Sleep Factors in the Assessment of Comorbid Symptoms Following Mild TBI: A Clinical Research Case
Jessica Kim

LUNCH DEBATES

L02: Central Sleep Apnea: Does it Matter and Should You Treat It?
12:30pm – 1:30pm
Room 104

Pre-registration is required. See the registration desk for details.

CE credits for psychologists are not available for this session.

Faculty: Shahrokh Javaheri, MD, and Timothy Morgenthaler, MD

MEET THE PROFESSORS

12:30pm – 1:30pm
Pre-registration is required. See the registration desk for details.

CE credits for psychologists are not available for these sessions.

M06: Scoring Manual Update
Room 105
Richard Berry, MD

M07: Circadian Rhythms and Cardiometabolic Health
Room 107
Frank Scheer, PhD

M08: Management of Mild Pediatric OSA
Room 108
Matthew Troester, DO

M09: ICD-10 Update and Tricks of the Trade
Room 109
Fariha Abbasi-Feinberg, MD

M10: The Use of BiPAP in the Sleep Medicine Clinic
Room 110
Lisa Wolfe, MD
Conversations with Experts  
12:30pm – 1:30pm
Free, but registration is required. See the registration desk for further details.

CE credit for psychologists and CME are not available for these sessions.

E04: Charles Morin, PhD  
Room 111

E05: Sairam Parthasarathy, MD  
Room 112

E06: Russell Foster, PhD  
Room 113

I08: Sleep Disordered Breathing in Youth:  
An Evolution in Our Understanding  
1:30pm – 2:30pm  
Room 203

Carol Rosen, MD (Bio on page 37).

O15: Assessment of Circadian Rhythms  
and Their Role in Diseases  
1:30pm – 2:30pm  
Room 605

Co-chairs: Frank Scheer, PhD, and Jeffrey Liou, DO

0477  1:30pm – 1:45pm
HOME DIM LIGHT MELATONIN ONSETS IN DELAYED SLEEP PHASE DISORDER
Burgess HJ, Park M, Wyatt JK, Fogg LF

0478  1:45pm – 2:00pm
HOW WELL DO CIRCADIAN QUESTIONNAIRES CORRELATE WITH THE DIM LIGHT MELATONIN ONSET?
Kantermann T, Sung H, Burgess HJ

O16: Insomnia: Epidemiology and Diagnosis  
1:30pm – 2:30pm  
Room 207

Co-chairs: James Wyatt, PhD, and Megan Petrov, PhD

0479  2:00pm – 2:15pm
CIRCADIAN PHASE AND PHASE ANGLE DISORDERS IN PRIMARY INSOMNIA

0480  2:15pm – 2:30pm
ENDOGENOUS CIRCADIAN RHYTHM IN VASCULAR FUNCTION AND CARDIOVASCULAR RISK
Thosar SS, Berman AM, Roberts SA, Clemons NA, Morimoto M, Emens JS, Butler MP, Shea SA
O17: Healthcare Delivery

1:30pm – 2:30pm
Room 402

**Co-chairs:** Jaspal Singh, MD, and Keith Warren, MD

1067 1:30pm – 1:45pm
**USING BIG DATA TO DETERMINE THE SOCIAL AND ENVIRONMENTAL DETERMINANTS OF SLEEP DURATION IN THE US POPULATION: APPLICATION OF A MACHINE-LEARNING APPROACH TO DATA FROM APPROXIMATELY 700,000 AMERICANS**

_Thompson RS, Roller R, Greenwood BN, Knight R, Chichlowski M, Berg BM, Fleshner M_

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O18: Sleep, Development and Aging

1:30pm – 2:30pm
Room 404

**Co-chairs:** Julie Carrier, PhD, and Jared Saletin, PhD

1068 1:45pm – 2:00pm
**ROLE OF CONSUMER WEARABLE SLEEP MONITORING TECHNOLOGY IN GLOBAL EPIDEMIOLOGIC INVESTIGATIONS**


1069 2:00pm – 2:15pm
**SLEEP TO STAY AWAKE: AN ONLINE SLEEP EDUCATION INTERVENTION**

_Hershner SD, O’Brien L_

1070 2:15pm – 2:30pm
**EXAMINING THE RELATIONSHIP BETWEEN INSOMNIA SEVERITY AND DEPRESSION SYMPTOMS, CONSIDERING THE ROLE OF SOCIAL CONNECTEDNESS**


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**Refreshment Break in the Exhibit Hall**
2:30pm – 2:45pm

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10019 1:45pm – 2:00pm
**DEVELOPMENTAL SLEEP FRAGMENTATION IMPAIRS SOCIAL DEVELOPMENT IN MALE, BUT NOT FEMALE, PRAIRIE VOLES**

_Hammock EA, Champaigne RD, Cocking DL, Opel RA, Driessen RC, Lim MM_

10020 2:00pm – 2:15pm
**EFFECTS OF NAPPING ON READING COMPREHENSION IN ADOLESCENTS EXPOSED TO SLEEP RESTRICTION**


10058 2:15pm – 2:30pm
**DEGENERATION OF WHITE MATTER PATHWAYS IN OLDER ADULTS EXPLAINS THE FAILURE OF SLEEP SPINDLES TO PROMOTE MOTOR MEMORY CONSOLIDATION**

Sleep Medicine Fellowship Directors Council Forum
2:30pm – 4:30pm
Room 104

Join fellowship directors for a discussion on current topics affecting sleep medicine fellowships.

D02: Physician-Scientists in Sleep Medicine: Are They Going the Way of the Dinosaur?
2:45pm – 4:45pm
Room 605

Chair: David White, MD
Faculty: Alon Avidan, MD, Andrew Krystal, MD, and Richard Schwab, MD

S10: Technology and Sleep Medicine: Where Are We Now and Where Are We Headed?
2:45pm – 4:45pm
Room 601

Chair: Charles Bae, MD

S11: Neurostimulation Therapies for Sleep Disorders
2:45pm – 4:45pm
Room 203

Chair: Patrick Strollo, MD

W05: Sleep: The Balm for Hurt Minds
2:45pm – 4:45pm
Room 207

Chair: Sejal Jain, MD

3:15pm – 3:45pm
Are you Up4 the Basis of the Fitbit? Practical Assessment of Consumer-Based Sleep Monitoring
Douglas Kirsch, MD

3:45pm – 4:15pm
The Trials and Tribulations Associated with Collecting Sleep-Related Patient Reported Outcomes in an Outpatient Clinic
Charles Bae, MD

4:15pm – 4:45pm
Facilitating and Enhancing Research Through Use of Electronic Health Records and Patient Networks
Susan Redline, MD

3:45pm – 4:15pm
Phrenic Nerve Pacing for Central Sleep Apnea
Shahrokh Javaheri, MD

4:15pm – 4:45pm
Stimulation Therapies to Enhance Sleep and Function
Phyllis Zee, MD, PhD

3:15pm – 3:45pm
Upper Airway Stimulation in the Treatment of Obstructive Sleep Apnea
Patrick Strollo, MD

3:45pm – 4:15pm
Transcutaneous Electrical Stimulation for Restless Legs Syndrome
John Winkelman, MD, PhD

3:45pm – 4:15pm
Sleep and Headache Syndromes
Suresh Kotagal, MD

3:05pm – 3:25pm
Sleep and Pain in Children with Cancer and Childhood Cancer Survivors
Valerie Crabtree, PhD

3:25pm – 3:45pm
Sleep and Traumatic Brain Injury
Sanjeev Kothare, MD

3:45pm – 4:05pm
Pain Medications and Effects on Sleep
Sejal Jain, MD

4:05pm – 4:25pm
Sleep in the Intensive Care Unit (ICU) Setting
Sairam Parthasarathy, MD

4:25pm – 4:45pm
Discussion
F03: From Circuitry to Behavior: The Role of Sleep in Memory Consolidation
2:45pm – 4:45pm
Room 404

Chair: Sara Aton, PhD

2:45pm – 3:05pm
The Impact of Protein Synthesis in Memory Impairments Caused by Sleep Deprivation
Jennifer Tudor, PhD

3:05pm - 3:25pm
Neuronal Stability in Vivo Isn’t Simple: The Sleep/Wake Rules Governing Firing Rate Homeostasis
Keith Hengen, PhD

3:25pm – 3:45pm
Oscillations and Neuronal Ensembles in Sleep-Dependent Memory Formation
Sara Aton, PhD

3:45pm – 4:05pm
The Coordination of Brain Oscillations in Human Sleep-Dependent Memory Consolidation
Sara Mednick, PhD

4:05pm - 4:25pm
Neural Restructuring of Memory Representations Following Sleep in Young and Older Adults
Rebecca Spencer, PhD

4:25pm - 4:45pm
Cellular vs Systems Consolidation: Novelty vs Sleep?
Lisa Genzel, MD

S12: Delayed Timing of Sleep from Childhood to Adolescence: Environmental vs. Physiological Causes
2:45pm – 4:45pm
Room 402

Chair: Andrew Phillips, PhD

2:45pm – 3:15pm
Modeling Real World Light Choices and Social Interactions in a Student Social Network
Andrew Phillips, PhD

3:15pm - 3:45pm
Obesity-Related Environmental Factors and Sleep in Adolescents with Obesity
Stacey Simon, PhD

3:45pm – 4:15pm
Modelling Artificial Light and its Effect on the Timing of Sleep: Insights on the Possible Outcome of Shifting School Start Times
Anne Skeldon, MA

4:15pm - 4:45pm
Implications of Circadian Phase and Insulin Resistance in Adolescent Girls
Cecilia Diniz Behn, PhD

REVISING THE NIH SLEEP DISORDERS RESEARCH PLAN
4:45pm – 5:45pm
Room 104

During this session, Dr. Michael Twery, Director of the National Center of Sleep Disorders Research, and Dr. Patrick Strollo, Chair of the Sleep Disorders Research Advisory Board, will present the process that is being used to revise the NIH Sleep Disorders Research Plan. Participants will be invited to identify emerging opportunities for research and specific knowledge gaps that need to be addressed to improve medical health and public safety.

POSTER PRESENTATIONS
4:00pm – 6:00pm
Exhibit Hall B

SLEEP 2016 will feature cash bar receptions in the Poster Hall on Sunday, Monday and Tuesday evenings. This is your opportunity to explore the Poster Hall, discuss the discoveries in the field and network with colleagues.

See the SLEEP 2016 mobile app for a complete listing of posters.
访我们于SLEEP 2016展览中的摊位126处。

可选的侧柜选择
- 诊查
- 书架
- 衣柜
### Nurses' Breakfast

7:00am-8:00am  
Room 104

Join the conversation at the Nurses Breakfast, which will provide an opportunity for nurses, Advanced Practice Registered Nurses and Physicians Assistants to discuss their involvement in treating patients with sleep disorders.

### F04: Patient Reported Outcomes: Benchmarks for High Quality Patient Care in Sleep Disorders

8:00am - 10:00am  
Room 601

**Chair:** Harneet Walia, MD

- **8:00am – 8:20am**  
  AASM Quality Metrics: How We Got There and Where Do We Go  
  Nancy Collop, MD

- **8:20am - 8:40am**  
  Implementation and Use of Electronic Patient Reported Outcomes System  
  Irene Katzan, MD

### O19: Pathophysiology of Insomnia

8:00am - 10:00am  
Room 605

**Co-chairs:** Daniel Buysse, MD and Bei Bei, PhD

#### 0504  
8:00am – 8:15am

**AN OBJECTIVE, SEVERE SHORT SLEEP INSOMNIA DISORDER PHENOTYPE IS ASSOCIATED WITH REDUCED BRAIN CREATINE LEVELS AND IMPAIRED METABOLISM: AN IN VIVO MAGNETIC RESONANCE SPECTROSCOPY ASSESSMENT**  
Miller CB, Rae CD, Green M, Yee BJ, Gordon CJ, Kyle SD, Espie CA, Grunstein RR, Bartlett DJ

#### 0505  
8:15am – 8:30am

**MEMORY, AROUSAL, AND PERCEPTION OF SLEEP**  
Dawson SC, Goldstein MR, Hafezi A, Haynes PL, Allen JJ

#### 0619  
8:30am - 8:45am

**DO SUBJECTIVE AND PHYSIOLOGICAL STRESS RESPONSES DIFFER BETWEEN INSOMNIA PATIENTS AND GOOD SLEEPERS WITH HIGH AND LOW SLEEP REACTIVITY?**  
Chen IY, Jarrin DC, Rochefort A, Ivers H, Morin CM

#### 0506  
8:45am – 9:00am

**SYMPATHETIC NEURAL AND CARDIOVASCULAR CONTROL IN CHRONIC INSOMNIA**  
Carter JR, Grimaldi D, Fonkoue IT, Medalie L, Whitmore H, Msallek S, Mokhlesi B, Van Cauter E

#### 0507  
9:00am – 9:15am

**INSOMNIA WITH SHORT SLEEP DURATION IS ASSOCIATED WITH INFLAMMATION IN ADOLESCENTS**  
Fernandez-Mendoza J, Gaines J, Calhoun S, Liao D, Bixler E, Vgontzas A

#### 0563  
9:15am – 9:30am

**CORTISOL AND HYPERAROUSAL IN INSOMNIA**  
Roehrs T, Koshorek G, Withrow D, Roth T
0508 9:30am – 9:45am

0564 9:45am – 10:00am
AROUSABILITY OF INSOMNIA PATIENTS AND HEALTHY VOLUNTEERS IS NOT IMPACTED BY THE SLEEP-SPECIFIC DOSES OF DOXEPIN (3 MG AND 6 MG), BUT IS IMPACTED IN HEALTHY VOLUNTEERS USING ZOLPIDEM 10 MG
Durrence H, Roth T, Tran KM, Singh M, Cheng P, Pillai V, Drake C

