Dear Virtual SLEEP 2021 Attendee,

Welcome to Virtual SLEEP 2021, the 35th annual meeting of the Associated Professional Sleep Societies (APSS), a joint venture of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). This year’s virtual meeting provides you with access to the latest advances in the fields of sleep medicine and sleep and circadian research, while also including virtual discussion rooms for you to network with colleagues old and new.

This year’s full slate of postgraduate courses have been developed to review in-depth information on specific topics of interest to sleep professionals and are presented by leaders in the field. Nine courses are available, provided in half-day and full-day formats.

Four Meet the Professor sessions will be broadcast as live evening webinars over the course of the two weeks leading up to the plenary session.

The Virtual SLEEP 2021 meeting kicks off on Thursday, June 10 with the livestream plenary session honoring this year’s recipients of awards from the AASM and the SRS, and featuring a keynote address by Eus Van Someren, PhD, entitled, “In Search of Brain Mechanisms of Insomnia.”

The scientific program follows June 11-13th, with five live and on-demand session tracks. There will be two live presentation tracks, one focused on clinical sleep medicine, the other focused on sleep and circadian research. This year there is also a technologist track. The other two tracks feature pre-recorded, on-demand sessions. Altogether, these tracks allow you and your colleagues to attend sessions specifically geared towards your clinical or research interests. You will have access to all the sessions until November 30, 2021. Each evening, join your colleagues in open-dialogue discussion virtual meeting rooms. Networking is always an important aspect of our meeting. With the 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 our field. You are also invited to network using social media (#SLEEP2021).

More than 800 abstracts are being presented at SLEEP 2021.

The SLEEP 2021 mobile app is an essential resource for navigating the meeting. Information regarding postgraduate courses, invited lectures, symposia, discussion groups, abstract presentations and other sessions, activities, and events held during the meeting can all be found in the SLEEP 2021 mobile app.

Be sure to check out the virtual Exhibit Hall, where companies will be featuring their latest products and services available. This is the place to learn about the technologies and advances in the industry.

The APSS Board of Directors, APSS Program Committee, and AASM and SRS Staff work hard throughout the year to ensure that leading science and state-of-the-art practices are featured during the meeting. We hope that you will fully enjoy your experience at SLEEP 2021, and have the opportunity 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 virtual SLEEP 2021!

Sincerely,

Shalini Paruthi, MD, Chair
Rebecca Spencer, PhD, Co-Chair
APSS Program Committee
Welcome to Virtual SLEEP 2021. It’s a new dawn for the sleep field, and as we gather virtually for the 35th annual meeting of the Associated Professional Sleep Societies (APSS), we’re hopeful that much of the world is turning the corner on the pandemic and that we’ll be together in person soon.

More than just colleagues, we are a family, and the SLEEP meeting has always been an opportunity for us to reunite over our common passion for sleep. While an online meeting may not have the same feeling of connectedness as a face-to-face gathering, Virtual SLEEP will offer opportunities to catch up with your sleep family and stay abreast of the latest developments in sleep medicine, and sleep and circadian science.

“Great ideas come out of networking and talking with colleagues, researchers and clinicians, so we want to facilitate that as much as possible given the technology capabilities that we do have,” said APSS Program Chair Dr. Shalini Paruthi, co-director of the Sleep Medicine and Research Center at St. Luke’s Hospital in St. Louis. “We’ve tried to capture all of the elements we would typically have in person and convert that to a virtual format that still allows for people to interact with each other.”

Virtual SLEEP begins Thursday, June 10, with the plenary session, featuring keynote speaker Eus JW Van Someren, PhD, who studies the brain mechanisms of insomnia. He leads the sleep and cognition group at the Netherlands Institute for Neuroscience and holds a professorship at the Department of Integrative Neurophysiology and Psychiatry at the VU University and Medical Center in Amsterdam.

“Clinicians and scientists are looking forward to hearing Dr. Van Someren’s presentation, which will thoughtfully explore the intricacies of insomnia, thus inspiring others in search of a better understanding of insomnia and discovering improved treatment options for patients in the future,” said Paruthi.

The virtual plenary session also will include recognition of the AASM and SRS 2021 award recipients and remarks from both organization’s presidents. A special Saturday evening musical event will reflect on how the sleep field began and will include personal stories from the pioneers and leaders who shaped the sleep field.

While we wish we were meeting in person this year, we hope you will take advantage of the flexibility and access that a virtual meeting provides. Attendees will be able to view content on demand through Nov. 30, 2021. The poster hall also will remain open through November for presenters who select to keep their poster online.

Virtual SLEEP attendees can download the meeting app by searching for “SLEEP meeting” in your app store. There, you can review the Virtual SLEEP schedule of events, build a personal calendar, and connect with other attendees.
SLEEP is the premier world forum to present and discuss the latest developments in clinical sleep medicine, and sleep and circadian science.

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Exhibit Hall
The Virtual SLEEP 2021 exhibit hall showcases virtual booth displays of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies.

Exhibit Hall Hours
The exhibit hall will be open 24/7 with dedicated attendee engagement time scheduled from 12:15 p.m. – 12:30 p.m. (ET), 1:15 p.m. – 3:00 p.m. (ET) and 4:45 p.m.- 5:00 p.m. (ET), Friday, June 11 through Sunday, June 13. Attendees will have access to the exhibit hall until November 30, 2021.

Press
Members of the press are encouraged to utilize the virtual press room on www.sleepmeeting.org. The press room has resources to assist reporters with their stories, including detailed information on the participating organizations and study abstracts. Reporters can contact the APSS public relations staff for assistance in scheduling an interview with presenters and abstract authors. Questions? Contact Corinne Lederhouse, Communications Coordinator, at clederhouse@sleepmeeting.org.

Virtual SLEEP 2021 Store
Visit the Virtual SLEEP Store where attendees can receive special discounts on AASM and SRS products to continue their education in sleep long after the meeting! Attendees can ask questions about products at our booth in the exhibit hall, or via email at orders@sleepmeeting.org.

Terms of Use
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Agreement to Online Conduct
SLEEP provides a welcoming environment to all participants. The Associated Professional Sleep Societies, LLC (APSS) reserves the right to rescind access for those who disrupt the meeting or diminish the learning environment for others.

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Webinars, virtual sessions, or courses may be recorded or captured by APSS or its agents in any form of media by and with the consent of APSS for eventual resale or other commercial or non-commercial use. As a registered participant joining or attending a webinar, virtual session or course, you consent to such recording of the live event, which may include your participation and interaction.

Recording and Visual Capture by Attendees
No participant may make audio or video recordings of Virtual SLEEP sessions.

Postgraduate Courses
The SLEEP general registration fee does not include access to the on-demand postgraduate courses. You must purchase admission to access any SLEEP 2021 postgraduate courses. Postgraduate course registrants will have access to purchased courses until November 30, 2021. Purchase a postgraduate course or all courses with a discounted bundle here.

SLEEP 2021 Abstract Supplement
All abstracts from SLEEP 2021 are published in an online abstract supplement of the journal SLEEP. To view these abstracts, visit www.sleepmeeting.org/abstract-supplements.

