Preliminary Program

34th Meeting of the Associated Professional Sleep Societies, LLC

Register by April 24th to save on registration fees

Sleep 2020
Philadelphia | June 13-17

A Joint Meeting

American Academy of Sleep Medicine
Sleep Research Society

sleepmeeting.org
THE SLEEP MEETING
Provides evidence-based education to advance the science and clinical practice of sleep medicine
Disseminates cutting-edge sleep and circadian research
Promotes the translation of basic science into clinical practice
Fosters the future of the field by providing career development opportunities at all levels

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Technologist Track
Back by popular demand!
Attend the Technologist Track at SLEEP 2020 – a two-day itinerary dedicated to sleep technologists that focuses on relevant topics and issues.

sleepmeeting.org
Visit our website for the latest SLEEP 2020 updates!

Philadelphia, PA
Pennsylvania Convention Center
Headquarter Hotel
Philadelphia Marriott Downtown

$ Save on Registration
Register by April 24, 2020 to receive the early bird registration discount!

Ticketed Sessions
Look for this ticket icon throughout the preliminary program for ticketed sessions to enhance your SLEEP 2020 experience.

Continuing Education
SLEEP 2020 offers CME for physicians, CE for psychologists, CEC for technologists, and letters of attendance. You can earn up to 38.25 AMA PRA Category 1 Credits™!
More information can be found on page 5 or by visiting sleepmeeting.org.
### General Sessions

<table>
<thead>
<tr>
<th></th>
<th>On or before April 24</th>
<th>April 25–May 31</th>
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<tbody>
<tr>
<td>Individual Member*</td>
<td>$350</td>
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<tr>
<td>Sleep Medicine Patient Advocate**</td>
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*APSS reserves the right to adjust your registration fee to reflect your current AASM and/or SRS membership status as of May 1, 2020.

**Sleep Medicine Patient Advocate registrants must attest that they are affiliated with a patient advocacy organization with a focus on the field of sleep medicine or sleep research.

### Ticketed Sessions

<table>
<thead>
<tr>
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<th>Member</th>
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<tbody>
<tr>
<td>Full-Day Postgraduate Course</td>
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<td>Half-Day Postgraduate Course</td>
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<td>$150</td>
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<td>Meet the Professors</td>
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<tr>
<td>Includes Boxed Lunch</td>
<td>$55</td>
<td>$65</td>
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<tr>
<td>Lunch Debates</td>
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<td></td>
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<tr>
<td>Includes Boxed Lunch</td>
<td>$55</td>
<td>$65</td>
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<tr>
<td>Tech Track: Hands-On</td>
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<tr>
<td>Technologist registrants only</td>
<td>$30</td>
<td>$30</td>
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</tbody>
</table>

You must register for the SLEEP 2020 general session to register for any ticketed events.

### Confirmation

After registering for SLEEP 2020, registrants will receive an automated email confirmation. **It is recommended that you bring your confirmation notice with you to the meeting.**

On-site registration will be accepted with an additional administrative fee.

### General Session Registration

General registration includes admission to the general sessions from 1:00 PM on Sunday, June 14 - Wednesday, June 17, 2020, industry supported events, the poster hall and the exhibit hall. Additional fees are required for attending ticketed events – Postgraduate Courses (June 13-14), Tech Track Hands-On (June 14), Meet the Professor sessions (June 15-17) and Lunch Debates (June 15-17).

### Pre-Register & Save! Three Ways to Register

1) **Online** (credit card only)
   Register at sleepmeeting.org

2) **Fax** (credit card only)
   (630) 737-9790
   Registration form available at sleepmeeting.org

3) **Mail** (credit card or check)
   Associated Professional Sleep Societies, LLC
   Attention: Meeting Department
   2510 N. Frontage Road
   Darien, IL 60561
Credits

<table>
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<tr>
<th>Credits</th>
<th>AASM/SRS Member</th>
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<tr>
<td>Continuing Medical Education (CME) Credit for Physicians</td>
<td>$25</td>
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<tr>
<td>Continuing Education for Technologists (CEC) (must be selected during registration)</td>
<td>$0</td>
<td>$20</td>
</tr>
<tr>
<td>Continuing Education (CE) for Psychologists</td>
<td>$50</td>
<td>$50</td>
</tr>
<tr>
<td>Letter of Attendance</td>
<td>$25</td>
<td>$40</td>
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</table>

Learning Objectives
After attending SLEEP 2020, 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 discuss common sleep disorders.

Continuing Medical Education (CME) Credit for Physicians
SLEEP 2020 meeting activities have been planned and implemented in accordance with the accreditation requirements 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 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.

Technologist Continuing Education
The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend SLEEP 2020. A maximum of 38.25* credits will be awarded.

Continuing Education (CE) for Psychologists
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.

Satisfactory Completion for Psychologists
Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available.

Letter of Attendance
Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2020 may receive a letter of attendance outlining the number of AMA PRA Category 1 Credits™ designated for the sessions they attend at SLEEP 2020.

Physician Assistant (PA) Credit
PAs may claim a maximum of 38.25* Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. To receive proof of participation from SLEEP 2020, please select “Letter of Attendance” during the registration process.

Nurse Practitioner (NP) Credit
NPs may claim a maximum of 38.25* Category 1 credits for completing this activity. The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines. To receive proof of participation from SLEEP 2020, please select “Letter of Attendance” during the registration process.

*The maximum number of credits available for attending SLEEP 2020 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.
Are your patients ready for SUNOSI?

Fly over to SUNOSIhcp.com to learn more
## Schedule Description

<table>
<thead>
<tr>
<th>Letter</th>
<th>Session Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Bench-to-Bedside Integrated Sessions</td>
<td>Two-hour sessions focusing on the latest advances in translational science and clinical applications on a specific topic.</td>
</tr>
<tr>
<td>C</td>
<td>Postgraduate Courses</td>
<td>Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.</td>
</tr>
<tr>
<td>D</td>
<td>Discussion Groups</td>
<td>Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.</td>
</tr>
<tr>
<td>F</td>
<td>Rapid-Fire Symposia</td>
<td>Fast-paced, two-hour sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field.</td>
</tr>
<tr>
<td>I</td>
<td>Invited Lectures</td>
<td>40-minute lectures followed by 20-minute Q&amp;A during which senior-level investigators/clinicians present in their areas of expertise.</td>
</tr>
<tr>
<td>L</td>
<td>Lunch Debates</td>
<td>Large-group lunch sessions during which two experts in the field debate on a single topic. Lunch is provided.</td>
</tr>
<tr>
<td>M</td>
<td>Meet the Professors</td>
<td>Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic. Lunch is provided.</td>
</tr>
<tr>
<td>O</td>
<td>Oral Presentations</td>
<td>15-minute presentations during which investigators present their latest research and new ideas in the field.</td>
</tr>
<tr>
<td>P</td>
<td>Poster Presentations</td>
<td>Visual representations of the latest research and new ideas in the field.</td>
</tr>
<tr>
<td>S</td>
<td>Symposia</td>
<td>Two-hour sessions focusing on the latest data and ideas in the field.</td>
</tr>
<tr>
<td>T</td>
<td>Technologist Track</td>
<td>A specific track dedicated to sleep technologists, the SLEEP 2020 Technologist Track is designed to accommodate all levels of sleep technologists and is valuable to all members of the sleep team.</td>
</tr>
<tr>
<td>W</td>
<td>Clinical Workshops</td>
<td>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.</td>
</tr>
</tbody>
</table>

### sleepmeeting.org

Receive the latest details

### Ticketed Events

Tickets required to attend

*All schedule information is subject to change. Please visit sleepmeeting.org for the most up-to-date information.*
Registration Open: 6:30 AM – 5:30 PM