O20: Sleep and Circadian Disruptions in Psychiatric Conditions
8:00am - 10:00am
Room 207

Co-chairs: Rachel Manber, PhD, and Megan Crawford, PhD

0775 8:00am – 8:15am
EVENINGNESS DURING LATE ADOLESCENCE PREDICTS VENTRAL STRIATAL REACTIVITY TO REWARD TWO YEARS LATER
Hasler BP, Sitnick SL, Shaw DS, Forbes EE

0776 8:15am – 8:30am
THE CIRCADIAN PATTERN OF SUICIDES IN INTOXICATED INDIVIDUALS WITH ALCOHOL DEPENDENCE
Chakravort S, Grandner MA, Kranzler HR, Chaudhary NS, Brown GK, Perlis ML

0777 8:30am – 8:45am
ALCOHOL USE, IMPULSIVITY, AND ACUTE RESPONSE TO ALCOHOL VARY ACCORDING TO CHRONOTYPE AND DAILY REPORTS OF SLEEP TIMING IN ONE’S OWN ENVIRONMENT
Hasler BP, Pedersen SL

0778 8:45am – 9:00am
CIRCADIAN CHANGE IN OLDER PEOPLE WITH DEPRESSION: CLINICAL FEATURES AND DIFFERENCES DEPENDING ON AGE OF ONSET
Duffy SL, Terpening Z, Lewis SJ, Hickie IB, Naismith SL

0779 9:00am – 9:15am
DEPRESSION SCORE CHANGES IN RESPONSE TO SLEEP DISORDERED BREATHING TREATMENT WITH CONTINUOUS POSITIVE AIRWAY PRESSURE IN A LARGE CLINIC-BASED COHORT

0780 9:15am – 9:30am
THE CONTRIBUTION OF EXTERNAL DESYNCHRONY TO DEPRESSION SYMPTOMS
Miller MA, Hasler BP, Wong PM, Donofry SD, Manuck SB, Roecklein KA

0781 9:30am – 9:45am
SYNAPTIC MECHANISMS OF THERAPEUTIC SLEEP DEPRIVATION IN MAJOR DEPRESSION
Nissen C, Kuhn M, Mainberger F, Spiegelhalder K, Riemann D

0813 9:45am – 10:00am
EFFECTS OF POST-EXPOSURE NAPS, HOME SLEEP QUALITY AND CHRONOTYPE ON TREATMENT OUTCOME IN EXPOSURE THERAPY FOR SOCIAL ANXIETY: PRELIMINARY FINDINGS
Pace-Schott EF, Bottary RM, Rosencrans PL, Vijayakumar S, Orr SP, Lasko NB, Baker AW, Goetter EM, Bianchi MT, Gannon K, Hofmann SG, Simon NM
W06: Recognizing and Managing the Hospitalized Patient with Sleep Disordered Breathing

8:00am - 10:00am
Room 203

Chairs: David Hillman, MBBS

10:20am - 10:40am Introduction
David Hillman, MBBS

10:40am - 11:00am Recognizing Which Patients Are Most Likely to Present with Sleep Disordered Breathing in the Hospital Setting
Frances Chung, MD

11:00am - 11:20am Prevalence of Adverse Events Related to Sleep Disordered Breathing in the Hospitalized Patient
Dennis Auckley, MD

11:20am - 11:50am Best Practices Using the Appropriate PAP Therapy in the Hospitalized Patient
Peter Gay, MD

11:50am - 12:10pm Appropriate Monitoring Strategies for Upper Airway Obstruction and Hypoventilation in the Hospitalized Patient
Carla Jungquist, NP, PhD

12:10pm - 12:20pm Discussion

O21: Sleep Deprivation and Neural Responses, Behavior and Health

8:00am - 10:00am
Room 402

Co-chairs: Thomas Balkin, PhD, and Rachel Markwald, PhD

0255 8:00am - 8:15am
SLEEP DEPRIVATION AFFECTS BRAIN GLOBAL CORTICAL RESPONSIVENESS

0256 8:15am - 8:30am
ACUTE TOTAL SLEEP DEPRIVATION ALTERS MIDBRAIN WATER DIFFUSIVITY IN COGNITIVELY VULNERABLE INDIVIDUALS

0257 8:30am - 8:45am
SLEEP RESTRICTION LOWERS STRIATAL RESPONSES TO THE RECEIPT OF MONETARY REWARD IN ADOLESCENTS
Franzen PL, Buyse DJ, Forbes EE, Jones NP, Ohlsen TJ, Germain A, Siegle GJ

0258 8:45am - 9:00am
SLEEP RESTRICTION AMPLIFIES NEURAL RESPONSE TO REWARD CUES COMPARED TO NORMAL SLEEP AND SLEEP DEPRIVATION

0259 9:00am - 9:15am
THE EFFECTS OF PARTIAL SLEEP RESTRICTION AND ALTERED SLEEP TIMING ON ENERGY INTAKE AND ACTIVITY ENERGY EXPENDITURE
McNeil J, Doucet É, Brunet J, Jaeger Hintze L, Chaumont I, Langlois É, Maitland R, Riopel A, Forest G

0260 9:15am - 9:30am
ALTED FOOD INTAKE PATTERNS DURING INSUFFICIENT SLEEP AND IMPACT FROM WEEKEND RECOVERY SLEEP
Depner CM, Melanson EL, Perreault L, Eckel RH, Higgins J, Wright KP

0261 9:30am - 9:45am
RECOVERY OF BEHAVIORAL ATTENTION OUTCOMES, BUT NOT OTHER NEUROBEHAVIORAL MEASURES, DIFFERS AFTER SLEEP RESTRICTION AND ACUTE TOTAL SLEEP DEPRIVATION
Dennis L, Frager N, Taylor A, Dingess DF, Goel N

0262 9:45am - 10:00am
SLEEP DURATION AND MORTALITY AMONG ADULTS 18-60 YEARS: UNITED STATES, 1990-2011
Liu Y, Croft JB, Wheaton AG, Cunningham TJ, Greenland KJ
S13: Illuminating the Role of Sleep and the Circadian System on Neuroinflammatory Responses
8:00am - 10:00am
Room 404

Chair: Laura Fonken, PhD

8:00am - 8:30am
Circadian Regulation of Neuroinflammatory Responses
Laura Fonken, PhD

8:30am - 9:00am
Insufficient Sleep and Neuroinflammation
Mark Opp, PhD

9:00am - 9:30am
Effects of Circadian and Sleep Disruption on Central and Peripheral Inflammatory Responses
Ilia Karatsoreos, PhD

9:30am - 10:00am
The Role of Glial Circadian Clocks in Neuroinflammation and Neurodegeneration
Erik Musiek, MD, PhD

F05: New Approaches to Quantify Sleep Physiology from Polysomnography
10:20am - 12:20pm
Room 601

Chair: Simon Warby, PhD

10:20am - 10:35am
Using Cardiopulmonary Coupling Analysis to Gage Sleep Quality
Eric Heckman, MD

10:35am - 10:50am
EEG Slow Wave and Coherence Analysis During Sleep/Wake States as a Marker of Neurological Disease
Mo Modarres, PhD

10:50am - 11:05am
The Large-Scale Spatiotemporal Structure of Spindle Oscillations in Human Sleep
Lyle Muller, PhD

11:05am - 11:20am
Dynamics of Sleep State Transitions with Applications for Ultradian NREM-REM Sleep Cycle Physiology
Piotr Mankowski

11:20am - 11:35am
Is Major Depression Associated with a Loss of Multiscale Complexity in Sleep Stage Transitions?
Sara Mariani, PhD

11:35am - 11:50am
Effective Crowdsourcing of Sleep Data
Ben Yetton

11:50am - 12:05pm
Using Human Genetics to Understand the Physiology of Sleep Spindles
Simon Warby, PhD

12:05pm - 12:20pm
Discussion

O22: Pediatric Sleep Apnea
10:20am - 12:20pm
Room 207

Chair: Sanjeev Kothare, MD

0858 10:20am - 10:35am
IDENTIFICATION OF PEDIATRIC OBSTRUCTIVE SLEEP APNEA SYNDROME IN PRIMARY CARE
Honaker SM, Daftary A, Dugan TM, Downs SM

0939 10:35am - 10:50am
SLEEP DISORDERED BREATHING IS ASSOCIATED WITH DIFFERENTIATED METHYLATION IN OBESITY RELATED GENES

0940 10:50am - 11:05am
SHOULD SDB BE CONSIDERED ONE OF THE COMPONENTS OF THE METABOLIC SYNDROME IN ADOLESCENTS: THE PENN STATE CHILD COHORT?
0859 11:05am – 11:20am
THE ECG-BASED CARDIOPULMONARY COUPLING BIOMARKER HIGH-FREQUENCY CARDIOPULMONARY COUPLING CAN HELP TRACK IMPROVEMENT OF PEDIATRIC SLEEP APNEA
Huang J, Na JO, Thomas RJ

0860 11:20am – 11:35am
CARDIOVASCULAR SEQUELAE IN CHILDREN WITH OBSTRUCTIVE SLEEP APNEA

0861 11:35am – 11:50am
SLEEP-DISORDERED BREATHING IS ASSOCIATED WITH HIGHER MORTALITY AMONG HOSPITALIZED INFANTS WITH CONGENITAL HEART DISEASE
Combs D, Skrepnek G, Seckeler M, Barber B, Parthasarathy S

0862 11:50am – 12:05pm
INFLAMMATION IN CHILDHOOD PREDICTS SLEEP APNEA AND BLOOD PRESSURE REACTIVITY IN ADOLESCENCE: A LONGITUDINAL STUDY

0863 12:05pm – 12:20pm
DEVELOPMENTAL CHANGES OF SLEEP-RELATED RESPIRATORY PARAMETERS IN INFANTS WITH PIERRE ROBIN SEQUENCE MANAGED CONSERVATIVELY: A LONGITUDINAL ANALYSIS
Ehsan Z, Weaver N, Pan BS, Hossain M, Zou Y, Simakajornboon N

0783 10:20am – 10:35am
STRESS AND SLEEP: ARE ALL STRESSORS EQUAL?
Wiley JF

0784 10:35am – 10:50am
ADVERSE CHILDHOOD EXPOSURES ASSOCIATED WITH ADULT INSOMNIA SYMPTOMS

0785 10:50am – 11:05am
CHANGES IN SLEEP, SLEEP-RELATED FUNCTIONING, AND PSYCHOLOGICAL DISTRESS IN MOTHERS ATTENDING A FIVE-DAY RESIDENTIAL PROGRAM FOR UNSETTLED INFANTS

0786 11:05am – 11:20am
TRAUMA AND GENETIC INFLUENCES ON SLEEP DISTURBANCE IN A LARGE HAN CHINESE SAMPLE
Lind MJ, Rappaport L, Docherty A, Amstadter AB, Kendler KS

0787 11:20am – 11:35am
INTERACTION OF INSOMNIA AND PTSD ON NEUROCOGNITIVE OUTCOMES IN MILITARY SOLDIERS
Gehrman PR, Brownlow JA, Klingaman EA, McHugh-Grant S

0788 11:35am – 11:50am
PREVALENCE AND ASSOCIATED RISK FACTORS OF INSOMNIA AMONG FEMALE VETERANS
Babson KA, Wong A, Morabito D, Kimerling R

0789 11:50am – 12:05pm
INSOMNIA AND DEPRESSION PREDICT COGNITIVE FUNCTIONING IN US ARMY SOLDIERS
Klingaman EA, Brownlow JA, Gehrman PR
S14: Management of Hypercapnic Sleep Disorders: What to Do and How to Do It
10:20am - 12:20pm
Room 203

Chair: Naresh Dewan, MD

10:20am - 10:25am
Introduction to Sleep Related Hypoventilation Disorders
Naresh Dewan, MD

10:25am - 10:50am
Differences in Clinical Phenotypes of Obesity Hypoventilation Syndrome and Overlap Syndrome
John Park, MD

10:50am - 11:20am
The Role of PSG and HST in Hypercapnic Sleep Disorders
Charles Atwood, MD

11:20am - 11:50am
NIV in Acute in Hypercapnic Sleep Disorders: Differential Approach in OHS and Overlap Syndrome
Bernardo Selim, MD

11:50am - 12:20pm
Long-term Treatment and Outcomes with NIV/PAP Therapy in OHS
Naresh Dewan, MD

B03: The Role of Circadian Biology in Precision Medicine
10:20am - 12:20pm
Room 404

Chair: Sabra Abbott, MD, PhD

10:20am - 10:25am
Introduction
Sabra Abbott, MD, PhD

10:25am - 10:50am
Health and Shift Work: What Role can Chronobiology play in Disease Prevention?
Celine Vetter, PhD

10:50am - 11:15am
Evidence Based Treatment of Circadian Rhythm Sleep-Wake Disorders
Bjorn Bjorvatn, MD, PhD

11:15am - 11:40am
Using Circadian Biology to Improve Precision in Disease
John Hogenesch, PhD

11:40am - 12:05pm
Practical Application of Personalized Circadian-Based Medicine – Insights from the Circadian Medicine Clinic
Sabra Abbott, MD, PhD

12:05pm - 12:20pm
Discussion

S15: Human Sleep Duration and Timing: Evolution, Trends and Significance
10:20am - 12:20pm
Room 402

Chair: Jerry Siegel, PhD

10:20am - 10:50am
Sleep in Preindustrial Societies
Jerry Siegel, PhD

10:50am - 11:20am
Has Adult Sleep Duration Declined Over the Last 50 Years?
Shawn Youngstedt, PhD

11:20am - 11:50am
Why We Believe We Are Sleeping in an Increasingly Sleep Deprived Society?
Nick Glozier, PhD

11:50am - 12:20pm
Sleep Disturbance, Sleep Duration, and Inflammation: A Systematic Review and Meta-Analysis of Cohort Studies and Experimental Sleep Deprivation
Michael Irwin, MD
LUNCH DEBATE

L03: PLMs: Where Do They Come From and Do They Matter?
12:30pm – 1:30pm
Room 104

Pre-registration is required. See the registration desk for complete details.