Claim Credit
To claim credit from the meeting, complete the evaluation for each session you attend within the website or mobile app. The deadline to claim credit is November 30, 2021. Individuals who have not claimed their continuing education credits by this date will be unable to do so. More information is available at www.sleepmeeting.org/continuing-education.

We Want Your Feedback - Help Improve SLEEP
All attendees are requested to evaluate the conference overall on June 13, 2021 after the close of the last session. The survey feature will close on November 30, 2021. The APSS Program Committee will use this information to plan future events.
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All SLEEP 2021 ePosters are available for viewing from June 9-13*. Be sure to check them out before they’re gone!

Browse by title, author, track, keyword, or peruse the e-Poster Gallery! Authors were encouraged to record a brief description of their research, available to you on-demand at the simple click of a button. ePosters are denoted with a document icon to the right of the abstract title. Audio presentations are denoted with a speaker icon to the right of the abstract title. Once logged in, click the star on any abstract to favorite it. **Access your favorite abstracts from your personal My Schedule page.**

*Some posters will be available for viewing until November 30, 2021.

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KEYNOTE SPEAKER
Eus JW Van Someren, PhD
Thursday, June 10 | 8:00 p.m. - 10:00 p.m. EDT
Professor of Neuroscience, Netherlands Institute for Neuroscience
In Search of Brain Mechanisms of Insomnia
Prof. Eus Van Someren was trained in physics, psychophysiology and neuropsychology and received a summa cum laude PhD in neurobiology from the faculty of medicine. He leads the Sleep & Cognition group at the Netherlands Institute for Neuroscience and holds a professorship at the Department of Integrative Neurophysiology and Psychiatry at the VU University and Medical Center in Amsterdam. His group aims to unravel brain mechanisms of chronic insomnia. He received prestigious grants including an ERC-AdG and founded the Sleep Registry (sleepregistry.org) for rich phenotyping of now over 18,000 volunteers, which led to the discovery of robust insomnia subtypes. He (co)-authored on more than 250 peer-reviewed publications in scientific journals including NJEM, Jama, Nature Genetics, Nature Neuroscience, Lancet Psychiatry, Archives of General Psychiatry, Psychological Bulletin, Brain, Current Biology and PNAS and is widely cited (H-index 58). His informal infectious enthusiasm for a neuroscience of insomnia makes him a frequently invited speaker.

Nancy Foldvary-Schaefer, DO
Friday, June 11 | 12:30 p.m. - 1:15 p.m. EDT
Professor of Neurology, Cleveland Clinic Lerner College of Medicine, Director, Cleveland Clinic Sleep Disorders Center
The Devil is in the Detail: Semiology and Electro-Clinical Correlation in the Differentiation of Sleep-Related Seizures and NREM Arousal Disorders
Dr. Nancy Foldvary-Schaefer is a professor of neurology at Cleveland Clinic Lerner College of Medicine and director of the Cleveland Clinic Sleep Medicine Program. 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. She is an expert in seizure semiology in focal epilepsies and is studying peri-ictal cardiorespiratory alterations to understand the mechanistic underpinnings of sudden unexplained death in epilepsy (SUDEP). She serves on the AASM RBD Task Force and teaches in the International League against Epilepsy (ILAE) Academy on PSG methodology in epilepsy. She is the chief editor of Sleep Disorders: A Case a Week from the Cleveland Clinic, 2nd Edition, released in 2019 by Oxford University Press.

Marta Garaulet, PhD
Friday, June 11 | 12:30 p.m. - 1:15 p.m. EDT
Doctor of Pharmacy, University of Murcia
Meal Timing, Siesta and Genetics in Obesity and Weight Loss
Dr. Marta Garaulet is a professor of physiology and nutrition at the University of Murcia in Spain. She is also a scientist at Brigham and Women's Hospital. She holds a Master's in Public Health from Harvard University. Her teaching and research activity have always been related to nutrition topics, especially obesity, publishing more than 200 scientific articles in high impact factor journals on the field of nutrition and obesity. Her research has been crucial to the discovery of the importance of meal timing in obesity and weight loss. She has recently received two relevant awards: the European Award in Endocrinology and Obesity awarded by the “Nutrition and Santé” in 2011 and the Dr. Gregorio Marañón Award for Best Researcher in Nutrition in Spain from the Spanish Academy of Gastronomy and Nutrition in 012.
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Carlos Schenck, MD  
Saturday, June 12 | 12:30 p.m. – 1:15 p.m. EDT  
Professor of Psychiatry, University of Minnesota Medical School,  
Minnesota Regional Sleep Disorders Center  
**REM Behavior Disorder: Past, Present and Future**  
Dr. Carlos H. Schenck was born in New York City in 1951, received his BA degree from the Johns Hopkins University in 1972, and his MD degree from the State University of New York at Buffalo in 1976. He completed a psychiatry residency at the University of Minnesota in 1980, where he is currently a professor. Since 1982 he has been a staff physician at the Minnesota Regional Sleep Disorders Center (located at Hennepin County Medical Center). In 1985 to 1987, Dr. Schenck and colleagues reported on a new category of parasomnia that they named REM sleep behavior disorder (RBD). In 1996 Dr. Schenck and colleagues first reported that RBD commonly heralds future parkinsonism, thus initiating a major international research effort in this area, involving clinical and basic science. Dr. Schenck was the Founding President of the International REM Sleep Behavior Disorder Study Group (IRBD-SG) that has held yearly research symposia and that to date has published more than 15 collaborative, multicenter, peer-reviewed articles.

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**Gina Poe, PhD**  
Friday, June 11 | 5:00 p.m. – 5:45 p.m. EDT  
Professor, Department of Integrative Biology and Physiology, UCLA  
**Sleep to Change Your Mind**  
Dr. Gina Poe has been working since 1995 on the mechanisms through which sleep serves memory consolidation and restructuring. Dr. Poe is a professor at UCLA and directs the COMPASS-Life Sciences and BRI-SURE programs and co-Directs the MARC-U*STAR program. Nationally she is course director of the Marine Biological Lab’s SPINES course and co-directs the Society for Neuroscience’s NSP program which earned the nation’s highest mentoring honor in 2018. She earned her PhD in Basic Sleep in the Neuroscience Interdepartmental Program at UCLA under the guidance of Ronald Harper then moved to the University of Arizona for her postdoctoral studies with Carol Barnes and Bruce McNaughtons. Her lab employs tetrode recording and optogenetic techniques in learning animals to see how neural patterns underlying learning are reactivated during sleep, and how activity during sleep influences the neural memory code.