### 8:00 AM – 5:00 PM Full-Day Postgraduate Courses

| C-01 | Year in Review 2020 | Romy Hoque, MD, Co-Chair | Sigrid Veasey, MD, Co-Chair  
Jacob Collen, MD | Raj Dedhia, MD  
Andrew Krystal, MD | Samuel Kuna, MD  
Judith Owens, MD | Sanjay Patel, MD  
David Plante, MD, PhD |
| C-02 | Trends in Sleep Medicine | Daniel Barone, MD, Co-Chair  
Shalini Paruthi, MD, Co-Chair | Daniel Brown, Esq.  
Kyra Clark, MD | Shahrokh Javaheri, MD  
Raman Malhotra, MD | Lynn Marie Trotti, MD  
Nathaniel Watson, MD |
| C-03 | The Basics of Sleep | James Shaffery, DPhil, Chair  
Namni Goel, PhD | Thomas Kilduff, PhD  
Andrew Krystal, MD | Mark Opp, PhD  
Ronald Szymusiak, PhD | Kenneth Wright, PhD |

### 8:00 AM – 12:00 PM Half-Day Postgraduate Courses

| C-04 | Cases That Keep You Up At Night: Challenging Cases for the Sleep Specialist | Raman Malhotra, MD, Chair  
Cathy Goldstein, MD | Douglas Kirsch, MD |
| C-05 | Pediatric Sleep Disorders: Current Updates and Controversies | Suresh Kotagal, MD, Chair  
Lourdes DelRosso, MD | Narong Simakajornboon, MD |

#### 12:00 PM – 1:00 PM Lunch Break (on your own)

#### 1:00 PM – 5:00 PM Half-Day Postgraduate Courses

| C-06 | Don’t Miss the Random Forest for the Trees: The Clinical Implications of Artificial Intelligence (AI) for Sleep Medicine | Cathy Goldstein, MD, Chair  
Dennis Hwang, MD  
Octavian Ioachimescu, MD, PhD | David Kent, MD  
Azizi Seixas, PhD |
| C-07 | Addressing Four Current Issues in Managing RLS: Iron Treatment, Augmentation, Opioid Use, and RLS in Children | Christopher Earley, MBBCh, PhD, Chair  
Richard Allen, PhD | Shalini Paruthi, MD  
John Winkelman, MD, PhD |
## Schedule

**Registration Open:** 6:30 AM – 5:30 PM

### 8:00 AM – 5:00 PM  Full-Day Postgraduate Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Chairs</th>
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<tbody>
<tr>
<td>C-08</td>
<td>2020 State of the Art for Clinical Practitioners</td>
<td>Julio Fernandez-Mendoza, PhD, Co-Chair</td>
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<td></td>
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<td>Anne Germain, PhD, Co-Chair</td>
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<td></td>
<td></td>
<td>Richard Allen, PhD</td>
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<td>Donna Arand, PhD</td>
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<td>Kelly Baron, PhD</td>
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<td>Bjørn Bjorvatn, MD, PhD</td>
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<td>Colleen Carney, PhD</td>
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<td>Yves Dauvilliers, MD, PhD</td>
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<td>Vsevolod Polotsky, MD, PhD</td>
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<td>Lynn Marie Trotti, MD</td>
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<tr>
<td>C-09</td>
<td>Behavioral Sleep Medicine: The Latest Trends and Promising Developments Shaping Our Practice in the Future</td>
<td>Jack Edinger, PhD, Co-Chair</td>
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<td>James Wyatt, PhD, Co-Chair</td>
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<td>Julio Fernandez-Mendoza, PhD</td>
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<td>Philip Gehrman, PhD</td>
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<td>Jennifer Martin, PhD</td>
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<td>Lisa Meltzer, PhD</td>
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<td>Jason Ong, PhD</td>
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<td>Lee Ritterband, PhD</td>
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<tr>
<td>C-10</td>
<td>PedSleep 2020: Restful Nights, Refreshed Days, and More: Impact of Satisfying Sleep and Lifestyle in Children and Adolescents on Health, Well-Being, and Performance</td>
<td>Sanjeev Kothare, MD, Co-Chair</td>
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<td></td>
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<td>Anne Morse, DO, Co-Chair</td>
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<td>Madeleine Grigg-Damberger, MD</td>
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<td>Anna Ivanenko, MD, PhD</td>
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<td>Eliot Katz, MD</td>
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<td>Jodi Mindell, PhD</td>
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<td>Judith Owens, MD</td>
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### 8:00 AM – 12:00 PM  Half-Day Postgraduate Courses

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<tr>
<td>C-11</td>
<td>Consumer Sleep Technology: Friend or Foe?</td>
<td>Seema Khosla, MD, Chair</td>
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<td></td>
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<td>Jagdeep Bijwadia, MD</td>
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<td></td>
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<td>Cathy Goldstein, MD</td>
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<td>Daniel O’Hearn, MD</td>
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<td></td>
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<td>Scott Ryals, MD</td>
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<tr>
<td>C-12</td>
<td>Advancing Clinicians’ Ability to Identify and Treat Sleep Disorders in Minority and Economically Disadvantaged Communities</td>
<td>Natasha Williams, PhD, Chair</td>
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<td>Michael Grandner, PhD</td>
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<td></td>
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<td>Girardin Jean-Louis, PhD</td>
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<td>Douglas Wallace, MD</td>
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### 12:00 PM – 1:00 PM  Lunch Break (on your own)

### 1:00 PM – 5:00 PM  Half-Day Postgraduate Courses

<table>
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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>C-13</td>
<td>Sleep and Epilepsy: Relationship with Circadian Rhythms, Comorbidities, and Death</td>
<td>Milena Pavlova, MD, Chair</td>
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<td></td>
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<td>Gordon Buchanan, MD, PhD</td>
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<td>Marcus Ng, MD</td>
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<td>Mark Quigg, MD</td>
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<td>C-14</td>
<td>Treatment Resistant Sleepiness: New Causes, New Therapeutics</td>
<td>Andrew Jenkins, PhD, Chair</td>
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<td>Nathan Cross, PhD</td>
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<td>Yves Dauvilliers, MD, PhD</td>
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<td>David Rye, MD, PhD</td>
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</table>
### General Sessions

**1:00 PM – 3:00 PM**

**B-01** Pervasive Effects of the Sleep-Wake Cycle on Circadian Rhythms in Transcripts, Proteins, Lipids, and Metabolites
- Derk-Jan Dijk, PhD, Chair
- Simon Archer, PhD
- Diane Boivin, MD, PhD
- Paul Franken, PhD
- Flore Sinturel, PhD

**O-01** Central and Peripheral Effects of Chronic Short Sleep

**S-01** In Search of Ancestral Sleep: Human Sleep in Preindustrial Communities
- Horacio de la Iglesia, PhD, Chair
- Fernando Louzada, PhD
- Luisa Pilz, PhD
- David Samson, PhD

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

**3:15 PM – 5:15 PM**

**O-02** Sleep and Sleep Deprivation: From Infants to Elderly

**S-02** The Impact of Circadian Misalignment on Obesity and Metabolic Health Across the Lifespan
- Jill Kaar, PhD, Chair
- Kelly Baron, PhD
- Brant Hasler, PhD
- Andrew McHill, PhD
- Stacey Simon, PhD

**S-03** Brainstem Control of Sleep and Wakefulness
- Daniel Kroeger, PhD, Chair
- Jimmy Fraigne, PhD
- Satvinder Kaur, PhD
- Franz Weber, PhD

### Poster Presentations

**5:15 PM – 7:15 PM**

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**Advanced PAP Modalities for Sleep-Related Respiratory Syndromes: Hands-On**

*Michelle Cao, DO, Co-Chair; Robert Stansbury, MD, Co-Chair; Reshma Amin, MD; Kevin Gipson, MD; Bernardo Selim, MD; Lisa Wolfe, MD*

*Sunday, June 14  |  3:00 PM - 5:00 PM*

*$30, Technologist registrants only, space is limited*
## Schedule

### Registration Open: 6:30 AM – 5:30 PM

### 8:15 AM – 10:00 AM  |  Plenary Session and Keynote Address

- **I-01**  
  **Sleep and Alzheimer’s Disease: Bi-Directional Relationship With Amyloid-β and Tau**  
  Keynote Speaker: David Holtzman, MD (see pg. 23 for details)