CE credits for psychologists are not available for this session.

Faculty: Richard Allen, PhD, and David Rye, MD, PhD

MEET THE PROFESSORS

12:30pm – 1:30pm
Pre-registration is required. See the registration counter for complete details.

CE credits for psychologists are not available for these sessions.

M11: Accreditation Updates 2016: How Your Sleep Center May be Effected
Room 105
James Rowley, MD

M12: Evidence-Based Management of Intrinsic Circadian Rhythm Sleep-Wake Disorders: Updated Practice Parameter Guidelines
Room 107
R. Robert Auger, MD

M13: Maternal Sleep
Room 108
Katherine Sharkey, MD, PhD

M14: Telemedicine in Sleep: Practical Aspects
Room 109
Jaspal Singh, MD

M15: EHR: Tips, Tools and Trends
Room 110
Dennis Hwang, MD

CONVERSATIONS WITH EXPERTS

12:30pm – 1:30pm
Free, but registration is required. See the registration desk for further details.

CE credit for psychologists and CME are not available for these sessions.

E07: Carol Rosen, MD
Room 111

E08: Shantha Rajaratnam, PhD
Room 112

E09: Nathaniel Watson, MD, MS
Room 113

I10: Circadian Rhythms in Health and Disease
1:30pm – 2:30pm
Room 601

Steve Kay, PhD (Bio on page 36).

O24: Medical Disorders and Sleep: New Insights for the Heart and Brain
1:30pm – 2:30pm
Room 605

Co-chairs: Charles Atwood, MD and Robert Stansbury, MD

0730 1:30pm – 1:45pm
SHORT SLEEP DURATION MODIFIES THE RELATIONSHIP BETWEEN CARDIOVASCULAR / CEREBROVASCULAR DISEASE AND ALL-CAUSE MORTALITY
Fernandez-Mendoza J, He F, Vgontzas A, Liao D, Bixler E
0731 1:45pm – 2:00pm
THE IMPACT OF SLEEP AND BODY MASS INDEX ON STROKE DISPARITIES BETWEEN BLACKS AND WHITES: A COMPARATIVE ANALYSIS OF STRUCTURAL EQUATION MODELING AND BAYESIAN BELIEF NETWORK MACHINE LEARNING ANALYSIS

0732 2:00pm – 2:15pm
POLYSOMNOGRAPHIC MEASUREMENT OF SLEEP DURATION AND BODILY PAIN PERCEPTION IN THE SLEEP HEART HEALTH STUDY
Weingarten JA, Dubrovsky B, Basner RC, Redline S, George L, Lederer DJ

0733 2:15pm – 2:30pm
COUPLING BETWEEN GLUCOSE AND ACTIGRAPHY EXHIBITS SLEEP, WAKE AND CIRCADIAN PATTERNS IN YOUNG ADULTS WITH TYPE 1 DIABETES
Farabi SS, Quinn L, Carley DW

O25: Healthcare Delivery in OSA
1:30pm – 2:30pm
Room 203
Co-chairs: Harneet Walia, MD, and Mukesh Kapoor, MD

0969 1:30pm – 1:45pm
NREM SLOW WAVE ACTIVITY < 1HZ AS A BIOMARKER AND LONG-TERM PREDICTOR OF ß-AMYLOID BURDEN IN OLDER ADULTS
Mander BA, Winer J, Marks S, Vogel J, Lu B, Saletin JM, Ancoli-Israel S, Jagust WJ, Walker MP

O26: Human Sleep and Aging: New Insights
1:30pm – 2:30pm
Room 207
Co-chairs: Judith Leech, MD, and Deepa Burman, MD

0970 1:45pm – 2:00pm
SLEEPINESS AND FATIGUE ASSOCIATED WITH BRAIN ATROPHY IN COGNITIVELY NORMAL ELDERLY: MAYO CLINIC STUDY OF AGING
Carvalho DZ, St Louis EK, Boeve BF, Przybelski SA, Knopman DS, Machulda MM, Mielke MM, Roberts RO, Geda YE, Petersen RC, Jack CR, Vemuri P

0971 2:00pm – 2:15pm
STANDING BALANCE AND TEMPORAL AND SPATIAL ASPECTS OF GAIT ARE IMPAIRED UPON NOCTURNAL AWAKENING IN OLDER ADULTS
McBean AL, Najjar RP, Hall CD, Zeitzer JM
A MULTIDIMENSIONAL CONSTRUCT OF SLEEP HEALTH IS ASSOCIATED WITH BODY MASS INDEX AND BLOOD PRESSURE

O27: Sleep and the Sleep Environment
1:30pm – 2:30pm
Room 402
Co-chairs: Charlene Gamaldo, MD, and Christopher Kline, PhD

1022 1:30pm – 1:45pm
CORRELATES OF SUBJECTIVE SLEEP QUALITY IN OLDER MEN AND WOMEN: A MACHINE LEARNING ANALYSIS

1023 1:45pm – 2:00pm
ASSOCIATIONS BETWEEN THE BUILT ENVIRONMENT AND SLEEP: THE MULTI-ETHNIC STUDY OF ATHEROSCLEROSIS (MESA)
Johnson DA, Hirsch J, Moore K, Redline S, Diez Roux A

0090 2:00pm – 2:15pm
A PLACEBO-CONTROLLED CROSS-OVER TRIAL ON THE COGNITIVE EFFECTS OF EMERGENT AWAKENING FROM SLEEP AFTER INGESTION OF ZOLPIDEM AND ZALEPLON
Dinges DF, Johnston S, Jones CW, Ecker AJ, Baskin P, Basner M

O28: Arousal and Sleep Inertia
1:30pm – 2:30pm
Room 404
Co-chairs: David Dinges, PhD and Surong Yang, MD, PhD

0088 1:30pm – 1:45pm
ENERGY BALANCE PREDICTORS OF BASELINE SLEEP ARCHITECTURE
Spaeth AM, Dinges DF, Goel N

0089 1:45pm – 2:00pm
ACTIVATION OF THE VENTRAL TEGMENTAL AREA INCREASED WAKEFULNESS IN MICE
D03: Consensus Statement: Recommended Sleep Duration for Healthy Pediatric Populations
2:45pm – 4:45pm
Room 203

Chair: Shalini Paruthi, MD
Faculty: Stuart Quan, MD, Carol Rosen, MD, and Matthew Troester, DO

O29: RLS and Other Night Walkers
2:45pm – 4:45pm
Room 605

Co-chairs: Arthur Walters, MD and Lynn Marie Trotti, MD

0639 2:45pm – 3:00pm
CLINICAL EFFICACY OF FERRIC CARBOXYMALTOSE TREATMENT IN PATIENT WITH RESTLESS LEGS SYNDROME
Cho Y, Allen RP, Earley CJ

0641 3:00pm – 3:15pm
GENETIC CHARACTERIZATION OF THE PAINFUL RESTLESS LEGS PHENOTYPE
Karroum EG, Saini PS, Trotti LM, Rye DB

0638 3:45pm – 4:00pm
THE ASSOCIATION BETWEEN PERIODIC LIMB MOVEMENTS AND CHANGE IN COGNITIVE FUNCTION IN OLDER MEN
Leng Y, Blackwell T, Stone K, Hoang T, Yaffe K

0637 3:15pm – 3:30pm
ASSOCIATION BETWEEN RESTLESS LEG SYNDROME, CARDIOVASCULAR DISEASE, AND MORTALITY: A SYSTEMATIC REVIEW AND META-ANALYSIS
Sanguankeo A, Upala S

0630: Sleep Disordered Breathing Pathophysiology, Presentation and Associated Disorders
2:45pm – 4:45pm
Room 207

Chair: Henry Yaggi, MD

0640 4:30pm – 4:45pm
REM BEHAVIOR DISORDER AND CONTRAST SENSITIVITY VISUAL ACUITY DEFICITS IN INDIVIDUALS WITH AND WITHOUT PARKINSON’S DISEASE: A LONGITUDINAL STUDY

0302 2:45pm – 3:00pm
THE EFFECT OF THE SEVERITY OF OBSTRUCTIVE SLEEP APNEA SYNDROME ON TELOMERE LENGTH
0303 3:00pm – 3:15pm
IDENTIFYING OBSTRUCTIVE SLEEP APNEA PATIENTS VULNERABLE TO OPIOID-INDUCED RESPIRATORY DEPRESSION: RESULTS FROM A RANDOMIZED DOUBLEBLIND PLACEBO-CONTROLLED CROSSOVER TRIAL

0300 3:15pm – 3:30pm
REDUCED GRAY MATTER VOLUME IN PEDIATRIC OBSTRUCTIVE SLEEP APNEA
Macey PM, Philby MF, Ma RA, Kumar R, Gozal D, Kheirandish-Gozal L

0301 3:30pm – 3:45pm
PRELIMINARY ASSOCIATIONS BETWEEN SEVERITY AND DURATION OF SLEEP-DISORDERED BREATHING AND MEASURES OF BRAIN TISSUE VOLUME
Hagen EW, Barnet JH, Johnson SC, Morrell MJ, Rasmussen AT, Peppard PE

0449 4:00pm – 4:15pm
ALZHEIMER’S DISEASE AND OBSTRUCTIVE SLEEP APNEA: A META-ANALYSIS
Le T, Shetty S, Thapamagar S, Sekhon K, Parthasarathy S

0450 4:15pm – 4:30pm
SYMPTOMLESS MULTI-VARIABLE APNEA PREDICTION INDEX ASSESSES OSA RISK AND ADVERSE OUTCOMES IN ELECTIVE SURGERY
Lyons M, Keenan BT, Li J, Khan T, Elkassabany NM, Walsh CM, Pack A, Gurubhagavatula I

0009 4:30pm – 4:45pm
PHARYNGEAL CONSTRICTOR MUSCLE FATTY CHANGE MAY CONTRIBUTE TO OBSTRUCTIVE SLEEP APNEA-HYPOPNEA SYNDROME: A PROSPECTIVE OBSERVATIONAL STUDY

S16: Is the Time Ripe for Quantitative Measures in the Management of Insomnia?
2:45pm – 4:45pm Room 601
Chair: Alexandros Vgontzas, MD

2:45pm - 3:10pm
The Use of Objective Measures in Physiologic/Epidemiologic Insomnia Studies in Adults
Alexandros Vgontzas, MD

3:10pm - 3:35pm
The Use of Objective Measures in Physiologic/Epidemiologic Insomnia Studies in Children and Adolescents
Julio Fernandez-Mendoza, PhD

3:35pm - 4:00pm
The Benefit of Objective Measures in CBT
CJ Bathgate, PhD

4:00pm – 4:25pm
Defining Therapeutic Success in Insomnia
Thomas Roth, PhD

4:25pm – 4:45pm
Discussion
Daniel Buysse, MD
O31: Neurobiology of Sleep in Health and Disease
2:45pm – 4:45pm
Room 404
Co-chairs: Ritchie Brown, PhD and Anne Vassalli, Dphil

0066 2:45pm – 3:00pm
ADAR-MEDIATED RNA EDITING SUPPRESSES SLEEP BY ACTING AS A BRAKE ON GLUTAMATERGIC SYNAPTIC PLASTICITY
Robinson JE, Paluch J, Dickman DK, Joiner WJ

0067 3:00pm – 3:15pm
CALCIUM-BINDING PROTEIN PROFILE OF BASAL FOREBRAIN GLUTAMATERGIC NEURONS IN THE VGLUT2-TDTOMATO MOUSE

0068 3:15pm – 3:30pm
MAPPING HYPOCRETIN RECEPTORS IN HYPOTHALAMIC LOCAL CIRCUITS USING MICE GENETICALLY TARGETED IN HCRTR1 AND HCRTR2 GENES
Vassalli A, Li S, Tafti M

0069 3:30pm – 3:45pm
GPR139, AN ORPHAN RECEPTOR ACTIVATED BY L-TRYPTOPHAN AND L-PHENYLALANINE: EMERGING ROLE ON SLEEP MODULATION

0070 3:45pm – 4:00pm
A NOVEL ROLE FOR PEDUNCULOPONTINE TEGMENTUM (PPT) BDNF-TRKB SIGNALING: A MECHANISM OF HOMEOSTATIC REGULATION OF REM SLEEP IN RAT
Koul-Tiwari R, Garner J, Barnes AK, Datta S

0071 4:00pm – 4:15pm
DEFAULT MODE ACTIVATION PREDICTS VULNERABILITY TO SLEEP DEPRIVATION IN THE DOMAINS OF MOOD, SLEEPINESS, AND VIGILANCE
Killgore WD, Tkachenko O, Grandner MA, Rauch SL

0072 4:15pm – 4:30pm
EXPOSURE TO BLUE WAVELENGTH LIGHT IS ASSOCIATED WITH INCREASED DORSOLATERAL PREFRONTAL CORTEX RESPONSES, AND INCREASES IN RESPONSE TIMES DURING A WORKING MEMORY TASK
Alkozei A, Pisner D, Markowski SM, Vanuk JR, Fridman A, Shane BR, Knight SA, Grandner MA, Killgore W

S17: Could Chronotype and Sleep Timing Play a Role in Racial/Ethnic Health Disparities?
2:45pm – 4:45pm
Room 402
Chair: Kristen Knutson, PhD

0073 4:30pm – 4:45pm
DYNAMIC CONSISTENCY BETWEEN EEG SPECTRAL POWER AND REGIONAL CONNECTIVITY ACROSS SLEEPWAKE CONDITIONS
Wu CW, Hung P, Tsai P, Chen CS, Chang C, Lin C
GALANINERGIC NEURONS IN THE VENTROLATERAL PREOPTIC AREA PROMOTE NON-RAPID EYE MOVEMENT (NREM) SLEEP IN MICE

Vetrivelan R, Gagliardi C and Saper CB
Department of Neurology, Beth Israel Deaconess Medical Center, Boston, MA

Introduction: Ventrolateral preoptic area (VLPO) has been shown to be a critical region for sleep regulation in mammals. Because the galaninergic (GAL) neurons in the VLPO express cFos following periods of increased sleep and project to key wake-promoting regions in the posterior hypothalamus and brainstem, we proposed that the GAL neurons in the VLPO may be able to drive sleep behavior. To address this question, we selectively activated VLPO GAL neurons using chemogenetic tools and studied the consequent changes in sleep-wake in free moving mice.