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**Suresh Kotagal, MBBS**  
Friday, June 11 | 5:00 p.m. – 5:45 p.m. EDT  
Professor, Department of Neurology, Mayo Clinic  
**The Journey of Patients with Narcolepsy: From Childhood to Maturity**  
Dr. Suresh Kotagal is a consultant in the Departments of Neurology, Pediatrics and the Center for Sleep Medicine at Mayo Clinic in Rochester, Minnesota, and a professor of neurology at the same institution. He trained in sleep medicine in 1982 at Stanford University under the guidance of the late Drs. William Dement and Christian Guilleminault. He was one of the first pediatric neurology-sleep specialists in the United States. He has been awarded the Distinguished Educator award by the American Academy of Sleep Medicine and the Lifetime Achievement Award by the Child Neurology Society. Dr. Kotagal has served on editorial boards of Sleep Medicine, Sleep Medicine Reviews and Pediatric Neurology, and as Associate Editor for the Journal of Child Neurology. Dr. Kotagal has made substantial contributions in the study of pediatric sleep disorders. He currently a member of a task force of the American Academy of Sleep Medicine that is developing evidence-based guidelines for the treatment of hypersomnia disorders.
INVITED LECTURERS

Allison Harvey, PhD
Saturday, June 12 | 12:30 p.m. – 1:15 p.m. EDT
Professor of Psychology, Director, The Golden Bear Sleep and Mood Research, University of California (Berkeley)
Leveraging Sleep and Circadian Science to Devise and Disseminate Novel Treatments to Improve Sleep Health Among Adolescents and Adults
Dr. Allison G. Harvey is a professor and licensed clinical psychologist in the department of psychology at the University of California, Berkeley. Her clinical training and PhD were completed in Sydney, Australia. Dr. Harvey moved to the University of Oxford as a postdoctoral fellow in the department of psychiatry and then joined the department of experimental psychology as faculty with a fellowship at St. Anne's College. Dr. Harvey has practiced as a cognitive-behavior therapist for more than 20 years. She has had the honor of participating in the Training Institute for Dissemination and Implementation Research in Health (TIDIRH) hosted by the National Cancer Institute. She has published more than 250 peer reviewed papers and chapters and authored three books. Her team's research is funded by the National Institute of Mental Health and National Institute of Child Health and Human Development. Dr. Harvey is a recipient of numerous awards, including from the American Association for Behavior Therapy and from NARSAD. Dr. Harvey has also been awarded an Honorary Doctorate from the University of Orebro, Sweden and is a Fellow of the Association for Psychological Science.

Timothy Morgenthaler, MD
Saturday, June 12 | 5:00 p.m. – 5:45 p.m. EDT
Co-Director, Mayo Clinic Center for Sleep Medicine
Are We Doing Our Best? Quality Measurement in Sleep Medicine
Dr. Timothy Morgenthaler is the co-director of the Center for Sleep Medicine and the chair of the Mayo Clinic Sleep Medicine Specialty Council for Mayo Clinic. He is a professor of medicine in the division of pulmonary, critical care, and sleep medicine at the Mayo Clinic College of Medicine and Science. Dr. Morgenthaler has been on staff at Mayo Clinic since 2000. He received his Bachelors of Science in Chemical Engineering from the Massachusetts Institute of Technology, and his MD from Dartmouth Medical School. He recently served as the Chief Patient Safety Officer for the Mayo Clinic, and as the past president of the American Academy of Sleep Medicine, and currently serves as the Vice Chair for Quality and Affordability at Mayo Clinic. He also serves as a director at Mercy Health in St. Louis, Missouri, and has been the author of more than 130 peer-reviewed publications.

Wendy Troxel, PhD
Sunday, June 13 | 12:30 p.m. – 1:15 p.m. EDT
Senior Behavioral and Social Scientist, RAND Corporation
From Crime to COVID: Disparities in Sleep and What We Can Do About It
Dr. Wendy Troxel is a senior behavioral scientist at RAND and holds adjunct faculty positions at the University of Pittsburgh and University of Utah. She is the author of Sharing the Covers: Every Couple's Guide to Better Sleep, book to be released in April 2021. She is a licensed clinical psychologist and certified behavioral sleep medicine specialist. Dr. Troxel's research focuses on the interface between sleep, the social environment, and health, and the implications for public policy. She served on the American Academy of Sleep Medicine Task Force for the Psychological and Behavioral Guidelines for the Treatment of Chronic Insomnia, is a Member of NIH's Sleep Disorders Research Advisory Board and is an Associate Editor of the journals Sleep Health and Behavioral Sleep Medicine. She also served on the Commonwealth of Pennsylvania's task force to study school start times. Dr. Troxel's work has been published in top-tier scientific journals and has received widespread media attention.

Sigrid Veasey, MD
Sunday, June 13 | 5:00 p.m. – 5:45 p.m. EDT
Professor of Medicine, University of Pennsylvania
Delayed Neural Injury Following Chronic Sleep Loss
Dr. Sigrid Veasey is a physician scientist at the University of Pennsylvania. Her research focuses on defining the extent of neural injury in response to chronic sleep disruption and on identifying the molecular mechanisms underlying neural injury in sleep disorders and sleep disruption. The present focus of her lab is understanding the molecular mechanisms by which sleep disruption imparts a delayed and slowly progressive neurodegenerative process with some features of Alzheimer's disease. Previously, sleep researchers believed that all neurobehavioral consequences of sleep loss were fully reversible. Dr. Veasey's lab has led the way in discovering that chronic short sleep and sleep fragmentation induce loss of wake-activated neurons, neurons essential for alertness and optimal cognitive performance.
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- Free members-only access to the Case Study of the Month.
- Earn MOC/CME/CEC through our FREE self-assessment exams, free on-demand webinars and coding education programs.
Four members of the American Academy of Sleep Medicine have been selected as 2021 AASM awards recipients for their contributions to the field of sleep medicine. This year’s award winners will be recognized during the plenary session at the Virtual SLEEP 2021 annual meeting on Thursday, June 10. “I congratulate all four of our impressive award recipients, who are recognized for excellence in sleep medicine through clinical practice, research, education, and advocacy,” said AASM President Dr. Kannan Ramar. “Their expertise and leadership uphold the mission of the American Academy of Sleep Medicine of advancing sleep care and enhancing sleep health to improve lives.”

The 2021 AASM award recipients, who were selected by the AASM board of directors, are:

**M. Safwan Badr, MD, MBA, FAASM**

Nathaniel Kleitman Distinguished Service Award for dedication to the sleep field and significant contributions in the areas of administration, public relations and government affairs

Dr. Badr is professor and chair of internal medicine at the Wayne State University School of Medicine and staff physician at the John D. Dingell VA Medical Center in Detroit. As a member of the AASM for more than 30 years, Badr has been a leading advocate for promoting high quality, patient-centered sleep care. He served as president of the AASM from 2013-2014, challenging the AASM to consider new paradigms of care that would achieve the Triple Aim through integrated, value-based models. He was the founding director of the Wayne State University School of Medicine sleep medicine fellowship program and has mentored numerous trainees and junior faculty members who have launched successful academic careers, and he continues to support young physician scientists as a faculty member for the AASM Young Investigators’ Research Forum and as a mentor in the AASM Foundation’s Sleep Research Program for Advancing Careers. Badr’s own research has advanced the understanding of ventilatory control and airway mechanics during sleep. He currently serves on the board of directors of the American Board of Internal Medicine.

“I am honored to be chosen for such a prestigious award on behalf of the AASM. I am grateful for the many mentors who trained me (Drs. Allan Pack, Sam Kuna, Rich Schwab and Ilene Rosen), numerous collaborators and colleagues in the field, my loving family and my patients who continue to teach me. I am grateful to the AASM for assembling talented teams, providing the resources to pursue what I enjoy doing, and for the dedicated staff at AASM who put in countless hours to support our work. These experiences have been productive and fun. All of you who generously give your passion, knowledge, time, and energy to promote healthy sleep in the interest of the public good will continue to be my heroes and role models.”