### 10:00 AM – 4:00 PM  |  Exhibit Hall Open

### 10:00 AM – 10:30 AM  |  Refreshment Break in the Exhibit Hall

### 10:30 AM – 11:30 AM  |  General Sessions

- **I-02**  
  **Adolescent Sleep, Sleepiness, and Circadian Timing**  
  Thomas Roth Lecture of Excellence by Mary Carskadon, PhD (see pg. 24 for details)

- **O-03**  
  **Pharmacotherapy for Insomnia: Population Use and Efficacy of Novel Compounds**

### 10:30 AM – 12:30 PM  |  General Sessions

- **D-01**  
  **Translating Laboratory Research to Industry or Military Operational Environments: Challenges, Successes, and Lessons Learned**  
  Christopher Steele, PhD, Chair  |  Allison Brager, PhD  
  Kimberly Honn, PhD  |  Rachel Markwald, PhD  
  Panagiotis Matsangas, PhD  |  Amy Reynolds, PhD

- **O-04**  
  **Sleep and Chronic Medical Conditions**

- **S-04**  
  **Emerging Approaches to the Management of Non-Narcolepsy Hypersomnia and Excessive Daytime Sleepiness**  
  Michael Howell, MD, Chair  |  Matthew Britton, MD  
  Jason Ong, PhD  |  David Plante, MD, PhD  
  Lynn Marie Trotti, MD

- **S-05**  
  **Phenotyping OSA Based on EDS and Cardiovascular Morbidity: Age and Gender Effects**  
  Alexandros Vgontzas, MD, Chair  |  Yun Li, MD  
  Susan Redline, MD  |  Alan Schwartz, MD

- **S-06**  
  **Sleep’s Fourth Dimension: State-of-the-Art Approaches for Characterizing Polysomnographic Dynamics in Big Data**  
  Michael Prerau, PhD, Chair  |  Shaun Purcell, PhD  
  Angus Stevner, PhD  |  Shuqiang Chen

- **T-01**  
  **Technical Aspects of Sleep and PSG**  
  TBA
## 11:30 AM - 12:30 PM  General Sessions

| I-03 | Cognitive Behavioral Therapy for Insomnia: New Frontiers | Rachel Manber, PhD (see pg. 24 for details) |
| I-04 | Sleep Disparities: Refining the Narrative to Ask Informative Research Questions | Chandra Jackson, PhD (see pg. 24 for details) |

## 12:30 PM - 1:45 PM  Lunch Break (on your own)

## 12:30 PM - 1:45 PM  AASM General Membership Meeting

## 12:45 PM - 1:45 PM  Lunch Sessions

| LBA | Late-Breaking Abstracts  
Free Session! Pack a lunch and dive into the latest findings in sleep science. |
| --- | --- |
| L-01 | Cannabis: Good or Not for Sleep?  
Julie Carrier, PhD and Bhanu Prakash Kolla, MD |
| M-01 | Wearables: Ready for Prime Time?  
Rachel Markwald, PhD |
| M-02 | Circadian Medicine: A Practical Approach to the Diagnosis and Management of Circadian Rhythm Sleep-Wake Disorders  
Sabra Abbott, MD, PhD |
| M-03 | Sleep Medicine, Sexsomnia, and the Sleep-Walking Defense  
Jacob Collen, MD |
| M-04 | Challenging Cases in Pediatric Sleep Medicine  
Lourdes DelRosso, MD |
| M-05 | School Start Time: Pros and Cons  
Rafael Pelayo, MD |

## 1:45 PM - 2:45 PM  General Sessions

| I-05 | The Future of Scoring/PSG  
Richard Berry, MD (see pg. 23 for details) |
<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I-06</td>
<td>Molecular and Circuit Aspects of Circadian Sleep Regulation</td>
<td>Steven Brown, PhD (see pg. 23 for details)</td>
</tr>
<tr>
<td>O-05</td>
<td>Physical Activity, Mental Symptoms, and Sleep Quality</td>
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<tr>
<td>O-06</td>
<td>Deployment Insomnia: Natural Course and Comorbidity Among Veterans</td>
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<td>O-07</td>
<td>Eyes Wide Open: Pediatric Insomnia</td>
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<tr>
<td>O-08</td>
<td>Determinants and Outcomes of Sleep and Circadian Health Disparities</td>
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</tr>
<tr>
<td>T-02</td>
<td>Pediatric Polysomnography</td>
<td>Sumit Bhargava, MD, Co-Chair</td>
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<td></td>
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<td>Mohannad Mannaa, MD, Co-Chair</td>
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<td></td>
<td></td>
<td>Megan Rauch, RRT, RPSGT</td>
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</tbody>
</table>

**Schedule**

2:45 PM - 3:15 PM  Refreshment Break in the Exhibit Hall

3:15 PM - 5:15 PM  General Sessions

**Session D-02**

**Social and Environmental Determinants of Sleep Health: Implications for Improving Population Health and Addressing Health Disparities**

Janeese Brownlow, PhD, Chair | Lauren Hale, PhD
Chandra Jackson, PhD | Dayna Johnson, PhD
James Katungy

"SLEEP has been the conference I’ve attended to learn about the science, learn about the methods, and develop collaborations and research."

-Kristen Knutson, PhD

Register by April 24th to save on registration fees!

Register at sleepmeeting.org
<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Chairs/Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-09</td>
<td>OSA, Diabetes, and Cardiovascular Disease</td>
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<tr>
<td>S-07</td>
<td>Artificial Intelligence and Sleep: The Next Frontier</td>
<td>Nathaniel Watson, MD, Chair</td>
</tr>
<tr>
<td>S-08</td>
<td>From the Lab to the Real World: Sleep as a Mechanism and Intervention Target for Mood Symptoms and Suicidality in Adolescents</td>
<td>Adriane Soehner, PhD, Chair</td>
</tr>
<tr>
<td>S-09</td>
<td>Hyperarousal and Insomnia: Implications for Understanding Mechanisms of Disease Risk and Health</td>
<td>Michael Goldstein, PhD, Chair</td>
</tr>
<tr>
<td>S-10</td>
<td>Emerging Technologies: More Affordable and Flexible Alternatives to Actigraphs?</td>
<td>Sean Drummond, PhD</td>
</tr>
<tr>
<td>S-11</td>
<td>Advances in Light Exposure Measurement and Optimal Lighting for Promoting Sleep, Wakefulness, and Circadian Health</td>
<td>Kenneth Wright, PhD, Chair</td>
</tr>
<tr>
<td>T-03</td>
<td>Careers in Sleep Medicine for the Sleep Technologist/ Respiratory Therapist</td>
<td>T. “Massey” Arrington, RPSGT, RST, CCSH, Chair Amber Allen, RPSGT, RST, CCSH Matthew Anastasi RST, RPSGT Grace Denault, RPSGT, RST, CCSH Kelly Gladden, RRT, RPSGT, CCSH</td>
</tr>
<tr>
<td>W-02</td>
<td>Behavioral Interventions for Adult Parasomnias: Methods, Evidence, and Case Examples</td>
<td>Alicia Roth, PhD, Chair</td>
</tr>
</tbody>
</table>