Methods: Under anesthesia, adult male GAL-Cre mice (transgenic mice expressing cre-recombinase under GAL promoter) were stereotaxically injected with adeno-associated viral vectors (AAV) containing the Cre-dependent gene for the excitatory DREADD, hM3Dq and a red fluorescent tag, mCherry (AAV8-DIO-hM3Dq-mcherry) or AAV containing the gene for Cre-dependent mCherry alone (AAV8-DIO-mCherry; sham control) into the VLPO. All mice were then implanted with miniature transmitter for recording the electroencephalogram (EEG), electromyogram (EMG) and body temperature (Tb). Four weeks after the surgical procedure, we intraperitoneally (i.p.) injected clozapine-N-oxide (CNO; ligand for hM3Dq to activate GAL neurons) or saline (vehicle) and studied the changes in sleep-wake and Tb.

Results: Activation of preoptic GAL neurons by i.p. CNO during the light and dark periods resulted in significant increase in NREM sleep (up to 100%) and complete suppression of REM sleep for 6-8 hours in mice. Increase in NREM sleep was brought about by a decrease in sleep latency and increases in number and durations of NREM bouts. Preoptic GAL neuronal activation also caused a significant fall in Tb (up to 5°C) lasting for 6-12 hrs.

Conclusion: Activation of VLPO GAL neurons dramatically increased NREM sleep. Either VLPO or nearby median preoptic GAL neurons play an important role in maintaining Tb in a warm environment.

Support: NIH grants: NS074205 and NS088482 (to RV); AG09975, HL09549, and NS085477 (to CBS).

CATECHOL-O-METHYLTRANSFERASE (COMT) GENOTYPE AFFECTS DYNAMIC DECISION MAKING DURING SLEEP DEPRIVATION

Satterfield BC1,2, Hinson JM1, Whitney P1, Schmidt MA1,2, Wisor JP1,2, Van Dongen HPA1,2
1Sleep and Performance Research Center, Washington State University, Spokane, WA, 2Elson S. Floyd College of Medicine, Washington State University, Spokane, WA, 3Department of Psychology, Washington State University, Pullman

Introduction: Decision making that requires flexible updating of decision-relevant information is profoundly degraded by total sleep deprivation (TSD). Dopamine is a key neurotransmitter in neural pathways involved in attentional control during such dynamic decision making. Dopamine is metabolized by the catechol-O-methyltransferase (COMT) enzyme, and COMT activity is influenced by a polymorphism, Val158Met. We investigated whether dynamic decision making during TSD is affected by COMT genotype.

Methods: N=41 healthy adults (26.3±4.7y; 17 females) participated in a laboratory study. After a baseline day (10h TIB), subjects were randomized to 38h TSD (n=20) or well-rested control (10h TIB; n=21). Subjects performed a go/no-go reversal learning task (GNGr) at baseline (6h awake) and again 24h later during TSD or well-rested control. The GNGr task required subjects to learn the go/no-go stimulus-response relationships from feedback. Halfway through the task, these
relationships were reversed unexpectedly, which subjects were to discover from feedback. GNGr performance was quantified by discriminability (d') between go and no-go stimuli before and after the stimulus-response reversal. Subjects’ genomic DNA was extracted from whole blood samples and assayed using real-time PCR. COMT genotype frequencies were in Hardy-Weinberg equilibrium ($\chi^2 = 0.21$).

**Results:** Mixed-effects ANOVA showed no significant main effect of COMT genotype on GNGr performance ($F=1.50, p=0.22$). However, there was a significant interaction between genotype and experimental condition ($F=3.98, p=0.019$). Compared to subjects heterozygous or homozygous for the Met allele, subjects homozygous for the Val allele had significantly worse GNGr performance during TSD. In fact, their GNGr performance during TSD after stimulus-response reversal was no better than chance.

**Conclusion:** TSD exposed effects of the COMT Val158Met polymorphism on a task requiring updating of information and dynamic attentional control. With TSD the Val/Val genotype impaired overall performance and was especially disadvantageous for utilization of dynamic attentional control.

**Support:** NIH grant R21CA167691 and ONR grant N000141310302.

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**LBA 3**  
1:15pm - 1:30pm

### SLEEP RESTRICTION SLOWS METABOLISM AND IMPAIRS PERFORMANCE IN ELITE CYCLISTS

Mah CD$^1$; Luke A$^1$; Kushida CA$^1$; Anguera J$^1$; Gazzaley A$^1$; Dement WC$^1$

$^1$School of Medicine, University of California, San Francisco, San Francisco, CA, $^1$UCSF Human Performance Center, Department of Orthopaedics, University of California San Francisco, San Francisco, CA, $^1$Stanford Center for Sleep Sciences and Medicine, Department of Psychiatry and Behavioral Sciences, Stanford University, Stanford, CA, $^1$Department of Neurology, University of California, San Francisco, San Francisco, CA

**Introduction:** The effects of sleep restriction on physiology and impact on exercise performance in healthy fit adults are not well elucidated. Chronic sleep restriction is widespread and few studies have investigated the impact on metabolism and heart rate in fit adults. The aim of the study was to examine the effects of 3 days of sleep restriction (SR) on exercise physiology and performance in healthy athletes.

**Methods:** In a randomized crossover design, 12 healthy elite male cyclists (29.2 ± 5.3 years) restricted sleep to 4 hours for three days or extended sleep to 10 hours for two weeks. Cyclists completed a baseline week of habitual sleep and a 2-week washout period in between interventions. Outcome measures pre and post intervention included: a 20-minute submaximal test, a 1-minute incremental maximal exercise test, and a maximal time to exhaustion test on a bicycle ergometer and metabolic collection system as well as the Psychomotor Vigilance Task.

**Results:** Following sleep restriction, energy expenditure during submaximal exercise decreased 3.9% (13.74 ± 0.60 vs. 13.20 ± 0.64 Kcal/min, p<0.001). Submaximal heart rate decreased after SR (135.7 ± 13.8 vs 128.6 ± 12.1 bpm, p<0.01) as well as peak heart rate (184.3 ± 7.6 vs 179.3 ± 7.9 bpm, p<0.01). Following SR, maximal aerobic power decreased 2.9% (430 ± 40 vs. 417 ± 39 watts, p<0.05) and time to exhaustion decreased by 10.7% (37 seconds) (353 ± 108 vs 315 ± 92 seconds, p<0.05). Psychomotor Vigilance Task response speed decreased following SR (3.86 ± 0.39 vs 3.51 ± 0.36, p<0.05).

**Conclusions:** 3 days of sleep restriction decreased energy expenditure and heart rate during exercise. Findings suggest that sleep loss results in performance impairments including decreased peak power and endurance performance, as well as decreased response speed in fit adults.

**Support:** This study was supported by the National Center for Advancing Translational Sciences, National Institutes of Health, through UCSF-CTSI Grant Number TL1 TR000144. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the NIH.
LATE BREAKING ABSTRACTS

LBA 4
1:30PM – 1:45PM

TRANSVENOUS STIMULATION OF THE PHRENIC NERVE TO TREAT CENTRAL SLEEP APNEA: RESULTS OF A RANDOMIZED TRIAL

Costanzo MR1, Javaheri S2, Ponikowski P3, Augustini R4, Goldberg L5, Holcomb R6, Kao A7, Oldenburg O8, Stellbrink C9, Abraham WT4
1Advocate Heart Institute, Naperville, IL, 2Bethesda North Hospital, Cincinnati, OH, 3Medical University, Military Hospital, Wroclaw, Poland, 4Ohio State University, Columbus, OH, 5University of Pennsylvania, Philadelphia, PA, 6Independent Biostatistician, Minneapolis, MN, 7Mid America Heart Institute, Kansas City, MO, 8Bad Oeynhausen Heart and Diabetes Center, Bad Oeynhausen, Germany, 9Bielefeld Medical Center, Bielefeld, Germany

Introduction: Central Sleep Apnea (CSA) is associated with multiple co-morbidities and increases the risk for adverse consequences. An implantable neurostimulation system (the remedē® System, Respicardia, Inc., MN) has been designed to be implanted by a cardiologist to transvenously stimulate a phrenic nerve to restore normal breathing patterns in patients with CSA. A randomized trial evaluated stimulation of the phrenic nerve in patients with moderate to severe CSA.

Methods: Following polysomnography (PSG), 151 patients with apnea-hypopnea index (AHI) ≥20 events/hour and predominantly CSA were implanted and randomized (1:1) to stimulation (treatment) or no stimulation (control) for 6 months. The primary effectiveness endpoint was a comparison of the proportions of patients in treatment versus control achieving a ≥50% AHI reduction. If the primary effectiveness endpoint was met, seven secondary endpoints also were tested hierarchically. Following the 6 month effectiveness assessment, control subjects had stimulation turned on. The primary safety evaluation was freedom from related serious adverse events through 12 months. PSGs were scored by a blinded core laboratory.

Results: The average baseline AHI was 46 ± 18 and central apnea index (CAI) was 28 ± 17. A statistically significantly higher proportion of patients in the treatment group achieved an AHI reduction ≥50% at 6 months compared to control (P<0.001). Freedom from related serious adverse events was 91%. All 7 hierarchical secondary endpoints were statistically significant, with treatment being superior to control for each endpoint CAI (p<0.001), AHI (p<0.001), arousal index (p<0.001), REM sleep (p=0.024), patient global assessment (p<0.001), oxygen desaturation index 4% (p<0.001) and Epworth Sleepiness Scale (p<0.001).

Conclusion: Unilateral transvenous stimulation of the phrenic nerve effectively treats CSA as demonstrated by reductions in the AHI and other sleep indices, increases REM, and improved sleepiness and quality of life.
Healthy Sleep Awareness Week

In recognition of the importance of sleep and the prevalence of sleep disorders, Colorado Governor John W. Hickenlooper has signed a proclamation declaring that the period between June 12, 2016 and June 18, 2016, is Healthy Sleep Awareness Week in the state of Colorado. The proclamation also acknowledges that Colorado is home to 132 board-certified sleep specialists and 30 accredited sleep centers, and it recognizes that SLEEP 2016 is the premier gathering for over 5,000 sleep medicine professionals from across the world.

Read the proclamation online at: http://bit.ly/SleepWeekColorado
Industry supported activities are supported by SLEEP 2016 exhibitors. While held in conjunction with SLEEP 2016, these events are not part of the scientific program that is coordinated by the APSS Program Committee.

**INDUSTRY PRODUCT THEATERS**

Industry Product Theaters will be held at the Colorado Convention Center in the 500 Meeting Rooms. These sessions will feature lunch time presentations by our exhibitors. Boxed lunches will be provided; CME is not provided for these presentations. Please visit the exhibitors’ booths for additional information and to register.

**Monday, June 13 | 12:30pm-1:30pm**

- **Philips Respironics**  Room 501  
  Central Sleep Apnea in Heart Failure

- **Pernix Therapeutics**  Room 503  
  Sleep Maintenance Insomnia: Addressing an Unmet Need

- **ResMed**  Room 506  
  OSA-COPD Overlap Syndrome – A Problem of Oxygenation or Ventilation?

**Tuesday, June 14 | 12:30pm-1:30pm**

- **Philips Respironics**  Room 501  
  Enabling Data-Driven Mask Design

- **Itamar Medical**  Room 503  
  Realizing the Future of Sleep Medicine

- **XenoPort, Inc.**  Room 506  
  Relieving the Symptoms of Restless Legs Syndrome: HORIZANT (gabapentin enacarbil)

**INDUSTRY SUPPORTED EVENTS**

**Best Practices for Managing Narcolepsy and Obstructive Sleep Apnea: Evidence-Based Strategies and Solutions**

*presented by Voxmedia*

**Monday, June 13 | 6:45pm – 8:45pm**

Hyatt Regency Denver, Centennial Ballroom ABCD
SLEEP MAINTENANCE INSOMNIA: Addressing an Unmet Need

PRODUCT THEATER:
Monday, June 13, 2016 • 12:30 PM
Colorado Convention Center, Room 503-504

Presented by:
ANDREW D. KRYSAL, MD

Professor
Department of Psychiatry
Duke University School of Medicine
Durham, NC

SEATING IS LIMITED

PLEASE VISIT PERNIX THERAPEUTICS AT BOOTH 313

OSA-COPD
Overlap Syndrome – A Problem of Oxygenation or Ventilation?
Colorado Convention Center, Room 506-507
June 13, 2016, 12:30-1:30pm (lunch provided)

Speaker
Robert L. Owens, MD
Assistant Professor of Medicine, Division of Pulmonary, Critical Care and Sleep Medicine
University of California, San Diego

Agenda
• Clinical consequences of having both OSA and COPD
• Methods to identify OSA-COPD overlap syndrome
• Choosing the right therapy for overlap syndrome patients

Stop by booth #513 to learn more about ResMed’s lab and patient solutions.
We turned the design over to the experts

The result is a patient-driven sleep apnea solution

Introducing our most rigorously researched sleep therapy system. The blueprint for the Dream Family came from interviews with people who use CPAP technology every day and the people who manage their treatment. It’s helping patients rediscover their dreams.