**Scott Williams, MD, FAASM**

Excellence in Education Award for outstanding contributions in the teaching of sleep medicine

Lieutenant Colonel Scott Williams is the director for medicine at the Fort Belvoir Community Hospital, Fort Belvoir, Virginia, and an associate professor of medicine and psychiatry at the Uniformed Services University of the Health Sciences (USUHS).

Williams is dedicated to enhancing the professional development of the entire sleep team. As co-chair of the Sleep ISR Gold Standard Panel, he has helped sleep technologists develop proficiency in scoring sleep studies, and he helped develop an educational track for sleep technologists at the SLEEP annual meeting when he served as chair of the AASM Sleep Technologist and Respiratory Therapist Education Committee. Williams also has educated key decision makers about the importance of sleep as part of the Surgeon General’s Performance Triad Sleep Working group, as consultant to the White House Medical Unit, and as acting consultant to the Army Surgeon General for Sleep Medicine.

“I am humbled to be recognized alongside the prior 19 recipients of this prestigious award. Sleep education has come a long way since the inception of this award in 2002, but it remains significantly under-represented in medical and nursing training. Education takes many forms, whether it be formal physician fellowship training, outreach to primary care clinics, sleep technologist didactics, outreach to other professional societies, and not least direct patient education. As the standard bearer for high quality, evidence-based decisions in sleep medicine, the AASM continues to lead the way and I am proud to be a member of this elite group of providers.”

**Terri Weaver, PhD, RN, FAASM**

William C. Dement Academic Achievement Award for exceptional initiative and progress in the areas of sleep education and academic research

Dr. Weaver is dean and professor of nursing at the University of Illinois Chicago College of Nursing and professor in the Division of Pulmonary, Critical Care, Sleep & Allergy at UIC. She also has professor emerita status at the University of Pennsylvania School of Nursing and is a visiting professor at Peking University School of Nursing in Beijing. Her lasting impact on sleep medicine includes her research on the effect of daytime sleepiness on daily behaviors and her development of the Functional Outcomes of Sleep Questionnaire. The first nurse to serve on the AASM board of directors, Weaver paved the way for advanced practice providers to become more involved in the AASM, and her work on the AASM Foundation Development Council helped expand career development programs for sleep and circadian researchers. As a leader, educator, and mentor, she has helped shape the careers of countless nurses and sleep medicine professionals.

“Receiving the William C. Dement Academic Achievement Award is a tremendous honor and I am truly humbled. Dr. Dement was a true pioneer in the field of sleep medicine and his work served as an inspiration for me and many others as we strive to address the sleep problems that so affect individuals’ daily lives and quality of their sleep. I greatly appreciate the support and guidance that I have received from my colleagues over the years and the opportunities that were available to me as a scientist and professor at both the University of Pennsylvania and University of Illinois Chicago.”

**Indira Gurubhagavatula, MD, MPH**

Mark O. Hatfield Public Policy or Advocacy Award for developing public policy that positively affects the healthy sleep of all Americans

Dr. Gurubhagavatula is associate professor of clinical medicine at the Perelman School of Medicine at the University of Pennsylvania, director of the sleep medicine fellowship at Penn, and director of the sleep medicine clinic at the Crescenz VA Medical Center in Philadelphia. Her work includes screening for sleep apnea in high-risk populations, such as commercial truck drivers, law enforcement officers, and those with cardiovascular disease. Gurubhagavatula has authored scientific publications and documents to guide policy for professional and governmental organizations regarding the management of obstructive sleep apnea in commercial drivers and has served as a consultant for federal organizations that address drowsy driving. She served as chair of the AASM Sleep and Transportation Safety Task Force, Occupational Sleep Wellness Presidential Committee, and Public Safety Committee; co-chair of the Work Shift Length Guidance Task Force; and presently serves as chair of the COVID-19 Task Force. Her work on these committees addressed key safety issues such as drowsy driving, school start times, daylight saving time, physician burnout, shift work, and mitigating the transmission of COVID-19 in sleep centers.

“This award represents the sum efforts of many individuals who recognize, prioritize, and promote healthy sleep as part of a greater mission to protect public health and public safety. I am honored to be chosen for such a prestigious award on behalf of our efforts. I am grateful for the many mentors who trained me (Drs. Allan Pack, Sam Kuna, Rich Schwab and Ilene Rosen), numerous collaborators and colleagues in the field, my loving family and my patients who continue to teach me. I am grateful to the AASM for assembling talented teams, providing the resources to pursue what I enjoy doing, and for the dedicated staff at AASM who put in countless hours to support our work. These experiences have been productive and fun. All of you who generously give your passion, knowledge, time, and energy to promote healthy sleep in the interest of the public good will continue to be my heroes and role models.”
The Sleep Research Society (SRS) has selected four sleep and circadian scientists as recipients of the 2021 Sleep Research Society awards, which recognize excellence in sleep and circadian research. This year’s award winners will be recognized during the plenary session at Virtual SLEEP on Thursday, June 10, 2021. “Congratulations to the remarkable 2021 award recipients for advancing the mission of the Sleep Research Society,” said SRS President H. Craig Heller, PhD. “These awards recognize leaders in the field of sleep and circadian science through contributions in research, education, and public service.” SRS members were invited to nominate colleagues for the awards. The 2021 SRS award recipients, who were selected by the SRS board of directors, are:

**Allison G. Harvey, PhD, CBSM, DBSM**

**Distinguished Scientist Award for significant, original and sustained scientific contributions of a basic, clinical or theoretical nature to the sleep and circadian research field, made over an entire career.**

Allison G. Harvey, PhD, CBSM, DBSM, is a professor and licensed clinical psychologist in the department of psychology at the University of California, Berkeley. Dr. Harvey has practiced as a cognitive-behavior therapist for more than 20 years. She is a treatment development researcher who conducts experimental and intervention studies focused on understanding and treating sleep and circadian problems, severe mental illness and behavior change processes. More recently, she has expanded her focus to the science of dissemination and implementation. Dr. Harvey has had the honor of participating in the Training Institute for Dissemination and Implementation Research in Health (TIDIRH) hosted by the National Cancer Institute. She has published more than 250 peer-reviewed papers and chapters and authored three books. Her team’s research is funded by the National Institute of Mental Health and National Institute of Child Health and Human Development.