5:15 PM - 7:15 PM  Poster Presentations
### 8:00 AM - 10:00 AM General Sessions

<table>
<thead>
<tr>
<th>Session</th>
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<th>Chairs and Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>D-03</td>
<td>Sleep Medicine Around the World: A Session from the AASM International Members Taskforce</td>
<td>Lourdes DelRosso, MD, Chair</td>
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<td></td>
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<td>Pablo Brockmann, MD, PhD</td>
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<td>Birgit Hogl, MD</td>
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<td>Seung Bong Hong, MD, PhD</td>
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<td>Morenikeji Komolafe, MBBS</td>
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<td>O-10</td>
<td>Moving Forward with Behavioral Treatments of Insomnia: Predictors, Methods, and Outcomes</td>
<td>Dayna Johnson, PhD, Chair</td>
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<td>Lu Dong, PhD</td>
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<tr>
<td>S-12</td>
<td>Novel Approaches to Understanding Complex Determinants of Disparities in Sleep Health</td>
<td>Lauren Hale, PhD</td>
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<td>Chandra Jackson, PhD</td>
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<td>Thomas Mellman, PhD</td>
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<tr>
<td>S-13</td>
<td>The Role of REM Sleep and REM Sleep Dreaming in Offline Memory Processing</td>
<td>Robert Stickgold, PhD, Chair</td>
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<td>Karen Konkoly</td>
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<td>Penny Lewis, PhD</td>
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<td>Sidarta Ribeiro, PhD</td>
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<tr>
<td>S-14</td>
<td>Does Chronic Coffee/Caffeine Consumption Keep the Brain Awake?</td>
<td>Hans-Peter Landolt, PhD, Chair</td>
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<td>Marilyn Cornelis, PhD</td>
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<td>David Elmenhorst, MD</td>
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<td>Carolin Reichert, PhD</td>
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<tr>
<td>S-15</td>
<td>Broken Liver, Broken Sleep, Broken Thinking: Is the Key in the Clock?</td>
<td>Minjee Kim, MD, Chair</td>
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<td>Gad Asher, MD, PhD</td>
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<td>Phyllis Zee, MD, PhD</td>
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“I’m so excited that SLEEP is in Philadelphia! I’m from Philly and I can’t wait to share our culture, our food, and share with SLEEP why our city is the city of brotherly love.”

-Thanuja Hamilton, MD

Register by April 24th to save on registration fees!

Register at sleepmeeting.org
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>10:00 AM - 4:00 PM</td>
<td>Exhibit Hall Open</td>
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<tr>
<td>10:00 AM - 10:30 AM</td>
<td>Refreshment Break in the Exhibit Hall</td>
</tr>
<tr>
<td>10:30 AM - 12:30 PM</td>
<td>General Sessions</td>
</tr>
<tr>
<td>B-02</td>
<td>Mechanisms of Fatigue: From Cells to Humans</td>
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<tr>
<td>D-04</td>
<td>Value-Based Sleep in the Real World: Alternate Payment Models and Sleep Medicine Practice</td>
</tr>
<tr>
<td>F-01</td>
<td>What Can Sleep Analytics Tell Us About CNS Hypersomnia Disorders?</td>
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<tr>
<td>O-11</td>
<td>Sleep and Circadian Biomarkers</td>
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<tr>
<td>S-16</td>
<td>Nonrestorative Sleep: Where Do We Stand?</td>
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<tr>
<td>S-17</td>
<td>Sleep Duration and Beyond: Large-Scale Studies of Changing School Start Times on Health and Academic Outcomes for Students K-12</td>
</tr>
<tr>
<td>S-18</td>
<td>Health Outcomes Based on Geolocation Within a Time Zone and in Response to Daylight Saving Time</td>
</tr>
<tr>
<td>T-05</td>
<td>Advanced Titration Protocols for the Sleep Lab</td>
</tr>
<tr>
<td>T-04</td>
<td>Movement and Neurology-Based Sleep Disorders</td>
</tr>
<tr>
<td>W-03</td>
<td>RLS Experts Provide Their Individual Clinical Opinions on Controversial RLS Management Issues</td>
</tr>
<tr>
<td>W-04</td>
<td>Successful Initiation and Management of CPAP for the Treatment of OSA Across the Pediatric Age and Developmental Spectra</td>
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</table>

**Tuesdays 6/15**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Session</th>
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<tbody>
<tr>
<td>SUN 6/14</td>
<td>Basic and Translational Sleep and Circadian Science</td>
</tr>
<tr>
<td>MON 6/15</td>
<td>Clinical Sleep Science and Practice</td>
</tr>
<tr>
<td>WED 6/17</td>
<td>Technologist Track</td>
</tr>
</tbody>
</table>

10:00 AM - 4:00 PM | Exhibit Hall Open |
10:00 AM - 10:30 AM | Refreshment Break in the Exhibit Hall |
10:30 AM - 12:30 PM | General Sessions |
B-02 | Mechanisms of Fatigue: From Cells to Humans |
D-04 | Value-Based Sleep in the Real World: Alternate Payment Models and Sleep Medicine Practice |
F-01 | What Can Sleep Analytics Tell Us About CNS Hypersomnia Disorders? |
O-11 | Sleep and Circadian Biomarkers |
S-16 | Nonrestorative Sleep: Where Do We Stand? |
S-17 | Sleep Duration and Beyond: Large-Scale Studies of Changing School Start Times on Health and Academic Outcomes for Students K-12 |
S-18 | Health Outcomes Based on Geolocation Within a Time Zone and in Response to Daylight Saving Time |
T-05 | Advanced Titration Protocols for the Sleep Lab |
W-05  FDA Regulation of Sleep Devices:      
From Concept to Market and Beyond

12:30 PM - 1:45 PM   Lunch Break (on your own)

12:45 PM - 1:45 PM   SRS General Membership Meeting

12:45 PM - 1:45 PM   Lunch Sessions

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| R-01 | Trainee Challenging Cases  
*Free Session! Pack a lunch and learn about challenging cases in sleep medicine.* |
| L-02 | RBD and Neurodegeneration:  
Tell Right Away or Not?  
*Michael Howell, MD and Carlos Schenck, MD* |
| M-06 | Artificial Intelligence:  
Miles to Go Before We Sleep  
*Cathy Goldstein, MD* |
| M-07 | The Response to Sleep Loss and Arousal  
*Robert Greene, MD, PhD* |
| M-08 | Can Precision and Personalized Population Health Address Sleep Health Disparities: Perspectives for the Clinician, Payer, Policy-Maker, and Scientist  
*Azizi Seixas, PhD* |
| M-09 | Evaluation and Long-Term Management of RLS  
*John Winkelman, MD, PhD* |
| M-10 | Best Diagnosis and Management of Central Hypersomnolence Disorders  
*Yves Dauvilliers, MD, PhD* |