Visit us at booth #101 to learn more about the Dream Family

Home Sleep Testing Made Simple

To learn more come visit us at:

SLEEP 2016
Booth # 423

Come hear
Dr. Daniel Lee, MD, FAASM, FAAN
talk about HORIZANT®
(gabapentin enacarbil)
extended-release tablets

Industry Product Theater
Tuesday, June 14, 2016
12:30 - 1:30 PM
room 506-507
Colorado Convention Center

This program is sponsored by

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April, 2016. 01-691
For patients with Non-24-Hour Sleep-Wake Disorder (Non-24)

It’s time to treat with

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Daily use improves sleep-wake measures during periods of circadian misalignment in patients who are totally blind.

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- Learn more at HETLIOZPRO.com

Indication

HETLIOZ® (tasimelteon) is indicated for the treatment of Non-24-Hour Sleep-Wake Disorder (Non-24).

Important Safety Information

- HETLIOZ® may cause somnolence: After taking HETLIOZ®, patients should limit their activity to preparing for going to bed, because HETLIOZ® can potentially impair the performance of activities requiring complete mental alertness.
- The most common adverse reactions (incidence >5% and at least twice as high on HETLIOZ® than on placebo) were headache, increased alanine aminotransferase, nightmares or unusual dreams, and upper respiratory or urinary tract infection. The risk of adverse reactions may be greater in elderly (>65 years) patients than younger patients because exposure to HETLIOZ® is increased by approximately 2-fold compared with younger patients.

Please see Brief Summary of full Prescribing Information.

Reference: HETLIOZ® [prescribing information], Vanda Pharmaceuticals Inc. 2014.

Use of HETLIOZ® should be avoided in combination with fluvoxamine or other strong CYP1A2 inhibitors, because of a potentially large increase in exposure of HETLIOZ®, and a greater risk of adverse reactions. HETLIOZ® should be avoided in combination with rifampin or other CYP3A4 inducers, because of a potentially large decrease in exposure of HETLIOZ®, with reduced efficacy.

There are no adequate and well-controlled studies of HETLIOZ® in pregnant women. Based on animal data, HETLIOZ® may cause fetal harm. HETLIOZ® should be used during pregnancy only if the potential benefit justifies the potential risks.

Caution should be exercised when HETLIOZ® is administered to a nursing woman.

HETLIOZ® has not been studied in patients with severe hepatic impairment and is not recommended in these patients.

Safety and effectiveness of HETLIOZ® in pediatric patients have not been established.
BRIEF SUMMARY

The following is a brief summary only. See full Prescribing Information at www.HETLIOZPRO.com.

HETLIOZ® (tasimelteon) capsules, for oral use. Rx Only

INDICATIONS AND USAGE

HETLIOZ® is indicated for the treatment of Non-24-Hour Sleep-Wake Disorder (Non-24).

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Somnolence

After taking HETLIOZ®, patients should limit their activity to preparing for going to bed. HETLIOZ® can potentially impair the performance of activities requiring complete mental alertness.

ADVERSE REACTIONS

Clinical Trials Experience

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in clinical practice.

A total of 1346 subjects were treated with at least one dose of HETLIOZ®, of which 139 were treated for >26 weeks and 93 were treated for >1 year.

A 26-week, parallel-arm placebo-controlled study (Study 1) evaluated HETLIOZ® (n=42) compared to placebo (n=42) in patients with Non-24. A randomized-withdrawal, placebo-controlled study of 8 weeks duration (Study 2) also evaluated HETLIOZ® (n=10), compared to placebo (n=10), in patients with Non-24.

In placebo-controlled studies, 6% of patients exposed to HETLIOZ® discontinued treatment due to an adverse event, compared with 4% of patients who received placebo.

Table 1 shows the incidence of adverse reactions from Study 1.

<table>
<thead>
<tr>
<th>Table 1: Adverse Reactions in Study 1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Headache</td>
</tr>
<tr>
<td>Alanine aminotransferase increased</td>
</tr>
<tr>
<td>Nightmare/abnormal dreams</td>
</tr>
<tr>
<td>Upper respiratory tract infection</td>
</tr>
<tr>
<td>Urinary tract infection</td>
</tr>
</tbody>
</table>

*Adverse reactions with an incidence >5% and at least twice as high on HETLIOZ® than on placebo are displayed.

DRUG INTERACTIONS

Strong CYP1A2 Inhibitors (eg, fluvoxamine)

Avoid use of HETLIOZ® in combination with fluvoxamine or other strong CYP1A2 inhibitors because of a potentially large increase in tasimelteon exposure and greater risk of adverse reactions.

Strong CYP3A4 Inducers (eg, rifampin)

Avoid use of HETLIOZ® in combination with rifampin or other CYP3A4 inducers because of a potentially large decrease in tasimelteon exposure with reduced efficacy.

USE IN SPECIFIC POPULATIONS

Pregnancy

Pregnancy Category C

There are no adequate and well-controlled studies of HETLIOZ® in pregnant women. In animal studies, administration of tasimelteon during pregnancy resulted in developmental toxicity (embryofetal mortality, neurobehavioral impairment, and decreased growth and development in offspring) at doses greater than those used clinically. HETLIOZ® should be used during pregnancy only if the potential benefit justifies the potential risks.

In pregnant rats administered tasimelteon at oral doses of 5, 50, or 500 mg/kg/day during the period of organogenesis, there were no effects on embryofetal development. The highest dose tested is approximately 240 times the recommended human dose (RHD) of 20 mg/day, on a mg/m² basis.

In pregnant rabbits administered tasimelteon at oral doses of 5, 30, or 200 mg/kg/day during the period of organogenesis, embryolethality and embryofetal toxicity (reduced fetal body weight and delayed ossification) were observed at the highest dose tested. The highest dose not associated with adverse effects (30 mg/kg/day) is approximately 30 times the RHD on a mg/m² basis.

Ovar administration of tasimelteon (50, 150, or 450 mg/kg/day) to rats throughout organogenesis and lactation resulted in persistent reductions in body weight, delayed sexual maturation and physical development, and neurobehavioral impairment in offspring at the highest dose tested. Reduced body weight in offspring was also observed at the mid-dose. The no effect dose (50 mg/kg/day) is approximately 25 times the RHD on a mg/m² basis.

Nursing Mothers

It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when HETLIOZ® is administered to a nursing woman.

Pediatric Use

Safety and effectiveness in pediatric patients have not been established.

Geriatric Use

The risk of adverse reactions may be greater in elderly (>65 years) patients than younger patients because exposure to tasimelteon is increased by approximately 2-fold compared with younger patients.

Hepatic Impairment

Dose adjustment is not necessary in patients with mild or moderate hepatic impairment. HETLIOZ® has not been studied in patients with severe hepatic impairment (Child-Pugh Class C). Therefore, HETLIOZ® is not recommended for use in patients with severe hepatic impairment.

Smokers

Smoking causes induction of CYP1A2 levels. The exposure of tasimelteon in smokers was lower than in non-smokers and therefore the efficacy of HETLIOZ® may be reduced in smokers.

PATIENT COUNSELING INFORMATION

Advise patients

• To take HETLIOZ® before bedtime at the same time every night.
• To skip the dose that night if they cannot take HETLIOZ® at approximately the same time on a given night.
• To limit their activities to preparing for going to bed after taking HETLIOZ® because HETLIOZ® can potentially impair the performance of activities requiring complete mental alertness.
• That because of individual differences in circadian rhythms, daily use for several weeks or months may be necessary before benefit from HETLIOZ® is observed.
• To swallow the capsule whole.

Distributed by:

Vanda Pharmaceuticals Inc.
Washington, DC 20037 USA

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<table>
<thead>
<tr>
<th>Exhibitor Listing</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3B/BMC 441</td>
<td>Brain Vision, LLC 543</td>
</tr>
<tr>
<td>AASM SleepTM 317</td>
<td>Cadwell 123</td>
</tr>
<tr>
<td>AcousticSheep 147</td>
<td>CamNtech, Inc. 531</td>
</tr>
<tr>
<td>ActiGraph 523</td>
<td>CareCredit 110</td>
</tr>
<tr>
<td>Activinsights 646</td>
<td>CareFusion 141</td>
</tr>
<tr>
<td>Advanced Brain Monitoring, Inc. 516</td>
<td>Choice One Medical 334</td>
</tr>
<tr>
<td>AG Industries, LLC 633</td>
<td>Circadian 826</td>
</tr>
<tr>
<td>Airway Management 622</td>
<td>Cleveland Clinic Wellness Enterprise 727</td>
</tr>
<tr>
<td>Ambulatory Monitoring, Inc. 537</td>
<td>CleveMed 142</td>
</tr>
<tr>
<td>Apex Medical 637</td>
<td>Compumedics 435</td>
</tr>
<tr>
<td>Aprima Medical Software 223</td>
<td>Condor Instruments 434</td>
</tr>
<tr>
<td>Battery Power Solutions 426</td>
<td>Contour Products, Inc. 104</td>
</tr>
<tr>
<td>Beddit, Inc. 541</td>
<td>Dreampad 547</td>
</tr>
<tr>
<td>BeHealth Solutions 247</td>
<td>Drive DeVilbiss Healthcare 336</td>
</tr>
<tr>
<td>BioModeling Solutions, Inc. 734</td>
<td>DyMedix 412</td>
</tr>
<tr>
<td>BlueSom 640</td>
<td>Electromedical Products International, Inc. 828</td>
</tr>
<tr>
<td>Board of Registered Polysomnographic Technologists 533</td>
<td>ELSEVIER 417</td>
</tr>
<tr>
<td>BRAEBON Home Sleep Apnea Testing 337</td>
<td>Enovative Technologies 806</td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td>Exhibitor Listing</td>
<td>Booth Number</td>
</tr>
<tr>
<td>---------------------------------------</td>
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</tr>
<tr>
<td>Panthera Dental</td>
<td>229</td>
</tr>
<tr>
<td>Pernix Therapeutics</td>
<td>313</td>
</tr>
<tr>
<td>Philips Respironics</td>
<td>101, 213</td>
</tr>
<tr>
<td>Physician's Seal LLC</td>
<td>140</td>
</tr>
<tr>
<td>Pinnacle Technology Inc.</td>
<td>630</td>
</tr>
<tr>
<td>PPIC, a Coverys Company</td>
<td>325</td>
</tr>
<tr>
<td>Provent Sleep Therapy, LLC</td>
<td>808</td>
</tr>
<tr>
<td>Quell by NeuroMetrix</td>
<td>736</td>
</tr>
<tr>
<td>Radiometer America</td>
<td>436</td>
</tr>
<tr>
<td>RemZzzs</td>
<td>636</td>
</tr>
<tr>
<td>ResMed</td>
<td>513</td>
</tr>
<tr>
<td>RespiTec</td>
<td>446</td>
</tr>
<tr>
<td>Restless Legs Syndrome Foundation</td>
<td>124</td>
</tr>
<tr>
<td>Re-Timer Light Therapy Glasses</td>
<td>235</td>
</tr>
<tr>
<td>Rhinomed</td>
<td>246</td>
</tr>
<tr>
<td>SCL Health</td>
<td>830</td>
</tr>
<tr>
<td>S.L.P./SleepSense</td>
<td>626</td>
</tr>
<tr>
<td>Salimetrics LLC</td>
<td>347</td>
</tr>
<tr>
<td>SAMINA Healthy Sleep Products</td>
<td>130</td>
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Booth Number: 441
3B/BMC
Winter Haven, FL
www.3Bproducts.com
3B/BMC is a global manufacturer and distributor of medical devices for the treatment of sleep disordered breathing and oxygen therapy. Our line of CPAP, Auto-CPAP, and Bi-Level devices provide full efficacy and compliance data, and work in conjunction with our cloud based patient management system, iCodeConnect.

Booth Number: 147
AcousticSheep
Erie, PA
877-838-4790
www.sleepphones.com
AcousticSheep strives to create a world of happy, healthy, well-rested people with its comfortable bed-friendly headphones, sleepphones. Formed in 2007 by a family doctor, AcousticSheep products are designed with comfort, quality and the environment in mind.

Booth Number: 317
AASM SleepTM
Darien, IL
888-334-6820
sleeptm.com
AASM SleepTM is a state-of-the-art telemedicine platform, designed by the AASM, specifically for sleep medicine. This innovative solution allows you to expand to new patient populations and better manage existing patients. Unique features of the system include an integrated sleep diary, on-demand access to patient data and your own customizable webpage. Register in 2016 to receive 2500 free minutes!

Booth Number: 523
ActiGraph
Pensacola, FL
877-497-6996
www.actigraphcorp.com
ActiGraph is a leading provider of actigraphy monitoring solutions for the objective measurement of sleep/wake behavior and daily physical activity. ActiGraph monitors are among the most widely used and extensively validated devices of their kind, and our innovative cloud and mobile software platform delivers accurate and reliable data in near real time.

Booth Number: 516
Advanced Brain Monitoring, Inc.
Carlsbad, CA
866-677-2737
www.advancedbrainmonitoring.com
Advanced Brain Monitoring is an industry leader in the development of novel diagnostic and treatment technologies for the sleep medicine field. The Sleep Profiler is a clinically-validated system for sleep and sleep-disordered breathing in the home or ICU. Night Shift and Apnea Guard deliver therapy to those suffering from sleep apnea.