“I want to express my sincerest gratitude to the Sleep Research Society for this award. It is an honor, and I am deeply humbled to be recognized by a society that contributes much good to the world. Thanks also to Dr. Candice Alfano for insisting on nominating me! There are many people who I want to thank for their support, friendship and collaboration, particularly: Dan Buysse, Colin Espie, Jack Edinger, Kenny Lichtenstein, Charles Morin and Michael Perls. Each became informal mentors as soon as I joined this field. Also, thanks to Candice Alfano, Lisa Metzler, Wendy Trelawny and Matt Waller who are dear friends and have always been generous and supportive. And finally, a huge note of thanks to Lauren Asarnow, Mike Dolsen, Lulu Dong, Caitlin Gasperetti, Niku Gumpert, Jan Knady, Laurel Sarfan, Adriane Soehner and many similarly talented and passionate students and post-docs whom I have had the immense blessing of working with over many years.” – Allison G. Harvey, PhD, CBSM, DBSM

**Girardin Jean-Louis, PhD**

**Mary A. Carskadon Outstanding Educator Award for excellence in education related to the sleep and circadian research field**

Girardin Jean-Louis, PhD, is a professor of population health and psychiatry at NYU Langone Health. He is the director of the PRIDE Institute on Behavioral Medicine and Sleep Disorders Research and the Translational Sleep and Circadian Sciences Program. Dr. Jean-Louis has been involved in several important NIH-funded studies, which have led to 396 publications, primarily in sleep deficiency and cardiometabolic diseases, circadian science, aging, and health equity. His research findings have appeared in 180 scientific conference proceedings and book chapters, and 216 peer-reviewed scientific journals. The overarching goal of his research is to address multi-level barriers hindering adoption of healthful sleep practices in vulnerable communities. His research focuses on the application of agile behavioral models to enhance treatment adherence to reduce risk of cardiovascular disease and brain injury. Dr. Jean-Louis has also been involved in several university-based training programs designed to increase academic diversity focusing on mentees at the undergraduate, graduate, post-graduate, and faculty levels.

“I am humbled and honored to receive the 2021 Mary A. Carskadon Outstanding Educator Award. I accept this award on behalf of all the students and fellows, whom I have had the privilege to train and mentor over the years. I thank all the mentors and advisors who have served in the training programs that I have directed. I also want to thank all my colleagues who nominated me for this prestigious award from the Sleep Research Society. I am proud to be a member of a society that has done such a phenomenal job training the new generation of sleep and circadian scientists tackling the most vexing sleep problems facing our society. I am equally proud of the society’s initiatives to diversify the sleep academic workforce. Lastly, I want to thank my parents, both educators, who have inspired me to pursue higher learning and become the best educator I could be.” – Girardin Jean-Louis, PhD

**Colin E. Sullivan, PhD**

**Outstanding Scientific Achievement Award for novel and seminal discoveries of a basic, clinical or theoretical nature that have made a significant impact on the sleep field**

Colin E. Sullivan, PhD, is a professor and chair of the research committee in the department of medicine at the University of Sydney, and a consultant physician with the Children’s Hospital at Westmead and the Sydney Children’s Hospital in Randwick. Beyond the identification of the significant influence of sleep on breathing, his major scientific achievements have included the characterization of the pathophysiology of adult sleep apnea; the invention of nasal CPAP in 1980, now the ‘gold standard’ treatment of sleep apnea; the development of non-invasive ventilation during sleep to manage respiratory failure; the recognition of the extent of upper airway obstruction in infantile apnea; the development of human fetal monitoring technology, and the discovery of the mechanism of sleep-induced worsening of blood pressure in pre-eclampsia.

“I am greatly honored by this award from the Sleep Research Society. While I originally began my research career on the control of breathing and then trained as a pulmonologist, I was drawn into the world of sleep when introduced in the early 1970's to the problem of Sudden Infant Death and the puzzle of unexpected death in sleep. I was introduced to the SRS by one of its early founders, Dennis McGinty, who spent a sabbatical year with us in Sydney in 1979. Despite the great distance, I have come to many of the annual meetings and marvel at the extraordinary growth of knowledge about sleep by members of the sleep research community. I am very lucky to have been able to contribute to our knowledge in sleep and breathing. I cherish the recognition by the SRS through this award and thank those who nominated me. I hope to be able to attend future meetings in person.” – Colin E. Sullivan, PhD

**James K. Walsh, PhD**

**The Public Service Award for significant and extraordinary contributions to the mission of SRS above and beyond research and educational activities**

James K. Walsh, PhD, earned his PhD in experimental psychology from St. Louis University. For more than 35 years he was recognized as a leader in the sleep medicine and research fields, authoring more than 250 professional manuscripts and lecturing nationally and internationally. In 1981, he started the first sleep center in Missouri at Deaconess Hospital in St. Louis, and in 1993 he founded the Sleep Medicine and Research Center at St. Luke’s Hospital. Among many positions in scientific organizations, Dr. Walsh served as president of the American Academy of Sleep Medicine, president of the Sleep Research Society, and on the Sleep Disorders Research Advisory Board of the National Institute of Health.

“Thank you to the Sleep Research Society and especially the board of directors for recognizing me with this award. Service and advocacy activities were some of the most rewarding throughout my career. I want to acknowledge two individuals with whom I worked very closely for many years on these efforts. First, is the late Bill Dement. It was Bill’s passion to spread sleep science and sleep knowledge throughout our society. That inspired me to join him in these advocacy efforts. The second individual I want to recognize is Dale Dirks of the Health and Medicine Counsel of Washington. Dale provided me and many others with expertise and guidance in navigating federal agencies which was tremendously helpful. Finally, I would like to encourage all sleep scientists and clinicians to be involved in our professional societies and to help educate policy makers and industry leaders about the latest findings of sleep and circadian science.” – James K. Walsh, PhD
CONGRATULATIONS to our winner!
2021 Diversity, Equity and Inclusion Leadership Award

Charlene E Gamaldo MD, FAASM
Professor, Department of Neurology, Johns Hopkins University School of Medicine

Learn more at sleepmeeting.org/DEIaward

Dr. Gamaldo is receiving this award in recognition of her exemplary leadership in advancing diversity, equity, and inclusion in the field of sleep medicine. She has participated in collaborative research and scholarly publications aimed at closing the gap in health equities, furthering our understanding of the relationship of social determinants of health and health outcomes, and increasing efforts to foster a more inclusive healthcare team from the pipeline up through executive leadership. As a change agent, she serves in EDI leadership roles on the JH EDI advisory council, Vice-chair for the American Academy of Neurology (AAN) joint coordinating council for EDI, and the Vice-chair of the AAN Anti-Racism and Social Justice Task Force.

The Sleep Research Society would like to thank all of our reviewers for their dedication and expertise in advancing SLEEP.

Top Reviewers for 2020

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David Kalmbach, PhD
Giuseppe Plazzi, MD
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Joshua Wiley, PhD
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Emerson Wickwire, PhD
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Over the last two months teams have worked diligently to create an innovative proposal to reinvent the care and management of obstructive sleep apnea.

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Join the SRS on June 1, 2021, at 4 p.m. CT for the Diversity, Equity, and Inclusion Networking event. Guest speaker Dr. Girardin Jean-Louis will talk on

“Promoting academic workforce diversity in a culture of inclusive excellence.”

Registration is free, but required.

Register Today!
The American Academy of Sleep Medicine and Sleep Research Society remember the mentors, colleagues, and friends who have passed away in the time since we met last August for Virtual SLEEP 2020. We are grateful for their many contributions to the fields of sleep medicine and sleep and circadian research. Among the colleagues we lost are these two inspirational leaders.