1:45 PM - 2:45 PM   General Sessions

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| I-07 | The Devil is in the Details: Using Semiology and Electro-Clinical Correlation to Differentiate Sleep-Related Seizures and NREM Arousal Disorders  
*Nancy Foldvary-Schaefer, DO (see pg. 23 for details)* |
| I-08 | Circadian Medicine: Journey Through Time  
*Phyllis Zee, MD, PhD (see pg. 25 for details)* |
<p>| O-12 | Home-Based Diagnostic Tools for Sleep Disorders |
| O-13 | OSA: Treatments and Related Issues |</p>
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<tr>
<th>Session</th>
<th>Title</th>
<th>Chairs and Speakers</th>
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<tbody>
<tr>
<td>O-14</td>
<td>It's Getting Harder and Harder to Breathe: Pediatric OSA</td>
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<tr>
<td>O-15</td>
<td>Sorting Out Sleep for 24/7 Professions</td>
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<tr>
<td>T-06</td>
<td>Sleep ISR Review Panel</td>
<td>Robert Stansbury, MD, Chair, Claude Albertario, RST, RPSGT, Faye Burnette, RRT, RPSGT, Mark McCarthy, MD, Brian Robertson, MD, Scott Williams, MD, Michael Zachek, MD</td>
</tr>
<tr>
<td>3:15 PM - 5:15 PM</td>
<td>General Sessions</td>
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</tr>
<tr>
<td>B-03</td>
<td>Why and How? Understanding the Relationship Between Sleep Loss, Emotion Processing, and Mental Health</td>
<td>Scott Cairney, PhD, Chair, Sara Alger, PhD, Tony Cunningham, PhD, Eti Ben Simon, PhD</td>
</tr>
<tr>
<td>D-05</td>
<td>Assessing Fitness for Duty: What is the Role of the Practicing Sleep Medicine Clinician?</td>
<td>Michael Berneking, MD, Chair, Joseph Dombrowsky, MD, Erin Flynn-Evans, PhD, Indira Gurubhagavatula, MD, Raghu Upender, MD</td>
</tr>
<tr>
<td>D-06</td>
<td>Advocating for Evidence-Based Sleep Policy: Why, How, and Who</td>
<td>Patrick Fuller, PhD, Chair, Dane Christiansen, Julie Flygare, JD, Shantha Rajaratnam, PhD, Till Roenneberg, PhD, Terra Snider, PhD, Thomas Speer, PhD, Kate Sprecher, PhD</td>
</tr>
<tr>
<td>F-02</td>
<td>The Impact of Sex as a Biological Variable in Health: Sex Differences in Sleep Regulation, Light Sensitivity, Cognition, and Insomnia</td>
<td>Nayantara Santhi, PhD, Chair, Nicola Barclay, PhD, Dorothee Fischer, PhD, Heidi Lammers-van der Holst, PhD, Manuel Spitschan, PhD, Parisa Vidafar, PhD</td>
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<tr>
<td>O-16</td>
<td>Sleep and Neurologic Disorders: What Lies Beneath</td>
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<td>O-17</td>
<td>When and How Much: Functional Impacts and Mitigation of Sleep and Circadian Perturbations</td>
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<tr>
<td>S-19</td>
<td>Nocturia: A Relevant Topic for Sleep Medicine?</td>
<td>Donald Bliwise, PhD, Chair, Jeanne Duffy, PhD, Poul Jennum, MD, Alan Wein, MD, PhD</td>
</tr>
<tr>
<td>T-07</td>
<td>Practical Anatomy and Physiology of Sleep-Disordered Breathing</td>
<td>Robert Stansbury, MD, Chair, Steven Coutras, MD, Ulysses Magalang, MD, Atul Malhotra, MD, Madelyn Rosenthal, MD, Patrick Strollo, Jr, MD</td>
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<tr>
<td>W-06</td>
<td>Restless Sleep Disorder: Diagnostic Criteria for a Newly Defined Pediatric Sleep Disorder</td>
<td>Judith Owens, MD, Chair, Lourdes DelRosso, MD, Raffaele Ferr, MD, Daniel Picchietti, MD</td>
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<tr>
<td>5:15 PM - 7:15 PM</td>
<td>Poster Presentations</td>
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### Schedule

**Registration Open:** 7:30 AM – 5:00 PM

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<tr>
<th>8:00 AM - 10:00 AM</th>
<th>General Sessions</th>
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<tbody>
<tr>
<td>O-18</td>
<td>OSA Treatment: New Techniques</td>
</tr>
<tr>
<td>O-19</td>
<td>Acute and Chronic Insomnia: Stress Reactivity, Women’s Health, and Cardiovascular Outcomes</td>
</tr>
<tr>
<td>O-20</td>
<td>Silver Sleepers: Sleep and Aging and More</td>
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<tr>
<td>O-21</td>
<td>Sleep Deprivation Effects on Performance and Injury</td>
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<td>S-20</td>
<td>Sleep for the Win: A Five-Year Update of Establishing Best Clinical Sleep Practices in Collegiate and Professional Sports</td>
</tr>
<tr>
<td>S-21</td>
<td>Pediatric Sleep Disparities: Which Sociodemographic, Social, and Contextual Factors Matter for Pediatric Sleep?</td>
</tr>
<tr>
<td>S-22</td>
<td>Overlap of Insomnia, RLS, and Periodic Leg Movements During Sleep: Insights from Human Genetics</td>
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<tr>
<td>W-07</td>
<td>Motivational Interviewing Training to Improve Sleep Apnea Outcomes for Sleep Clinicians</td>
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<th>10:00 AM - 1:30 PM</th>
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<tr>
<td>10:00 AM - 11:00 AM</td>
<td>Refreshment Break in the Exhibit Hall</td>
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<tr>
<th>11:00 AM - 12:00 PM</th>
<th>General Sessions</th>
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<tbody>
<tr>
<td>I-09</td>
<td>The Odyssey of Children and Young Adults with Hypersomnia</td>
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<tr>
<td>I-10</td>
<td>Sleep in the Wild: Studying Sleep on the High Seas and Beyond</td>
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<tr>
<td>O-22</td>
<td>Technology and Cost-Effectiveness in Sleep Diagnostics</td>
</tr>
<tr>
<td>O-23</td>
<td>OSA: Epidemiology and Diagnosis</td>
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## Schedule

**O-24**  
OSA and Comorbid Overlap

**O-25**  
New Genetic Discoveries in Sleep Disorders

### 12:00 PM - 1:15 PM  
Lunch Break (on your own)

### 12:15 PM - 1:15 PM  
Lunch Sessions

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Presenters</th>
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<tbody>
<tr>
<td>L-03</td>
<td>Consumer Technology: Does it Have a Place in Sleep Medicine?</td>
<td>Sean Drummond, PhD and Seema Khosla, MD</td>
</tr>
<tr>
<td>M-11</td>
<td>Sleep and Traumatic Brain Injury</td>
<td>Nadia Gosselin, PhD</td>
</tr>
<tr>
<td>M-12</td>
<td>Stimulating the Sleeping Brain to Enhance Memory</td>
<td>Roneil Malkani, MD</td>
</tr>
<tr>
<td>M-13</td>
<td>Sleep in Women Across the Lifespan</td>
<td>Martica Hall, PhD</td>
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<tr>
<td>M-14</td>
<td>Telehealth in Sleep Medicine</td>
<td>Kathleen Sarmiento, MD</td>
</tr>
<tr>
<td>M-15</td>
<td>From Mice to Men: Is Sleep Loss Neural Injury Translatable?</td>
<td>Sigrid Veasey, MD</td>
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### 1:15 PM - 3:15 PM  
General Sessions

<table>
<thead>
<tr>
<th>Session</th>
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<th>Presenters</th>
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</table>
| B-04     | Thinking Big with Sleep and Circadian Rhythms: Leveraging Open Source Algorithms, Wearable Technology, and Big Data | Daniel Forger, PhD, Chair | Clark Bowman, PhD  
Philip Cheng, PhD | Yitong Huang, PhD |
| O-26     | Take My Breath Away: Pediatric OSA                                    |                                                |
| O-27     | The Odyssey of Sleep and Psychiatric Disorders                        |                                                |
| O-28     | Mechanisms and Function of Sleep on Memory                            |                                                |
| O-29     | Social and Environmental Determinants of Sleep                        |                                                |
| S-23     | Solutions for Childhood Insomnia: Diverse Approaches for Managing Disturbed Nights in Children to Improve Their Days | Miqdad Bohra, MBBS, Chair  
Rafael Pelayo, MD | Colin Shapiro, MBBCh, PhD  
Luci Wiggs, DPhil |
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<tr>
<td>S-24</td>
<td>Sleep-Disordered Breathing in Pregnancy: Updates on Screening, Perinatal Health, and Ongoing Trials</td>
<td>Ghada Bourjeily, MD, Chair  Jennifer Dominguez, MD Alex Perkins  Riva Tauman, MD</td>
</tr>
<tr>
<td>W-08</td>
<td>Things That Go Bump in the Night: Abnormal Nocturnal Behaviors Every Sleep Provider Should Know</td>
<td>Carlos Rodriguez, MD, Chair Nancy Foldvary-Schaefer, DO  Michael Howell, MD</td>
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**3:15 PM - 3:30 PM**  
**Refreshment Break**

**3:30 PM - 5:30 PM**  
**General Sessions**

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<tr>
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<tbody>
<tr>
<td>F-03</td>
<td>Sleeping with Our Emotions: Novel Insights Regarding Sleep-Associated Emotion Recognition, Regulation, and Memory</td>
<td>Ryan Bottary, Chair</td>
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<tr>
<td>O-30</td>
<td>A to Zzz: Pediatric Sleep</td>
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<td>O-31</td>
<td>Complex Nocturnal Behaviors</td>
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<tr>
<td>O-32</td>
<td>Neurobehavioral Mechanisms and Outcomes of Sleep/Circadian Perturbations</td>
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<tr>
<td>S-25</td>
<td>Sleep, Arrhythmias, and Sudden Death</td>
<td>Virend Somers, MD, PhD, Chair  Anwar Chahal, MD, PhD  Tom Konecny, MD, PhD  Reena Mehra, MD</td>
</tr>
<tr>
<td>S-26</td>
<td>Re-Thinking Sleep, Circadian Biology, and Medicine: New Insights and Opportunities from Computational Approaches</td>
<td>Shaun Purcell, PhD</td>
</tr>
<tr>
<td>W-09</td>
<td>Comorbidity and Treatment of Sleep Disturbances in Psychiatric Disorders: Primer for Sleep Physicians</td>
<td>Dimitri Markov, MD, Chair  Amit Chopra, MD Karl Doghramji, MD  Bhanu Prakash Kolla, MD</td>
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</table>
Stop by our booth to see how our integrated solutions can help you optimize patient outcomes.