Booth Number: 646
Activinsights
Cambridgeshire, United Kingdom
www.activinsights.co.uk
Activinsights deliver patient lifestyle insight to healthcare professionals using validated wearables. We work directly with researchers and practitioners, managing and analysing complex behavioural data to improve health and performance. We build objective sleep and lifestyle reports with data from wearables, apps and connected devices, providing invaluable information when planning effective interventions.
Booth Number: 633
AG Industries, LLC
St. Louis, MO
800-875-3138
www.agindustries.com
AG Industries will be featuring two great new products from our CPAP mask line: The Reveal Direct Nasal Mask and Nonny Pediatric Nasal Mask. For over thirty years, AG Industries has proudly manufactured an extensive line of sleep and respiratory products. Please visit our booth.

Booth Number: 537
Ambulatory Monitoring, Inc.
Ardsley, NY
800-341-0066
www.ambulatory-monitoring.com
Ambulatory Monitoring, Inc., presents its line of Motionlogger Actigraphs backed by more than 30 years of peer-reviewed validation demonstrating the most consistently high agreement with polysomnography across numerous populations including normal, sleep disturbed, pediatric, adult, and geriatric. Don’t settle for actigraphs with no validation of their own or low specificity!

Booth Number: 637
Apex Medical
Brea, CA
www.apexmedicalcorp.com
At Apex, we are passionate about sleep apnea therapy. We know the difference it makes to millions of people around the world many of who sleep with our products every night. We also believe CPAP should be simple and affordable. The products we develop always have these goals in mind and is why Apex has become one of the most popular and respected brands in the world of sleep medicine.

Booth Number: 223
Aprima Medical Software
Carrollton, TX
866-960-6890, opt 7
www.aprima.com
Aprima offers innovative EHR, PM and RCM solutions for medical practices. It’s easy to navigate MU, ICD-10, PQRS, CQMs and more. With Aprima, you can document sleep history and sleep schedule, as well as order sleep studies. Content includes sleep medicine exams and Epworth Sleepiness Scale.

Booth Number: 426
Battery Power Solutions
Portland, OR
877-445-5228
www.batterypowersolutions.net
Battery Power Solutions CPAP Battery is the most trusted portable battery for PAP devices on the market today. This unique cash sale item allows patients to remain compliant with their PAP therapy by giving them the freedom to power their PAP device when and where they need it!
Booth Number: 541  
Beddit, Inc.  
Sunnyvale, CA  
www.beddit.com  
Beddit offers smartphone-connected, non-wearable, home-based sleep tracking solutions for general consumers. Our highly accurate, cost-and-compliance-friendly automatic measurements of whole-body movement, heart rate, respiration, and snoring make Beddit uniquely suitable for at-home apnea and PLMD screening, for which we’ve prototyped a screen tool. Available in Apple stores worldwide.

Booth Number: 734  
BioModeling Solutions, Inc.  
Beaverton, OR  
www.dnaappliance.com  
BioModeling Solutions trains and educates doctors in becoming a Certified Provider of the DNA appliance system. The DNA appliance is a FDA registered Biomimetic oral appliance which harnesses the body’s natural ability for self-correction. It involves no surgery, no drugs and no injections, relying instead on natural and physiological processes.

Booth Number: 640  
BlueSom  
Orvauilt, France  
www.bluepro.pro  
BlueSom is the manufacturer of the mandibular advancement device BluePro. BluePro is a first-line oral appliance in snoring and obstructive sleep apnea (OSA). Sold exclusively to health professionals e.g. dentists, stomatologists, otolaryngologists, BluePro has 3 key features required for successful treatment: retention, titration, maintaining.

Booth Number: 533  
Board of Registered Polysomnographic Technologists  
McLean, VA  
www.brpt.org  
The Board of Registered Polysomnographic Technologists (BRPT) is an independent, nonprofit certification board that cultivates the highest professional and ethical standards for polysomnographic technologists by providing the leading internationally recognized credential in sleep technology - the Registered Polysomnographic Technologist (RPSGT) credential.

Booth Number: 337  
BRAEBON Home Sleep Apnea Testing  
Kanata, ON, Canada  
888-462-4841  
www.braebon.com  
BRAEBON has created medical devices for sleep medicine worldwide since 1998, including our unparalleled MediByte and MediByte Jr home sleep apnea recorders. High quality sleep sensors include our PVDF effort sensors, oronasal cannulate, new family of disposable airflow sensors, RIP effort, new & improved reusable and disposable cTherm cannula thermistors.
Brain Vision, LLC offers full service solutions for customized neurophysiological research on infants and adults that include EEG/ERP/BCI software and hardware, fMRI compatible equipment, stimulation devices (TMS, tDCS, tACS), wireless system applications for passive, active, dry electrodes and accessories.

Cadwell offers unique solutions for in-lab sleep diagnostic studies with our multi-modality Easy III PSG/EEG system and the Easy Ambulatory system with Q-Video Mobile 2 that can be configured for full EEG montages plus sleep channels with video for attended or unattended studies.

CamNtech is a leader in designing, manufacturing & supporting ambulatory devices used in sleep research. Our product line consist of: Actiheart, Cardio, Actiwave, PRO-Diary, MotionWatch 8, and Actiwatch Mini. By combining ECG and three axis of accelerometry CamNtech set a new standard in sleep & circadian measurement and monitoring.

CareCredit helps more of your patients improve their quality of life by offering them CareCredit’s Payment Option. Grow your practice, reduce A/R and increase cash flow. For patients facing higher deductibles or for those that don't have insurance CareCredit can help them start treatment immediately with a convenient monthly payment plan. Your practice gets paid in 2 business days.

CareFusion combines technology and intelligence to measurably improve patient care. Our clinically proven products are designed to help improve the safety and cost of healthcare for generations to come. Some of our most trusted brands include Alaris®, ChloraPrep®, Pyxis®, PleurX®, V. Mueller® and VIASYS.

Choice One Medical is a wholesaler and distributor that strives to provide high quality respiratory medical products to clients following the latest innovations with cutting edge technology that brings the healthcare to the highest standard. Manufacturer of Medistrom™ Backup Power Supply & Travel Battery, Best in Rest™ CPAP Pillows, and CleanzEx™ CPAP Mask Wipes.
Booth Number: 826
Circadiance
Turtle Creek, PA
888-825-9640
www.circadiance.com
Circadiance develops and manufactures respiratory products for people with sleep-disordered breathing, who need non-invasive ventilation or who require monitoring. Circadiance delivers superior patient comfort and effectiveness in the acute care and home care settings, ultimately resulting in reduced cost of care and improved outcomes. Brands include NeoPAP® SmartMonitor® and SleepWeaver®.

Booth Number: 727
Cleveland Clinic Wellness Enterprise
Lyndhurst, OH
888-820-3605
www.ClevelandClinicWellness.com
A driving force in health & prevention, Cleveland Clinic Wellness Enterprise (CCWE) partners with organizations to create a culture of good health and high performance. Focused on changing behavior which improves performance and quality of life; CCWE combines science and proven engagement strategies to improve a participant’s health.

Booth Number: 142
CleveMed
Cleveland, OH
877-253-8363
www.CleveMed.com
CleveMed is a leader in medical services and devices for portable sleep testing. The SleepView® and CleveMedSleepview.com Web Portal allow providers to conduct home sleep testing for their patients with the support of sleep professionals. The SleepView solutions is easy for patients, streamlines operations, and is cost efficient for healthcare providers.

Booth Number: 435
Compumedics
Charlotte, NC
877-717-3975
www.compumedics.com
See More and Do More™ with Compumedics Sleep Systems. From research level recordings to HSAT, Compumedics Sleep Systems perform. See our latest innovations including the latest family of GRAEL HD amplifiers, Profusion SLEEP 4 software with AASM V2.0 Compliance, SomtePSG and Somte HSAT Systems. Maximize sleep laboratory productivity with the Profusion nexus Lab Management Software. Your complete Sleep Solutions - only from Compumedics.

Booth Number: 434
Condor Instruments
Sao Paulo, Brazil
www.condorinst.com.br
Condor Instruments offers high quality wrist actimeters (actigraphs) for medical and research applications, specially tailored for sleep and circadian disorders monitoring.

Booth Number: 104
Contour Products, Inc.
Charlotte, NC
www.ContourHealth.com
Since the introduction of our first pillow in 1991, Contour Products has emerged as an innovative leader in the sleep, comfort and support industry. Contour continues to introduce solution based products helping to solve specific sleep, comfort and support solutions that meet the everyday needs for people of all ages.

Booth Number: 547
Dreampad
Aurora, CO
303-962-2521
www.dreampadsleep.com
Dreampad is a therapeutic pillow that helps people reduce stress and sleep better. It uses patented technology to deliver music through gentle vibration, which helps induce sleep. The Dreampad is supported by research which suggests that the vibrational music activates the nervous system’s relaxation response, resulting in an immediate calming effect in most users.
Drive DeVilbiss Healthcare manufactures a complete line of durable medical equipment including mobility products, beds, bariatric products, wheelchairs, sleep surfaces and pressure prevention products, respiratory equipment, self assist products, power operated wheelchairs, rehabilitation products, patient room equipment, personal care products and electrotherapy devices.

Dymedix manufactures and markets a complete line of adult, pediatric, and neonatal, reusable and disposable sensors. Exclusively using PVDF technology our sensors provide a number of advantages over traditional sensor products all backed by an unmatched 2 year warranty. Welcome to the future of sleep diagnostic sensors.

Alpha-Stim® patented cranial electrotherapy stimulation (CES) devices have proven efficacious in controlling anxiety, insomnia, depression and pain since 1981. DOD practitioners prescribe it for mood and sleep disorders. Far less expensive and safer than medications. Supported by more research than any therapeutic device. Read abstracts at www.alpha-stim.com. Or call 1-800-FOR-PAIN.

Fisher & Paykel Healthcare is a leading innovator that excels in the treatment of obstructive sleep apnea (OSA). We offer a comprehensive range of CPAP devices, masks and humidifiers that deliver sleep performance for an energized lifestyle.

The EMA Oral Appliance from Myerson increases airway space by advancing the mandible using interchangeable straps. FDA cleared for the treatment of snoring and obstructive sleep apnea, EMA's patient friendly design offers advantages not found in other oral appliances.

General Sleep Corporation introduces our latest product, the Zmachine Insight HST. Combining traditional respiratory variables and body position with our patient-applied, single-channel, EEG technology and automated sleep staging, the Zmachine Insight HST can report an AHI based on actual sleep time for improved accuracy, especially in less severe patients.
Booth Number: 326
Great Lakes Orthodontics, Ltd.
Tonawanda, NY
800-828-7626
www.greatlakesortho.com
For over 20 years, Great Lakes has been providing effective, clinically proven sleep appliances, diagnostic tools, and technical support to dentists for their patients with snoring and obstructive sleep apnea. Stop by our booth to see the new Narval CC™ - the first and only CAD/CAM custom made MRD.

Booth Number: 816
Hawaiian Moon
Clearwater, FL
888-256-3276
www.aloecream.biz
Say goodbye to dry skin with Hawaiian Moon organic aloe cream!

Booth Number: 824
Helen DeVos Children’s Hospital
Clearwater, FL
888-256-3276
www.helendevoschildrens.org
Helen DeVos Children’s Hospital is a 236 bed free standing children’s hospital located on the main campus of Spectrum Health in downtown Grand Rapids, MI. The physicians are members of the Spectrum Health Medical Group, a not-for-profit, award winning, multispecialty, integrated health system.

Booth Number: 146
Hsiner Co., Ltd.
Taichung City, Taiwan
www.hsiner.com
HSINER is a leading manufacturer and exporter in Taiwan, specializing in respiratory, emergency care, anesthesia and sleep apnea products. Hsiner is certified with ISO13485, CMDCA ISO 13485, and CE. We manufacture complete in house to control of all the processes in the manufacturing and to provide products with consistent quality.

Booth Number: 422
Human Design Medical
Charlottesville, VA
855-436-8729
www.hdmusa.com
Human Design Medical (HDM) focuses on delivering lifestyle medical devices that fit the way users live their lives. We believe that by delivering devices that are more lifestyle-friendly we encourage usage and increase everyday compliance. The new Z1 Auto and Nitelog App (iOS, Android) deliver on the HDM promise by offering complete therapy with daily-weekly-monthly feedback including AH count, AH index, usage, pressure and leak in the world’s smallest package. Human Design Medical, Breas Medical and B & D Electro Medical are wholly owned by the PBM Capital Group of Charlottesville, PA.

Booth Number: 823
Huneo, LLC
Gates Mills, OH
www.huneo.com
Huneo has leveraged years of experience in analyzing polysomnographic data to create smart algorithms that form the core of the SnoreTrack app and SnoreCoach device. SnoreTrack monitors snoring and communicates with the SnoreCoach device to provide feedback to improve or eliminate snoring or snoring-related breathing patterns that are associated with sleep position (especially supine position).

Booth Number: 732
ImThera Medical, Inc.
San Diego, CA
www.imtheramedical.com
ImThera Medical is a leader in the development of fully-implantable neurostimulation solutions for those who suffer from obstructive sleep apnea (OSA) and are unwilling or unable to use CPAP. ImThera’s THN Therapy System improves lives by delivering muscle tone to key tongue muscles during sleep, opening the upper airway to reduce or eliminate OSA events.
\textbf{Booth Number: 346}  
\textbf{Indigo Arc, LLC}  
Gaithersburg, MD  
www.indigoarcmedical.com  
Indigo Arc Medical Systems has been offering robust, cloud-based sleep practice management and workflow solutions since 2004. The Sleep Lab Management (SLaM) platform is a cloud based, pay-as-you-go platform rich in features. These include patient health records, patient/physician portal, DME support, archiving, referral tracking, scoring support, online interpretations, dashboards, to name some.