Richard P. Allen, PhD

Recognized worldwide as a leading RLS scientist, Dr. Allen published more than 300 peer-reviewed articles on sleep disorders, including pioneering work on RLS augmentation, dopamine, and intravenous iron RLS treatments. He had a central role in defining the current diagnostic standards for RLS, the new standards for iron treatments of RLS, and scoring parameters for periodic limb movements. His work earned him the 2020 Outstanding Scientific Achievement Award from the Sleep Research Society. Dr. Allen was a licensed psychologist, fellow of the AASM, diplomate of the American Board of Sleep Medicine (ABSM), and research associate in neurology at Johns Hopkins University in Baltimore, Maryland, where he founded and co-directed the Johns Hopkins Sleep Disorders Center. Together with Christopher Earley, MBBCh, PhD, he also founded the Johns Hopkins Center for Restless Legs Syndrome.

Rosalind Cartwright, PhD

A pioneer in the fields of clinical sleep medicine and psychological sleep science, Dr. Cartwright was one of the first women to establish a career in the emerging fields of sleep research and sleep medicine. Her curiosity, perseverance, and generosity were an inspiration to many. She was one of the early sleep scientists to study the relationship between REM sleep and dreaming. In the 1970s, she became chair of the department of psychology at Rush University Medical Center, where she established one of the nation’s first clinical centers for the diagnosis and treatment of sleep disorders, and she remained at Rush for the rest of her career. Nicknamed the “Queen of Dreams,” Dr. Cartwright had a lifelong fascination with the science of dreams, publishing several books on the role of dreams in our lives and describing the importance of sleep in regulating our emotional health.
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Access is free for all Virtual SLEEP 2021 attendees; no additional registration is required. Join the celebration and participate in the live chat with colleagues from around the world.
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UNDERSTANDING INSOMNIA: A Q&A WITH DR. EUS JW VAN SOMEREN

Eus JW Van Someren was trained in physics, psychophysiology and neuropsychology and earned his PhD in neurobiology from the faculty of medicine at the University of Amsterdam. He leads the sleep and cognition group at the Netherlands Institute for Neuroscience and holds a professorship at the Department of Integrative Neurophysiology and Psychiatry at the VU University and Medical Center in Amsterdam. His group aims to unravel brain mechanisms of chronic insomnia. Dr. Van Someren will deliver the keynote address at Virtual SLEEP 2021 Thursday, June 10.

As we continue to live with the pandemic, more and more people are struggling with insomnia, some from the stress and anxieties of the past 18 months, others from long-term side effects of COVID-19. How has this impacted your work?

Changes in sleep quality during the COVID-19 pandemic are not one size fits all; there are strong individual differences (Kocevska et al., Sleep Med 2020;76:86-88). Negative effects on sleep quality occur primarily among people who did not experience sleep problems before. Surprisingly, positive effects on sleep were more likely among people who experienced insomnia prior to the pandemic. We hypothesize that, for them, some of the imposed restrictive measures may have given some relief from sleep-disturbing stress. It can be highly stressful and counterproductive for sleep onset if you haven’t succeeded to fall asleep by 1 a.m. and know you have to get up at 6 a.m. to travel to work and be there in time. When required to work from home, the alarm clock doesn’t have to be set so early. This might give some relief from counterproductive nocturnal tension.

Do you think chronic insomnia can develop in people over time, such as over the course of the pandemic?

After listening to many people with insomnia, reading a lot, and doing a lot of scientific research, I believe that the vulnerability to insomnia develops early in life. It’s about the gene variants you inherit from your parents, the conditions experienced as a fetus in the womb, and the adversities experienced in childhood. One carries the vulnerability around, even though the first epoch of full-blown insomnia fulfilling diagnostic criteria may start with a stressful event much later in life.

Tell us about your interest in insomnia. How did this become the focus of your work?

Even as a child, I had a strong interest in science, to find out how things work. My scientific career developed very slowly, because I also had a strong passion for music. Maybe it was familiarity with oscillations, with waves, that bridged these two interests. I was sold on a scientific career in sleep instantaneously and irreversibly when I recorded sleep EEG for the first time during a course at the university. Working within the sleep field, my attention was drawn more and more toward insomnia. Having witnessed so much suffering close by, I was stunned to learn how little we understand of the brain mechanisms, how neglected the disorder is compared to other mental health issues, and how little we can do to treat people properly. If we’re honest, we have to acknowledge that even the first-line treatment, cognitive behavioral therapy, doesn’t work completely satisfactorily for many. I decided to devote the rest of my life to a better understanding and treatment.

Can you give us a preview of your keynote address at Virtual SLEEP 2021?

My talk will account for my scientific journey over the past decade-and-a-half to understand brain mechanisms of insomnia vulnerability and consequences. A part of my talk will be on the discovery of different subtypes of insomnia. A second part of my talk will be on the role of sleep in adapting neuronal memory traces of distressful experiences, how this could go awry in cases of restless REM sleep, and how this could ruin resilience and recovery across mental disorders.

What do you hope researchers and scientists will take away from your presentation that could impact future understanding of insomnia?

I mostly hope to inspire people to think about how their own scientific interests and skills could be of use to understanding insomnia, not in the least basic scientists; I think the time has come to start applying the amazing tools for animal research (Van Someren, Physiol Rev 2021). I also hope that people dare to think more out of the box. I’ve noticed that much ‘knowledge’ that is taken for granted can actually obstruct progress in understanding and treatment. For example, if we record with polysomnography in a person with severe insomnia complaints, and all snippets of sleep add up to seven hours, can we rightfully tell her that there is nothing wrong with her sleep? Wouldn’t it be better to start thinking about the limitations of how we record and interpret brain activity, about what may remain hidden?
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### Session Descriptions

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<th>Session Type</th>
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<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>
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<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>
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<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>
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<tr>
<td>I</td>
<td>Invited Lectures</td>
<td>Feature senior-level investigators/clinicians presenting on their areas of expertise.</td>
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<tr>
<td>M</td>
<td>Meet the Professors</td>
<td>Evening sessions during which an expert in the field leads an informal discussion on a single topic.</td>
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<tr>
<td>O</td>
<td>Oral Presentations</td>
<td>Feature investigators presenting their latest research and new ideas in the field.</td>
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<tr>
<td>P</td>
<td>Poster Presentations</td>
<td>Visual representations of the latest research and new ideas in the field.</td>
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<tr>
<td>S</td>
<td>Symposia</td>
<td>Focuses on the latest data and ideas in the field.</td>
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<tr>
<td>T</td>
<td>Technologist Track</td>
<td>Dedicated track for sleep technologists designed to accommodate all levels of sleep technologists and is valuable to all members of the sleep team.</td>
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<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>
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</table>

*All schedule information is subject to change. Please visit sleepmeeting.org for the most up-to-date information.*

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*Receive the latest details*