Visit the ResMed booth at SLEEP 2020!

Exciting innovations in sleep therapy are coming your way – we can’t wait for you to try on our newest CPAP masks, check out our advanced device features and discover our latest digital health tools. We’ll also be hosting an Industry Product Theater and sharing our latest clinical research.

Stop by our booth to see how our integrated solutions can help you optimize patient outcomes.
Invited Lecturers

SLEEP 2020 brings you some of the brightest minds in sleep medicine and sleep research. Enjoy forty-minute lectures followed by twenty-minute Q&A in which senior-level investigators/clinicians present in their areas of expertise.

David M. Holtzman, MD
Professor and Chair of Neurology, Scientific Director of the Hope Center for Neurological Disorders, and Associate Director of the Knight ADRC, Washington University in St. Louis

Sleep and Alzheimer's Disease: Bi-Directional Relationship With Amyloid-ß and Tau

Some of Dr. Holtzman's lab's accomplishments include showing in part how apoE4 contributes to Alzheimer's disease (AD), development of a method to measure protein synthesis and clearance in the CNS of animals and humans, development of CSF biomarkers for AD, and development of an anti-Aβ and an anti-tau antibody now in clinical trials for AD. Holtzman is a past president of the American Neurological Association and has trained more than 50 graduate students, post-doctoral fellows, and physician-scientists, many of whom have gone on to successful careers in academia and industry.

Richard B. Berry, MD
Professor of Medicine, University of Florida Medical Director, University of Florida Health Sleep Disorders Center

The Future of Scoring/PSG

Richard B. Berry, MD is a staff physician at the Malcom Randall VA and the director of the UF Sleep Medicine Fellowship. Berry served as a member of the AASM Board of Directors, as president of the AASM Foundation, and is the current deputy editor of the Journal of Clinical Sleep Medicine. He received the AASM Excellence in Education Award in 2010 and the Stuart Quan Award for Editorial Excellence in 2019. His research interests include home sleep apnea testing, treatments for obstructive sleep apnea including positive airway pressure, and facets of polysomnography technology.

Steven A. Brown, PhD
Professor of Chronobiology and Sleep Research, University of Zurich

Molecular and Circuit Aspects of Circadian Sleep Regulation

Steven A. Brown, PhD, conducted undergraduate research in yeast genetics and graduate studies on chromatin biochemistry at Harvard. He then moved to Geneva for postdoctoral work, where he first studied biological clocks and sleep in the laboratory of Ueli Schibler. After a stay at Charité Universitätsmedizin as a Humboldt fellow, Brown returned to Switzerland in 2007 as an assistant professor and then professor. Brown's laboratory studies the molecular mechanisms and neural circuits underlying sleep and diurnal behavior, using human cells and mouse models. By biochemically fractionating cortical synapses, his lab has shown how sleep and circadian influences cooperate to regulate synaptic dynamic.

Nancy Foldvary-Schaefer, DO
Professor, Cleveland Clinic Lerner College of Medicine Director, Cleveland Clinic Sleep Disorders Center

The Devil is in the Details: Using Semiology and Electro-Clinical Correlation to Differentiate Sleep-Related Seizures and NREM Arousal Disorders

Nancy Foldvary-Schaefer, DO is a nationally and internationally renowned expert in sleep and epilepsy and semiology of complex sleep-related events. Certified by the American Board of Neurology and Psychiatry in neurology, clinical neurophysiology, sleep medicine and epilepsy medicine, she leads a research program focused on elucidating the complex interactions between sleep and epilepsy. Foldvary-Schaefer has served as a lead investigator on numerous clinical trials and has published on sleep and epilepsy, epilepsy surgery, EEG, women's issues in epilepsy and sleep disorders.
Invited Lecturers

**Chandra L. Jackson, PhD**
*Earl Stadtman Investigator, National Institute of Environmental Health Sciences*
*National Institute on Minority Health and Health Disparities*
**Sleep Disparities: Refining the Narrative to Ask Informative Research Questions**

Chandra L. Jackson, PhD leads the Social and Environmental Determinants of Health Equity Research group in the Epidemiology Branch of the National Institute of Environmental Health Sciences with a joint appointment in the National Institute on Minority Health and Health Disparities. Jackson investigates physical and social environmental factors that impact disparities in sleep health and subsequent risk of cardiometabolic dysfunction, including obesity and type 2 diabetes. Her research has been presented at national scientific conferences and published in both academic journals like Lancet, JAMA Internal Medicine, the American Journal of Epidemiology, and SLEEP as well as major media outlets such as the US News & World Report and The New York Times.

**Suresh Kotagal, MD**
*Consultant, Center for Sleep Medicine at Mayo Clinic*
*Professor, Mayo Clinic*
**The Odyssey of Children and Young Adults with Hypersomnia**

Suresh Kotagal, MD, is a fellow of the American Academy of Neurology and the American Academy of Sleep Medicine. He was awarded the Excellence in Education Award from the AASM and the Lifetime Achievement Award by the Child Neurology Society. Kotagal has made substantial contributions in the area of pediatric sleep disorders. His work has advanced the understanding childhood onset daytime sleepiness, parasomnias and restless legs syndrome.

**Rachel Manber, PhD**
*Professor, Stanford University School of Medicine*
**Cognitive Behavioral Therapy for Insomnia: New Frontiers**

Rachel Manber, PhD, DBSM has conducted clinical sleep research focused on cognitive behavioral therapy for insomnia (CBTI) in specific populations, including insomnia comorbid with depression, insomnia comorbid with sleep apnea and perinatal insomnia. She led the development of a nationwide dissemination project in the VA for training licensed mental health providers to deliver cognitive behavioral therapy for insomnia. Her current research focuses on issues related to enhancing broad implementation of CBTI, including the use of stepped care strategies.

**Mary A. Carskadon, PhD**
*Professor, Warren Alpert Medical School of Brown University*
*Director, Chronobiology and Sleep Research Laboratory at Bradley Hospital*
**Adolescent Sleep, Sleepiness, and Circadian Timing**

Mary A. Carskadon, PhD’s early research with her graduate mentor, William C. Dement, culminated in the development and application of a standardized measure for daytime sleep tendency, the multiple sleep latency test. A major focus of Carskadon’s scientific activities is research examining interrelations between the circadian timing system and sleep/wake patterns of children, adolescents, and young adults. Carskadon has received awards from several national organizations recognizing her scientific, educational, and public policy contributions. She is an elected Fellow of the Association for Psychological Science and of the American Association for the Advancement of Science.
Nita Shattuck, PhD  
Professor, Naval Postgraduate School in Monterey, CA  
Sleep in the Wild: Studying Sleep on the High Seas and Beyond  
Nita Shattuck, PhD teaches courses in human factors engineering and human systems integration, directs thesis research, and pursues her research interests in human fatigue in operational settings, individual and team performance, decision-making, and military command and control. In her work with the military, Shattuck has studied the effects of fatigue, sleep deprivation, thermal stress, and acceleration in various operational and laboratory environments. She served as advisor to the President’s Emergency Operations Center of the White House, documenting improvements in sleep and morale following adoption of a novel watchbill. Her work has resulted in sweeping changes to U.S. Navy policy that now mandates the use of circadian-based watchbills and emphasizes benefits of crew rest practices.