\textbf{Booth Number: 114}  
\textbf{Infinite Therapeutics}  
Kingston, NH  
www.infinitymassagechairs.com  
The Infinity Riage delivers the only glute massage in the industry with a 49’ massage stroke! Complete with state-of-the-art roller foot reflexology, thigh and hip massage, an amazing spinal decompression stretch, sensors for customized targeted massage, lumbar heat and music, Riage is endless luxury, and The Ultimate Massage!

\textbf{Booth Number: 623}  
\textbf{inSleep® Health}  
Weston, FL  
844-7CLOUD9  
www.insleephealth.com  
inSleep® Health has developed, through innovative product engineering and consumer-friendly design, an FDA-cleared, clinically proven solution to actively treat asymptomatic chronic simple snoring. The Cloud9® Anti-Snoring System employs continuous low air pressure providing a noise-free sleeping experience for both the snorer and bed partner.

\textbf{Booth Number: 512}  
\textbf{Inspire Medical Systems, Inc.}  
Maple Grove, MN  
844-672-4357  
www.inspiresleep.com  
Inspire Medical Systems, Inc., based in Minneapolis, Minnesota, was incorporated in 2007 with the sole purpose of developing a safe, effective and well-accepted therapy to help those OSA patients who are unable to use or get consistent benefit from CPAP. Inspire therapy is the world’s first implantable FDA-approved neurostimulation system for the treatment of OSA.

\textbf{Booth Number: 423}  
\textbf{Itamar Medical}  
Franklin, MA  
888-748-2627  
www.itamar-medical.com  
Itamar Medical, a medical technology company developing state-of-the-art biomedical products based on peripheral arterial tone (PAT®) a platform signal for obstructive sleep apnea. The WatchPAT™ is a Home Sleep Apnea Test utilizing innovative technology, accurate screening, detection and diagnosis of OSA. The WatchPAT’s sleep breathing indices are based on True Sleep Time improving accuracy. The Cloud-PAT™ application allows for remote interpretation and reporting. The WatchPAT™ is simple, accurate and reliable.

\textbf{Booth Number: 301}  
\textbf{Jazz Pharmaceuticals, Inc.}  
Palo Alto, CA  
www.jazzpharma.com  
Jazz Pharmaceuticals plc (NASDAQ: JAZZ) is an international biopharmaceutical company focused on improving patients’ lives by identifying, developing and commercializing meaningful products that address unmet medical needs. The company has a diverse portfolio of products and product candidates with a focus in the areas of sleep and hematology/oncology.
SLEEP 2016 EXHIBITING COMPANIES

Booth Number: 729
KEGO
Lexington, KY
800-600-1390
www.kegodiagnostics.com
KEGO is an international distributor of sleep and neurodiagnostic supplies. With locations in the USA and Canada, KEGO is your national “One Stop Shop”, representing major manufacturers of sleep and neurodiagnostic products. Check out the full line of KEGO products at www.kegodiagnostics.com. What can KEGO do for you?

Booth Number: 227
Kettering National Seminars
Dayton, OH
800-445-0860
www.ketteringseminars.com
Kettering National Seminars has provided professional examination reviews and continuing education for over 35 years! We conduct hundreds of review courses nationwide, helping thousands of individuals earn their credentials. Thousands more use our self-study courses and online practice to prepare for these challenging exams without ever leaving their home.

Booth Number: 546
Lucimed
Villers-le-Bouillet, Belgium
www.myluminette.com
Lucimed is active in the manufacturing of SAD light therapy glasses. These glasses are used to treat seasonal affective disorders, sleep/wake cycle disorders and jetlag. It is now available in the US.

Booth Number: 632
Lully
San Francisco, CA
888-710-0899
www.lullysleep.com
Lully is a smart sleep device company that sells the only device proven to stop night terrors, the Sleep Guardian. The under-the-mattress Sleep Guardian times a nightly, partial arousal based on the principles of scheduled awakenings to decrease the severity and number of night terrors within 4 weeks.

Booth Number: 829
MAGNA Pharmaceuticals
Louisville, KY
888-206-5525
www.MAGNAweb.com
MAGNA Pharmaceuticals is a pharmaceutical company which specializes in high quality pharmaceutical products to add value to your life and optimize your overall health by bringing you unique products that are safe and effective, at affordable prices.

Booth Number: 814
medi USA
Whitsett, NC
800-633-6334
www.mediusa.com
medi…I feel better! medi is committed to helping people all around the world live a more independent, productive and satisfying life while managing circulatory issues. medi takes its position as global leader in medical compression seriously by investing in research, education and innovation providing the latest technologies in compression therapy enabling our patients to not only manage their disease but to enjoy life to its fullest.

Booth Number: 535
Merck
Kenilworth, NJ
www.merck.com
Today’s Merck is working to help the world be well. Through our medicines, vaccines, biologic therapies, and animal products, we work with customers and operate in more that 140 countries to deliver innovative health solutions.

Booth Number: 800
MicroDental Laboratories
Dublin, CA
800-229-0936
www.microdental.com
MicroDental is one of the leading dental laboratories, servicing dentists in the United States, Canada, and other parts of the world. MicroDental is DAMAS accredited and a Certified Dental Laboratory that offers a full-service portfolio that includes the award-winning and FDA cleared MicO2 sleep and snore device.

Booth Number: 715
MVAP Medical Supplies, Inc.
Newbury Park, CA
877-735-6827
www.mvapmed.com
MVAP Medical Supplies, Inc. offers a large selection of supplies for sleep disorders testing. By providing superior customer service and technical service combined with unbeatable pricing, we are able to give 100% satisfaction to our customers. Order online or call toll free.
Booth Number: 812
Narcolepsy Network, Inc.

North Kingstown, RI
888-292-6522
www.narcolesypnetwork.org
Narcolepsy Network is a patient support organization. We also provide education and resources and help raise awareness. We promote and support narcolepsy related research and we advocate for people with narcolepsy.

Booth Number: 735
National Heart, Lung, and Blood Institute

Bethesda, MD
www.nhlbi.nih.gov
The mission of the NHLBI is to provide global leadership for a research, training, and education program to promote the prevention and treatment of heart, lung, blood diseases, and sleep disorders and enhance the health of all individuals so that they can live longer and more fulfilling lives.

Booth Number: 708
Natus Neurology

Middleton, WI
800-356-0007
www.natus.com
Natus presents a comprehensive line of laboratory and home sleep diagnostic and high-level disinfection systems. Our REMbrandit™, RemLogic™, Sandman®, SleepWorks™ Nicolet and Grass PSG applications, along with our family of PSG/EEG amplifiers and Enterprise Data Management, provide unparalleled diagnostic options. Ask about our Emblettta MPR family of scalable amplifiers.

Booth Number: 323
Neurovirtual, Inc.

Doral, FL
877-638-7640
www.neurovirtual.com
Neurovirtual specializes in the development and sales of premium-quality devices used in sleep medicine and neurology. We take a people-first approach in everything we do, with access to live support throughout the purchase and ownership cycle at no additional cost for the life of your device at an affordable price-point.

Booth Number: 113
Nihon Kohden America, Inc.

Irvine, CA
800-325-0283
www.us.nihonkohden.com
Nihon Kohden offers unsurpassed quality amplifiers and scalable network-based software solutions needed to meet the changing demands of today's sleep field. Whether your needs require HSAT, Home Sleep Apnea Testing, lab-based PSGs or research grade diagnostic equipment, visit our booth and see how Nihon Kohden is providing Different Thinking for Better Healthcare.

Booth Number: 138
Nitetrnic America LLC

Upland, CA
www.nitetronic.com
Nitetrnic was established by German engineers and managers in 2011. Today Nitetrnic is recognized as a pioneer in “Sleep Healthcare Market”. Nitetrnic has own R&D, sales & marketing and manufacturing sites in Hamburg, Los Angeles and Shanghai to ensure highest quality and best customer service.

Booth Number: 413
Nonin Medical, Inc.

Plymouth, MN
800-356-8874
www.nonin.com
Nonin Medical, the inventor of finger pulse oximetry, specializes in the design and manufacturing of noninvasive physiological monitoring solutions. Nonin distributes its pulse and regional oximeters, capnographs, sensors and software to healthcare professionals and consumers in more than 125 countries and has more that 200 OEM partners worldwide.

Booth Number: 825
ONIRIS

Rueil-Malmaison, France
www.oniris-snoring.com
Oniris is a French innovative company specialized in dental sleep medicine, developing mandibular advancement devices against snoring and sleep apnea.
Optim creates and manufactures innovative endoscopic products designed to improve quality of care. Our ENTityXL and SDXL LED Naso View Nasopharyngoscopes free you to perform nasal endoscopy virtually anywhere. Our patented OptiLux, integrated LED light source eliminates cumbersome external light sources while providing exceptional visibility.

**Booth Number: 642**  
**Optim LLC**  
Sturbridge, MA  
800-225-7486  
www.optim-llc.com

Optim creates and manufactures innovative endoscopic products designed to improve quality of care. Our ENTityXL and SDXL LED Naso View Nasopharyngoscopes free you to perform nasal endoscopy virtually anywhere. Our patented OptiLux, integrated LED light source eliminates cumbersome external light sources while providing exceptional visibility.

**Booth Number: 730**  
**Oventus**  
Brisbane, QLD, Australia  
www.oventus.com.au

Oventus is an oral appliance company offering a range of innovative solutions to treat people with sleep apnea, particularly people with nasal obstruction. Developed by dentists, Oventus offers a suite of 3D-printed products that combine mandibular advancement with a breathing airway that by passes tongue, soft palate and nasal obstructions.

**Booth Number: 331 & 527**  
**Otto Trading, Inc.**  
Santa Ana, CA  
www.unimedmassager.com

Manufacturer and distributor of hand-held portable digital massager, TENS unit.

**Booth Number: 335**  
**OURARING**  
Oulu, Finland  
www.ouraring.com

OURA is a revolutionary ring sized wellness computer that helps you sleep and perform better. It senses you through the day; learning about you and guiding you towards better, more balanced performance. It observes your sleep quality at night; measuring and learning how well you recover from mental and physical load.

**Booth Number: 122**  
**PAD A CHEEK, LLC**  
Stanardsville, VA  
www.padacheek.com

Increasing CPAP adherence is easy with PAD A CHEEK padding solutions. We offer mask liners, strap pads, neck pads, forehead pads, nose bridge pads, stabilizing straps, anti-leak straps, hose covers and custom solutions for your patients’ needs. Super soft and comfortable additions to the CPAP interfaces, increase comfort and adherence to CPAP therapy. We are here to help.

**Booth Number: 229**  
**Panthera Dental**  
Quebec City, QC, Canada  
855-233-0388  
www.pantheradental.com

Headquartered in Quebec City, Canada, Panthera Dental is a world leader in CAD/CAM prosthetic implant solutions and dental sleep appliances. Both a pioneer and a leader, Panthera Dental has successfully combined creativity, science and know-how to develop its proprietary innovative technology and is now able to offer next-generation products to the dental industry worldwide.

**Booth Number: 313**  
**Pernix Therapeutics**  
Morristown, NJ  
www.pernixtx.com

Pernix Therapeutics Holdings, Inc. is a specialty pharmaceutical business with a focus on acquiring, developing and commercializing prescription drugs primarily for the US market. The company targets underserved therapeutic areas such as CNS, including neurology and psychiatry, and has interest in expanding into additional specialty segments.
Philips Respironics, a global leader in the sleep and respiratory markets, is passionate about providing solutions that lead to healthier patients, healthier practices, and healthier businesses. Our ambition is about bringing healthcare home – that means getting people with COPD and respiratory illnesses, sleep disorders, and other chronic diseases out of the hospital and back home.

**Booth Number: 140**
**Physician’s Seal LLC**
Boca Raton, FL
www.physiciansseal.com
Innovator of dietary supplements for people with occasional sleeplessness.

**Booth Number: 630**
**Pinnacle Technology Inc.**
Lawrence, KS
www.pinnaclet.com
Pinnacle offers turn-key EEG/EMG systems for preclinical studies. Modular optogenetics, biosensor, illuminator, sleep deprivation/fragmentation and synchronized video software and hardware can be easily integrated into base systems, and innovative software simplifies recording, data visualization and sleep scoring. In addition, real-time analysis is available for event driven paradigms.

**Booth Number: 325**
**PPIC, a Coverys Company**
Omaha, NE
800-441-7742
www.ppicins.com
PPIC, a Coverys Company, is a nationwide provider of professional liability insurance and related products and services. We are the endorsed professional liability provider for Welltrinsics, and offer a competitive professional liability program with complimentary CME for their members, as related to clinical loss prevention.

**Booth Number: 808**
**Provent Sleep Therapy, LLC**
Manchester, NH
888-757-9355
Proventtherapy.com
Provent Sleep Apnea Therapy is a simple and effective treatment option for obstructive sleep apnea patients. The exclusive micro valve technology in the Provent nasal device utilizes your own breathing to create expiratory positive airway pressure (EPAP), which helps keep your airways open while you sleep.

**Booth Number: 736**
**Quell by NeuroMetrix**
Waltham, MA
800-204-6577
www.quellrelief.com
NeuroMetrix, the maker of Quell, is a publicly traded (Nasdaq: NURO) medical technology company that develops innovative wearable technology and point-of-care neurodiagnostic devices. Quell® is a revolutionary new technology, wearable intensive nerve stimulation (WINS), that delivers 100% drug free, widespread relief from chronic pain and is FDA cleared for 24/7 wear.