**Ticketed Events**

*Tickets required to attend*

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**Plenary Session**

Thursday, June 10, 2021 | 8:00PM - 10:00PM EDT

★ **Keynote Speaker:** Eus JW Van Someren, PhD

I-01: *In Search of Brain Mechanisms of Insomnia*
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<tr>
<th>Time (ET)</th>
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<tr>
<td>10:30 a.m. —</td>
<td>F-01: The Role of the Autonomic Nervous System in the Science of Sleep 10:30 a.m.-12:15 p.m. EDT</td>
<td>T-01: Difficult PAP Titration Cases 10:30 a.m.-11:15 a.m. EDT</td>
</tr>
<tr>
<td>10:45 a.m. —</td>
<td>S-01: Navigating Sleep Medicine Services During the Pandemic: Realities, Challenges and Potential Solutions 10:30 a.m.-12:15 p.m. EDT</td>
<td>BREAK 11:15 a.m.-11:30 a.m EDT</td>
</tr>
<tr>
<td>11:00 a.m. —</td>
<td>D-01: Social and Environmental Determinants of Sleep Health: Implications for Health Disparities 10:30 a.m.-12:15 p.m. EDT</td>
<td>T-02: Careers for Sleep Technologists 11:30 a.m.-12:15 p.m. EDT</td>
</tr>
<tr>
<td>11:15 a.m. —</td>
<td>O-01: Pediatrics: Go to Bed Sleepyhead! 10:30 a.m.-12:15 p.m. EDT</td>
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<tr>
<td>11:30 a.m. —</td>
<td>BREAK 12:15 p.m.-12:30 p.m. EDT</td>
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<tr>
<td>11:45 a.m. —</td>
<td>T-03: Pediatrics Update 12:15 p.m.-1:30 p.m. EDT</td>
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<tr>
<td>12:00 p.m. —</td>
<td>I-02: Meal Timing, Siesta and Genetics in Obesity and Weight Loss 12:30 p.m.-1:15 p.m. EDT</td>
<td>W-01: AASM Clinical Practice Guidelines for the Treatment of Central Disorders of Hypersomnolence 3:00 p.m.-4:45 p.m. EDT</td>
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<tr>
<td>12:15 p.m. —</td>
<td>I-03: The Devil is in the Detail: Semiology and Electro-Clinical Correlation in the... 12:30 p.m.-1:15 p.m. EDT</td>
<td>S-03: Ancient Sleep: Lessons from Phylogeny 3:00 p.m.-4:45 p.m. EDT</td>
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<tr>
<td>12:30 p.m. —</td>
<td>O-02: Sleep and Sleep Loss in Soldiers, First Responders, and Flight Crew 12:30 p.m.-1:15 p.m. EDT</td>
<td>O-04: Epidemiology and Pathophysiology of Insomnia: From Childhood to Older Adulthood 3:00 p.m.-4:45 p.m. EDT</td>
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<td>12:45 p.m. —</td>
<td>O-03: Cognitive-Behavioral Treatment of Insomnia in Special Populations and... 12:30 p.m.-1:15 p.m. EDT</td>
<td>T-04: Advances in OSA Evaluation and Management 3:00 p.m.-4:45 p.m. EDT</td>
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<td>1:00 p.m. —</td>
<td>BREAK 1:15 p.m.-3:00 p.m. EDT</td>
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<tr>
<td>1:15 p.m. —</td>
<td>T-05: Artificial Intelligence and Sleep in the 21st Century and Beyond 5:00 p.m.-5:45 p.m. EDT</td>
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<td>1:30 p.m. —</td>
<td>T-02: Careers for Sleep Technologists 11:30 a.m.-12:15 p.m. EDT</td>
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<td>3:00 p.m. —</td>
<td>S-02: From Circadian Bench to Bedside and from Sleep Bedside to Bench 3:00 p.m.-4:45 p.m. EDT</td>
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<td>3:15 p.m. —</td>
<td>W-01: AASM Clinical Practice Guidelines for the Treatment of Central Disorders of Hypersomnolence 3:00 p.m.-4:45 p.m. EDT</td>
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<td>S-03: Ancient Sleep: Lessons from Phylogeny 3:00 p.m.-4:45 p.m. EDT</td>
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<td>3:45 p.m. —</td>
<td>O-04: Epidemiology and Pathophysiology of Insomnia: From Childhood to Older Adulthood 3:00 p.m.-4:45 p.m. EDT</td>
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<td>I-04: Sleep to Change your Mind 5:00 p.m.-5:45 p.m. EDT</td>
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<tr>
<td>5:30 p.m. —</td>
<td>I-05: The Journey of Patients with Narcolepsy: From Childhood to Maturity 5:00 p.m.-5:45 p.m. EDT</td>
<td>D-02: A Daylight Saving Time Discussion: Early Sunrises or Late Sunsets? How Should We Set the... 5:00 p.m.-5:45 p.m. EDT</td>
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<td>O-05: Sleep in Populations with Health Disparities 5:00 p.m.-5:45 p.m. EDT</td>
<td>T-05: Artificial Intelligence and Sleep in the 21st Century and Beyond 5:00 p.m.-5:45 p.m. EDT</td>
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#SLEEP2021 SLEEP 2021 Virtual Guide

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<tr>
<th>Time (ET)</th>
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<tbody>
<tr>
<td>10:30 a.m.</td>
<td>S-04: Moving Beyond Circadian Phase: Measuring Global Transcriptional Rhythm Strength and Organization</td>
<td>T-06: Complex Sleep-Related Respiratory Disorders in Various Conditions</td>
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<tr>
<td>10:45 a.m.</td>
<td>S-05: Pain, Opioids, and the Restless Legs Syndrome</td>
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<td>11:00 a.m.</td>
<td>O-06: Cognitive Effects of Sleep and Sleep Deprivation</td>
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<td>11:15 a.m.</td>
<td>O-07: Sleep-Disordered Breathing: Capnography, Chronotype, Comorbidities, and More</td>
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<td>12:30 p.m.</td>
<td>I-06: Leveraging Sleep and Circadian Science to Devise and Disseminate Novel Treatments...</td>
<td>I-07: REM Sleep Behavior Disorder: Past, Present, and Future</td>
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<td>12:45 p.m.</td>
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<td>1:00 p.m.</td>
<td>O-08: New Findings in Sleep Physiology</td>
<td>O-09: The Bi-Directional Relationship of Sleep and Medical Disorders</td>
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<td>2:00 p.m.</td>
<td>F-02: Time to Wake Up: Exploring the Frontiers of Sleep Inertia Research</td>
<td>T-08: COVID-19 Pandemic</td>
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<td>S-06: Sleep Disparities in Highly-Vulnerable Child Populations</td>
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<td>O-10: COVID-19 Related Social and Psychological Effects on Sleep, and Lessons Learned</td>
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<td>2:45 p.m.</td>
<td>S-07: Obstructive Sleep Apnea in Women: Sex Distinct Topics and Treatments</td>
<td>T-09: Sleep ISR Panel</td>
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<td>3:45 p.m.</td>
<td>D-03: Translating Laboratory Research to Industry or Military Operational Environments...</td>
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<tr>
<td>4:00 p.m.</td>
<td>I-08: Are We Doing Our Best? Quality Measurement in Sleep Medicine</td>
<td>D-04: Understanding Diversity and Inclusion. What Does it Mean to be... in Sleep Medicine?</td>
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<td>4:15 p.m.</td>
<td>O-11: New Insights into the Neurobiology of Sleep and Wakefulness</td>
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<td>5:45 p.m.</td>
<td>Live Networking Events</td>
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<td>6:00 p.m.</td>
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<td>Recap and Future Directions</td>
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**Breaks**
- 12:15 p.m.-12:30 p.m. EDT
- 1:15 p.m.-3:00 p.m. EDT
- 4:45 p.m.-5:00 p.m. EDT
- 5:45 p.m.-6:00 p.m. EDT