Phyllis Zee, MD, PhD  
Chief of the Division of Sleep Medicine, Northwestern University  
Professor, Northwestern University  
Director, Center for Circadian and Sleep Medicine  
Circadian Medicine: Journey Through Time  
Phyllis C. Zee, MD, PhD is the founder of the first circadian medicine clinic in the U.S., where innovative treatments are available for patients with circadian rhythm disorders. Zee is a past president of the Sleep Research Society, a fellow of the American Academy of Sleep Medicine, fellow of the American Academy of Neurology and member of the American Neurological Association. She is the recipient of the 2014 American Academy of Sleep Medicine William C. Dement Academic Achievement Award.
Postgraduate Courses

Enjoy additional sleep content with one or more of the SLEEP 2020 Postgraduate Courses. Choose from full-day or half-day courses on your topic of interest. These sessions are an excellent resource for in-depth information regarding a variety of topics in sleep medicine and sleep research and will sell-out quickly.

**FULL-DAY**
AASM/SRS Member $150
Nonmember $200

**HALF-DAY**
AASM/SRS Member $85
Nonmember $150

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**SATURDAY, JUNE 13**

**FULL-DAY COURSES  |  8:00 AM - 5:00 PM**

**C-01: Year in Review 2020**
This annual course discusses new perspectives and recent findings in translational science from the past year.
Co-Chairs: Romy Hoque, MD and Sigrid Veasey, MD
Jacob Collen, MD  |  Raj Dedhia, MD  |  Andrew Krystal, MD
Samuel Kuna, MD  |  Judith Owens, MD  |  Sanjay Patel, MD
David Plante, MD, PhD

**C-02: Trends in Sleep Medicine**
This annual course focuses on topics that are important to the practice of clinical sleep medicine.
Co-Chairs: Daniel Barone, MD and Shalini Paruthi, MD
Daniel Brown, Esq.  |  Kyra Clark, MD  |  Shahrokh Javaheri, MD
Raman Malhotra, MD  |  Lynn Marie Trotti, MD  |  Nathaniel Watson, MD

**C-03: The Basics of Sleep**
This full-day course provides clinicians and scientists with a background in the fundamental principles and findings that form the core knowledge of the sleep field.
Chair: James Shaffery, DPhil
Mary Carskadon, PhD  |  Namni Goel, PhD  |  Thomas Kilduff, PhD
Andrew Krystal, MD  |  Mark Opp, PhD  |  Paul Shaw, PhD
Ronald Szymusiak, PhD  |  Kenneth Wright, PhD

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**AM HALF-DAY COURSES  |  8:00 AM - 12:00 PM**

**C-04: Cases That Keep You Up At Night: Challenging Cases for the Sleep Specialist**
This course provides guidance in a case-based format by describing the current literature, evidence, and when neither is available, expert opinion on proposed next steps in puzzling cases that the clinician may encounter in real clinical practice.
Chair: Raman Malhotra, MD
Aneesa Das, MD  |  Cathy Goldstein, MD  |  Douglas Kirsch, MD

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**PM HALF-DAY COURSES  |  1:00 PM - 5:00 PM**

**C-05: Pediatric Sleep Disorders: Current Updates and Controversies**
This course identifies gaps in our current knowledge and discussion of strategies for future research in pediatric sleep medicine.
Chair: Suresh Kotagal, MD
Valerie Crabtree, PhD  |  Lourdes DelRosso, MD  |  Narong Simakajornboon, MD

**C-06: Don’t Miss the Random Forest for the Trees: The Clinical Implications of Artificial Intelligence for Sleep Medicine**
This half-day postgraduate course will explain the fundamental principles of AI, define the associated terminology, describe the evolution of AI in healthcare and detail how sleep medicine can leverage AI for applications that far transcend automated sleep staging.
Chair: Cathy Goldstein, MD
Dennis Hwang, MD  |  Octavian Ioachimescu, MD, PhD  |  David Kent, MD
Azizi Seixas, PhD

**C-07: Addressing Four Current Issues in Managing RLS: Iron Treatment, Augmentation, Opioid Use, and RLS in Children**
This course explains the biological basis and guidelines of how care providers should diagnose and manage RLS in the pediatric population.
Chair: Christopher Earley, MBBch, PhD
Richard Allen, PhD  |  Shalini Paruthi, MD  |  John Winkelman, MD, PhD
FULL-DAY COURSES | 8:00 AM - 5:00 PM

**C-08: 2020 State of the Art for Clinical Practitioners**
This annual course focuses on the best practices for evaluating, diagnosing and treating the most common sleep disorders in clinical practice.

Co-Chairs: Julio Fernandez-Mendoza, PhD and Anne Germain, PhD
Richard Allen, PhD | Donna Arand, PhD | Kelly Baron, PhD
Bjarn Bjorvatn, MD, PhD | Colleen Carney, PhD
Yves Dauvilliers, MD, PhD | Vsevolod Polotsky, MD, PhD
Lynn Marie Trotti, MD

**C-09: Behavioral Sleep Medicine: The Latest Trends and Promising Developments Shaping Our Practice in the Future**
This course trains attendees in the delivery of evidence-based and cutting-edge behavioral sleep medicine assessment and intervention strategies for various patient subgroups, with consideration of future developments.

Co-Chairs: Jack Edinger, PhD and James Wyatt, PhD
Julio Fernandez-Mendoza, PhD | Philip Gehrman, PhD
Jennifer Martin, PhD | Lisa Meltzer, PhD | Jason Ong, PhD
Lee Ritterband, PhD

This 8-hour postgraduate course provides a comprehensive evaluation of healthy and disturbed sleep in pediatrics with a specific focus on the implications on physical, mental, and cognitive health, well-being and performance.

Co-Chairs: Sanjeev Kothare, MD and Anne Morse, DO
Madeleine Grigg-Damberger, MD | Anna Ivanenko, MD, PhD
Eliot Katz, MD | Jodi Mindell, PhD | Judith Owens, MD
Shelly Weiss, MD

AM HALF-DAY COURSES | 8:00 AM - 12:00 PM

**C-11: Consumer Sleep Technology: Friend or Foe?**
This course explores the ever-changing sleep-related technologies marketed towards patients, with reviews from members of the AASM Clinical and Consumer Sleep Technology Committee.

Chair: Seema Khosla, MD
Jagdeep Bijwadia, MD | Cathy Goldstein, MD | Daniel O’Hearn, MD
Scott Ryals, MD

**C-12: Advancing Clinicians’ Ability to Identify and Treat Sleep Disorders in Minority and Economically Disadvantaged Communities**
This panel discusses evidenced-based approaches for minority recruitment and outreach, identification and treatment of sleep problems.

Chair: Natasha Williams, PhD
Michael Grandner, PhD | Girardin Jean-Louis, PhD
Douglas Wallace, MD

PM HALF-DAY COURSES | 1:00 PM - 5:00 PM

**C-13: Sleep and Epilepsy: Relationship with Circadian Rhythms, Comorbidities, and Death**
This session familiarizes the audience with the relationships between epilepsy, sleep and circadian rhythms for the purposes of better decision making in clinical practice.

Chair: Milena Pavlova, MD
Gordon Buchanan, MD, PhD | Marcus Ng, MD | Mark Quigg, MD

**C-14: Treatment Resistant Sleepiness: New Causes, New Therapeutics**
This session describes recent progress in understanding the molecular mechanisms of pathological sleepiness from data gathered using new and novel experimental techniques.

Chair: Andrew Jenkins, PhD
Nathan Cross, PhD | Yves Dauvilliers, MD, PhD | David Rye, MD, PhD

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**Postgraduate Courses**

**SUNDAY, JUNE 14**

**Run a 5k in your PJs!**

Sunday, June 14, 2020
For sponsorship opportunities or to register go to pj5krun.com
Meet the Professors  AASM/SRS Member $55  |  Nonmember $65
Enjoy a boxed lunch while participating in a discussion led by a prominent member of the sleep community. Sessions will have approximately 50 participants and will be focused on a specific topic.