**Booth Number: 436**
**Radiometer America**
Brea, CA
800-736-0600
www.radiometeramerica.com
Radiometer is a world leader in the development, manufacturing and distribution of non-invasive transcutaneous technologically related the sleep arena. TcpCO2 measurements are useful in assessing present or suspected pediatric/adult sleep disorders. Our transcutaneous platform is compatible with leading polysomnographs and major patient management systems.
the Patent, FDA exempt medical product, RemZzzs CPAP Mask Liners. RemZzzs is a disposable cotton liner worn with a PAP (positive airway pressure) mask and provides the following benefits to its users: eliminates and/or reduces noisy air leaks and skin irritations, absorbs facial moisture and oil, promotes a comfortable full night of sleep...for patient and partner. (Ask about our new products)

Booth Number: 513
ResMed
San Diego, CA
800-424-0737
www.resmed.com
ResMed changes lives by developing medical equipment for treating and managing sleep-disordered breathing and respiratory disorders. Through 25 years of innovation, we have pioneered solutions to improve the health of those suffering from these conditions while raising awareness about the consequences of untreated sleep-disordered breathing. For more information, visit www.resmed.com.

Booth Number: 446
RespiTec
San Jose, CA
www.respitec.us
RespiTec is the inventor of OXY-AID, the ultimate nasal dilator. OXY-AID is a simple and effective nasal dilator. OXY-AID is reusable and comfortable to wear, it is not only recommended by physicians but used by them as well.

Booth Number: 124
Restless Legs Syndrome Foundation
Austin, TX
www.rls.org
The RLS Foundation is the leading nonprofit patient advocacy organization providing support & hope for individuals & their families affected by this serious neurological disease. We fund the only research program dedicated to finding a RLS cure, certify RLS Quality Care Centers, provide a HCP directory, and educational materials to physicians & patients resulting in an improved quality of life.

Booth Number: 235
Re-Timer Light Therapy Glasses
Clovelly Park, SA, Australia
www.re-timer.com
Worn like a pair of glasses, Re-Timer is an evidence-based light therapy device to adjust the circadian rhythm. The University-developed device is used by sleep clinics to assist shift workers, frequent flyers, insomnia or winter blues sufferers. Wear Re-Timer for 30 minutes to re-time your circadian rhythm.

Booth Number: 246
Rhinomed
Richmond, VIC, Australia
www.mutesnoring.com
Mute is a unique nasal respiratory technology that helps snorers breathe more and snore less. Designed to give snoring the silent treatment, Mute is easy to use, drug free and fits discreetly while gently expanding each nostril to enhance airflow. For more information or to purchase online at www.mutesnoring.com.
Booth Number: 830
SCL Health
Broomfield, CO
www.sclhealthsystem.org
SCL Health is a faith-based, nonprofit healthcare organization that operates eight hospitals, three safety net clinics, one children's mental health center and more than 190 ambulatory service centers in three states – Colorado, Kansas and Montana. The health system includes 15,000 full-time associates and more than 500 employed providers.

Booth Number: 626
S.L.P./SleepSense
Elgin, IL
888-757-7367
www.sleepsense.com
For over 20 years SLP has been introducing innovative and high quality diagnostic sensors into sleep markets worldwide. The SleepSense line of sleep diagnostic sensors are designed to offer more accurate signal readings, high durability, and better patient compliance.

Booth Number: 347
Salimetrics LLC
Carlsbad, CA
800-790-2258
www.salimetrics.com
Salimetrics provides innovative salivary assay tools, testing services for investigators studying health, drug-discovery, behavior and development across the lifespan. Study design consultation and collaborative services are available.

Booth Number: 130
SAMINA Healthy Sleep Products
Pasadena, CA
www.samina.us
The SAMINA healthy sleep system consists of layers that harmoniously complement the human body. The layered components including duvets and pillows are all made from non-toxic, hypo-allergenic, chemical-free, exclusively natural materials giving you a bed with the essential conditions to fall asleep relaxed, stay asleep, and awake refreshed...naturally. SAMINA is simply healthy sleep.

Booth Number: 108
SANOSTEC CORP
Beverly Farms, MA
800-797-0361
www.maxairnosecones.com
SANOSTEC's Sinus Cones® Max-Air Nose Cones® are soft, internal nasal airway relief aids that are patented, latex-free, hypoallergenic and reusable. The Cones comfort-engineered design gently stents open the nasal airway to maximize inspiratory flow for snoring relief and for adjunct therapy to aid CPAP and OAT compliance for OSA.

Booth Number: 136
Sentec, Inc.
Fenton, MO
800-969-2363
www.sentec.ch
The Sentec Monitor provides ACCURATE, continuous, non-invasive “real time” monitoring of patient PCO2, where studies correlate closely to PACO2; utilizing the “V-Sign II Sensor”, the world's only DIGITAL transcutaneous sensor. Through accurate real-time monitoring and patient trend memory, we can better assess patient ventilation and oxygenation in all clinical settings.

Booth Number: 322
Seven Dreamers Laboratories, Inc.
Minato-ku, Tokyo, Japan
www.nastent.sevendreamers.com/en/
Seven Dreamers Laboratories is a “motion analysis company” which develops innovative technologies and products aimed at improving people's lifestyle. Nastent, one of our products, is a medical device designed for the treatment of sleep apnea syndrome and snoring. Nastent alleviates breathing difficulty during sleep by preventing obstruction in the upper airway.
Shenzhen Dymind Biotechnology Co., Ltd is located in Shenzhen, Guangdong, China with its website www.dymind.com.cn. We are professional manufacturer who committed to the R&D, manufacturing, sales and service for medical equipment, which include the IVD and home ventilator, with CPAP, APAP and BPAP.

Sleep Group Solutions trains thousands of dentists on how to properly implement a dental sleep medicine program in their practice. SGS offers a comprehensive selection of CE seminars.

SleepEx LabRetriever is a flexible web-based sleep practice management platform. Designed for single-site to enterprise class laboratory networks, LabRetriever provides the most interoperable solution in the sleep industry. Users can efficiently manage patient scheduling, referrals, physician review, reporting, messaging, HST, and DME fulfillment to deliver high quality patient care.

SleepMultiMedia v 9.5 is a computerized textbook of sleep medicine with text, sound, graphics, animation, and video. Updated annually, the program covers sleep research, sleep physiology, clinical sleep medicine, and orofacial management of sleep apnea. Included is over 5,000 abstracts, 140 CME credits, extensive information on polysomnography, and an updated sleep center policy and procedure manual.

SleepReview is the industry publication that serves the clinical/sleep lab market by providing information about all aspects of sleep medicine on diagnosing and treating sleep disorders. RT is the publication that serves the clinical/hospital respiratory market by providing clinical information, trends, practical insights, tips and product news.

Sleep Image is an FDA-cleared, low cost, medically-actionable system that provides objective, clinical rationale to identify individuals with indications of severe, moderate or minimal sleep issues.

SleepMed advances population health, providing comprehensive, integrated, sleep risk assessments and efficient diagnostic and therapy solutions. We enable proactive, clinically appropriate cost effective patient engagement strategies for benefit plan sponsors, clinics, dentists, physicians and dentists.

SleepWorks is one of the largest providers of sleep laboratory management services in the US, performing more than 36,000 sleep studies annually throughout 18 states. For more than 15 years, SleepWorks has provided hospitals and physician's practices innovative solutions to serve the sleep needs of their patients.

At Slumberbump™ we're always amazed at how good sleep changes lives for the better. We have made it our mission to advance that simple premise. We seek simple solutions to age-old problems. As a result we're able to provide comfortable, affordable products aimed at a better night's sleep for all.
Booth Number: 428
SoClean
Oxford, MA
866-501-3705
www.SoClean.com
SoClean is an automated CPAP cleaning and sanitizing machine. On a daily basis, CPAP users deal with the inconvenience of having to clean their CPAP equipment in order to maintain compliance. The SoClean’s sanitizing process kills 99.9% of CPAP germs without disassembling CPAP mask, hose, or reservoir.

Booth Number: 822
Sommetrics, Inc.
San Diego, CA
www.sommetrics.com
Sommetrics introduces its newly FDA cleared cNEP® Airway System. cNEP Airway maintains latency of the upper airway by applying continuous negative external pressure via a non-invasive external collar. Studies indicating the beneficial effects of cNEP in subjects with sleep apnea, and those receiving sedation for medical procedures are being presented at SLEEP.

Booth Number: 447
Somna Therapeutics, LLC
Germantown, WI
www.rezaband.com
Somna Therapeutics is a medical device company focused on improving the quality of life for millions of people suffering from acid reflux disease by introducing the REZA Band® UES Assist Device, a non-invasive, non-medication treatment for acid reflux into the throat and lungs.

Booth Number: 135
SomnoMed
Frisco, TX
888-447-6673
www.somnomed.com
SomnoMed® provides treatment solutions for sleep apnea and bruxism. More than 250,000 patients around the world have treated their mild to moderate obstructive sleep apnea (OSA) with SomnoDent™ Continuous Open Airway Therapy (COAT™). SomnoMed provides patients with the products and services they need to return to enjoying their lives.

Booth Number: 714
SOMNOmedics
Randersacker, Germany
866-361-9937
www.somnomedics-diagnostics.com
SOMNOmedics designs, manufactures, distributes and services products dedicated to sleep diagnostics. Our products are utilized for a variety of sleep-related tests and to comply with AASM standards. SOMNOmedics devices are small, lightweight and patient-worn. They are upgradeable at any time and compatible with in lab diagnostics and home sleep apnea testing.

Booth Number: 129
Somnoware Healthcare Systems
Charlotte, NC
888-706-0788
www.somnoware.com
Somnoware brings sleep medicine to the cloud, provides an unprecedented level of informational access, making it easy for each sleep disorder stakeholder to connect and improve diagnostic and patient health outcomes. Our integrated workflow management platform improves efficiencies and productivity, simplifies communication, and ensures compliance resulting in lower operational costs and improved patient care.

Booth Number: 112
Splintek, Inc./SleepRight
Kansas City, MO
888-792-0865
www.sleepright.com
Founded in 1996, Splintek, Inc. is a privately held, company with a clinical heritage. Splintek, Inc. owns, manufactures, markets, and distributes high quality Rx and OTC healthcare products under the SleepRight® brand name. The product line includes memory foam pillows, dental guards, nasal breathe aids and intra-nasal vapor inhalers.
TelOmed LLC is dedicated to innovation in the development, manufacturing and marketing of pulse oximeters and health monitors. Our mission: to deliver cost-effective monitoring devices suitable for the telehealth market and patients at home, in the community or in care facilities.

The Up Light turns your lamp into a smart wake up light that helps promote sleep wellness. By providing bright broad spectrum (incl 480nm) light in the mornings, the Up Light can help reset circadian rhythms but also remove melatonin suppressing wavelengths in the evenings to promote better sleep.

TSI Healthcare, founded in 1997, is a national leader in the sales and support of customized NextGen® practice management and electronic health record solutions for pulmonary and sleep medicine. TSI Healthcare's solutions are designed to meet the unique needs of pulmonary & sleep medicine practices through specialty-specific content, top ranked service, and award winning software.

The University of Tennessee's #1 preferred Physician Executive MBA program is an internationally accredited MBA offered exclusively for physicians seeking leadership skills and knowledge. This 1-year-long physician MBA incorporates: four one-week-long residency periods, live internet-based distance learning, physician leader alumni network, CME, and a personalized leadership development program.

VirtuOx, Inc. is a privately held medical technology services company that provides diagnostic tools and services that enable a variety of healthcare organizations and professionals to diagnose and treat respiratory diseases through vertically integrated platforms, products and services.
Weaver and Company's Nuprep® Skin Prep Gel lowers impedance to improve electrode tracings. Its mild abrasive formula improves conductivity and helps achieve maximum efficiency with equipment. Ten20® Conductive Paste contains the right balance of adhesiveness and conductivity enabling the electrodes to remain in place while allowing the transmittance of electrical signals.

Whole You (Respire Medical division) is an oral appliance company providing top quality, functional, state-of-the-art devices to treat patients who snore, experience OSA, and those with OSA symptoms.

The World Sleep Society's mission is to advance sleep health and research worldwide. WSS fulfills this mission by promoting and encouraging education, research and patient care. World Sleep 2017 (October 7-11, 2017) in Prague will bring together sleep clinicians and researchers to discuss advances made in sleep research and clinical knowledge.

XenoPort, Inc. is a biopharmaceutical company focused on developing and commercializing Horizant® (gabapentin enacarbil) Extended-Release Tablets in the United States. XenoPort has entered into a clinical trial agreement with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) under which the NIAAA has initiated a clinical trial evaluating gabapentin enacarbil as a potential treatment for alcohol use disorder.
Through the recently revamped grants program, the ASMF strives to further the sleep field by supporting sleep scientists at all stages of their careers through the following awards:

- ABSM Junior Faculty Research Award
- Physician Scientist Training Award
- Bridge to Success Awards
- Strategic Research Awards
- Focused Projects Awards

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Alice NightOne is the home sleep apnea testing (HSAT) solution that’s leaving the competition behind. With features like our Good Study Indicator and “smart guide,” Alice NightOne is almost two times more likely to result in an acceptable study than the leading competitive HSAT device.*

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Visit booth #101 to see a hands-on demo of Alice NightOne.

www.philips.us/alicenightone

*Results of customer preference trial; data on file.
What does it cost you to miss desaturation events or redo a sleep study?

Ask us for the new independent competitive lab report on Nonin’s superior SpO₂ accuracy!

Not all FDA-cleared pulse oximeters perform alike. Visit Booth 413 to learn more.

Don’t miss a desaturation — and don’t redo your sleep studies. Nonin Medical’s WristOx₂® Model 3150 wrist-worn pulse oximeter is the ideal choice for overnight oxygen qualification studies and pre-screening for Obstructive Sleep Apnea (OSA).

Engineered with proven PureSAT® SpO₂ technology, Nonin Medical’s pulse oximeters and sensors provide superior accuracy in the widest range of patient populations and settings.

✓ Accurate  ✓ Durable  ✓ Easy

How’s that for reducing costs and improving efficiencies?

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