MONDAY, JUNE 15  |  12:45 PM - 1:45 PM
M-01: Wearables: Ready for Prime Time?
Rachel Markwald, PhD
M-02: Circadian Medicine: A Practical Approach to the Diagnosis and Management of Circadian Rhythm Sleep-Wake Disorders
Sabra Abbott, MD, PhD
M-03: Sleep Medicine, Sexsomnia, and the Sleep-Walking Defense
Jacob Collen, MD
M-04: Challenging Cases in Pediatric Sleep Medicine
Lourdes DelRosso, MD
M-05: School Start Time: Pros and Cons
Rafael Pelayo, MD

TUESDAY, JUNE 16  |  12:45 PM - 1:45 PM
M-06: Artificial Intelligence: Miles to Go Before We Sleep
Cathy Goldstein, MD
M-07: The Response to Sleep Loss and Arousal
Robert Greene, MD, PhD
M-08: Can Precision and Personalized Population Health Address Sleep Health Disparities: Perspectives for the Clinician, Payer, Policy-Maker, and Scientist
Azizi Seixas, PhD
M-09: Evaluation and Long-Term Management of RLS
John Winkelman, MD, PhD
M-10: Hypersomnolence
Yves Dauvilliers, MD, PhD

Wednesday, June 17  |  12:15 PM - 1:15 PM
M-11: Sleep and Traumatic Brain Injury
Nadia Gosselin, PhD
M-12: Stimulating the Sleeping Brain to Enhance Memory
Roneil Malkani, MD
M-13: Sleep in Women Across the Lifespan
Martica Hall, PhD
M-14: Telehealth in Sleep Medicine
Kathleen Sarmiento, MD
M-15: From Mice to Men: Is Sleep Loss Neural Injury Translatable?
Sigrid Veasey, MD

Fill your brain and your body!
With SLEEP 2020 Lunch Sessions, attendees have the opportunity to enjoy a meal and learn about sleep. Meet the Professor sessions include a boxed lunch and a discussion with a thought leader from the field. Lunch Debate sessions include a boxed lunch and a debate on opposing viewpoints. Please note, general registration does not include lunch for attendees.
Lunch Debates  AASM/SRS Member $55 | Nonmember $65

**MONDAY, JUNE 15** | 12:45 PM - 1:45 PM  
**L-01:** Cannabis: Good or Not for Sleep?  
Julie Carrier, PhD and Bhanu Prakash Kolla, MD

**TUESDAY, JUNE 16** | 12:45 PM - 1:45 PM  
**L-02:** RBD and Neurodegeneration: Tell Right Away or Not?  
Michael Howell, MD and Carlos Schenck, MD

**WEDNESDAY, JUNE 17** | 12:15 PM - 1:15 PM  
**L-03:** Consumer Technology: Does it Have a Place in Sleep Medicine?  
Sean Drummond, PhD and Seema Khosla, MD

Spend your lunch exploring hot topics in the field of sleep! Sessions will have approximately 100 participants and will feature a lively debate on a specific topic.

“I come to SLEEP to continue my education but also see what is new in the sleep industry. I want to see what people globally are doing in new and innovative ways towards sleep.”

-Derek Guice, LRPSGT

Register by April 24th to save on registration fees!
Register at sleepmeeting.org
Exhibit Hall

Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2020 exhibit hall! Every year SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers and software companies all with a goal of helping with your care or research. Over 130 companies exhibited at SLEEP 2019.

You must be at least 12 years of age to enter the exhibit hall.
SLEEP Store
Visit the SLEEP Store to learn about product offerings of AASM and SRS. Interact with peers and employees of the societies and purchase a limited edition plush SLEEP eagle.

Poster Viewing
Poster presentations will be on display June 14-16 in the poster hall. Authors will present at their posters to discuss their research during the following official viewing hours:
- Sunday, June 14: 5:15 PM - 7:15 PM
- Monday, June 15: 5:15 PM - 7:15 PM
- Tuesday, June 16: 5:15 PM - 7:15 PM

Sleep Research Society
25th Annual Trainee Symposia Series
The 25th Annual Sleep Research Society Trainee Symposia Series will be held Sunday, June 14, 2020 at the Philadelphia Marriott Downtown. The series is free to student attendees of SLEEP 2020. You must be registered for the SLEEP 2020 general session to participate. The deadline to register for the Trainee Symposia Series is April 24, 2020. Registrations will not be accepted after this date.

Trainee Development Suite
The Trainee Development Suite offers SRS and AASM trainee members an opportunity to network with other trainees, experienced researchers and mentors in sleep and circadian science. Sessions will be offered for different levels of training. Visit sleepresearchsociety.org/trainees/srs-trainee-opportunities for more information.

Club Hypnos
Attend the SRS member reception “Club Hypnos” at the Philadelphia Marriott Downtown. Attendees love socializing with their colleagues over food and drink. As one of the most attended events for SRS, Club Hypnos is something you won’t want to miss!

Membership Meetings
AASM Membership Meeting
Monday, June 15 | 12:30 PM – 1:45 PM

SRS Membership Meeting
Tuesday, June 16 | 12:45 PM – 1:45 PM

Attendee Networking Opportunities
Looking for even more to do while you’re in Philadelphia? Monitor your email for a list of networking events from Industry Sponsored Events to a running club invitation, or local dinner deals offered to attendees.
Accommodations

The Philadelphia Marriott Downtown will serve as the SLEEP 2020 headquarter hotel.

The hotel is conveniently connected to the Pennsylvania Convention Center by covered skywalk. A block of guest rooms has been reserved at a group rate available through May 22, 2020 (or until the room block sells out).

Guest room reservations must be made directly through the SLEEP 2020 housing website. Rooms available at the group rate are limited and available on a first-come, first-served basis.

Book your hotel room early to ensure the best hotel selection and price. Visit sleepmeeting.org to make your hotel reservation.

Housing Contact Information

Email: help@orchid.events
Toll Free: 833-277-7331
International: 801-715-4416
Fax: 801-355-0250

sleepmeeting.org/location/housing

SLEEP 2020 and the official housing company, Orchid Events, does not solicit by phone or email for hotel reservations.

If you receive a phone call or email from any party other than the APSS about the meeting, they are not a legitimate entity, nor are they associated with the SLEEP meeting.

<table>
<thead>
<tr>
<th>Hotels</th>
<th>Address</th>
<th>Distance to C.C.</th>
<th>Rates (S/D occupancy)</th>
</tr>
</thead>
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<tr>
<td>1</td>
<td>Philadelphia Marriott Downtown (HQ Hotel)</td>
<td>1201 Market St.</td>
<td>0.2 mi.</td>
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<tr>
<td>2</td>
<td>Aloft Hotel Convention Center</td>
<td>101 N. Broad St.</td>
<td>0.1 mi.</td>
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<tr>
<td>3</td>
<td>Hampton Inn Convention Center</td>
<td>1301 Race St.</td>
<td>0.1 mi.</td>
</tr>
<tr>
<td>4</td>
<td>Hilton Garden Inn Philadelphia</td>
<td>1100 Arch St.</td>
<td>0.2 mi.</td>
</tr>
<tr>
<td>5</td>
<td>Loews Philadelphia Hotel</td>
<td>1200 Market St.</td>
<td>0.2 mi.</td>
</tr>
<tr>
<td>6</td>
<td>The Notary Hotel, Autograph Collection</td>
<td>21 N. Juniper St.</td>
<td>0.2 mi.</td>
</tr>
<tr>
<td>7</td>
<td>Residence Inn by Marriott Philadelphia</td>
<td>1 E. Penn Sq.</td>
<td>0.2 mi.</td>
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MEMBERS SAVE

an average of $265* over nonmembers when pre-registering for SLEEP 2020 with a half-day postgraduate course.

Not only will you receive discounts on SLEEP registration, you will also receive all the benefits membership has to offer. Don’t delay, join or renew today!
Contact Information

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Ph: (630) 737-9700 | Fax: (630) 737-9790
sleepmeeting.org

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Visit sleepmeeting.org/location/housing for more information.

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