**Networking Events**
- 5:45 p.m.-7:00 p.m. EDT
- Hot Topic Discussions | Assemblies
- Exhibit Hall | Poster Hall
## SCHEDULE

### SUN 6/13

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<tr>
<th>Time (ET)</th>
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<tr>
<td>10:30 a.m.</td>
<td>S-08: Effects of Sex on the Bi-Directional Relationship Between Sleep and Substance Use 10:30 a.m.-12:15 p.m. EDT</td>
<td>S-09: Developmental Sleep Cohorts: Trajectories and Impact of Sleep-Disordered Breathing and EEG Biomarkers from Infancy to Adulthood 10:30 a.m.-12:15 p.m. EDT</td>
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<tr>
<td>10:45 a.m.</td>
<td>O-12: The Sleep and Psychiatric Disorders Odyssey 10:30 a.m.-12:15 p.m. EDT</td>
<td>S-10: Anesthesia and Sleep Disorders 10:30 a.m.-12:15 p.m. EDT</td>
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<tr>
<td>11:00 a.m.</td>
<td>S-11: Mechanisms and Clinical Aspects of Sleep-Related Hypermotor Disorders 10:30 a.m.-12:15 p.m. EDT</td>
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<td>BREAK 12:15 p.m.-12:30 p.m. EDT</td>
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<td>12:15 p.m.</td>
<td>S-12: Sleep, Arrhythmias, and Sudden Death 12:30 p.m.-1:15 p.m. EDT</td>
<td>I-09: From Crime to COVID: Disparities in Sleep and What We Can Do About It 12:30 p.m.-1:15 p.m. EDT</td>
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<td>12:30 p.m.</td>
<td>O-13: Contribution of Sleep and Circadian Disruption to Cognitive and Psychological Wellbeing 12:30 p.m.-1:15 p.m. EDT</td>
<td>O-14: Innovation in the Assessment and Management of Central Hypersomnia 12:30 p.m.-1:15 p.m. EDT</td>
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<td>12:45 p.m.</td>
<td>O-15: Pediatrics: Fighting the Pillow 12:30 p.m.-1:15 p.m. EDT</td>
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<td>1:30 p.m.</td>
<td>D-05: NIH Resources to Accelerate Solutions for Improved Sleep Health 3:00 p.m.-4:45 p.m. EDT</td>
<td>S-13: Obesity Hypoventilation Syndrome: Guidelines to Clinical Application 3:00 p.m.-4:45 p.m. EDT</td>
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<td>1:45 p.m.</td>
<td>O-16: Changes in Sleep and Sleep Function Across the Lifespan 3:00 p.m.-4:45 p.m. EDT</td>
<td>O-17: The Bi-Directional Effect of COVID-19 on Adult Sleep Health 3:00 p.m.-4:45 p.m. EDT</td>
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<td>2:00 p.m.</td>
<td>O-18: Neurological Functioning, Illness, and Sleep 3:00 p.m.-4:45 p.m. EDT</td>
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<td>BREAK 4:45 p.m.-5:00 p.m.</td>
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<td>I-10: Delayed Neural Injury Following Chronic Sleep Loss 5:00 p.m.-5:45 p.m.</td>
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<td>3:30 p.m.</td>
<td>D-06: Children on the Move: RSD 5:00 p.m.-5:45 p.m. EDT</td>
<td>O-19: Sleep Deprivation, Loss and Disruption on Physiology and Cognitive Functions 5:00 p.m.-5:45 p.m.</td>
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<td>3:45 p.m.</td>
<td>O-20: Innovations in Non-Invasive Sleep and Circadian Technologies 5:00 p.m.-5:45 p.m. EDT</td>
<td>O-21: New Paradigms in RBD and RLS 5:00 p.m.-5:45 p.m. EDT</td>
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**SLEEP 2021 Virtual Guide**
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INTERESTED IN SUPPORTING THE NEXT GENERATION OF SLEEP AND CIRCADIAN RESEARCHERS?

LOOKING BACK...
• Would it have been beneficial to attend more scientific conferences as a trainee?
• Did you have a mentor that helped you navigate your path early in your career?
• Was applying for your first grant an overwhelming experience?
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Make your donation today at sleepresearchsociety.org/foundation or by scanning the QR code. All contributions are tax-deductible and will be recognized through SRSF’s comprehensive recognition program! Make your gift today!
C-01: Year in Review 2021
This annual course discusses new perspectives and recent findings in translational science from the past year.

**CME Hours Available: 6.25**
Course Co-Chairs: Daniel Barone, MD and Rebecca Spencer, PhD

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<th>Time</th>
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<td>15 min</td>
<td>Introduction</td>
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<td>45 min</td>
<td>COVID &amp; Sleep</td>
<td>Meir Kryger, MD</td>
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<td>Have We Gained New Insights into Understanding and Addressing Sleep Health Disparities?</td>
<td>Chandra Jackson, PhD</td>
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<td>45 min</td>
<td>Obesity Hypoventilation: To Breathe or not to Breathe?</td>
<td>M. Safwan Badr, MD</td>
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<td>45 min</td>
<td>What's New in Narcolepsy and Hypersomnia?</td>
<td>Lynn Marie Trotti, MD, MSc</td>
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<td>45 min</td>
<td>Moving Forward, As It Relates To Moving In The Night: What Have we Learned about RBD and Neurodegeneration in the Last Year?</td>
<td>Daniel Barone, MD</td>
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<td>45 min</td>
<td>Developmental Changes in Sleep and Sleep-Dependent Cognitive Processing</td>
<td>Rebecca Spencer, PhD</td>
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<td>45 min</td>
<td>Circadian Medicine: Does Timing Matter in Development and Treatment of Disease?</td>
<td>Phyllis Zee, MD, PhD</td>
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C-02: Trends in Sleep Medicine
This annual course focuses on topics that are important to the practice of clinical sleep medicine.

**CME Hours Available: 6.25**
Course Co-Chairs: Romy Hoque, MD and Julio Fernandez-Mendoza, PhD

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<td>Managing Clinical Cases and the Sleep Lab in the Era of COVID-19</td>
<td>Romy Hoque, MD</td>
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<td>Ditching the Apnea Hypopnea Index: New Ways to Assessing Sleep Apnea</td>
<td>Christine Won, MD</td>
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<td>What's New on Sleep Disordered Breathing and Dementia</td>
<td>Ricardo Osorio-Suarez, MD</td>
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<td>45 min</td>
<td>Bringing Diversity, Equity &amp; Inclusion into Sleep Clinical Care &amp; Training</td>
<td>Andrew R. Spector, MD</td>
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<td>45 min</td>
<td>Integrating Behavioral Therapies and Hypnotic Medications in Insomnia Management</td>
<td>Suzanne M. Bertisch, MD, MPH</td>
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<td>45 min</td>
<td>Sleep Disorders and Cardiometabolic Risk: Clinical Insights from Population Science</td>
<td>Dayna A. Johnson, PhD, MPH, MSW, MS</td>
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<td>45 min</td>
<td>Post-Traumatic Sleep Disorders: Comprehensive Assessment and Management</td>
<td>Philip Gehman, PhD</td>
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<td>45 min</td>
<td>Not Just Fidgety Children: Diagnosing Restless Sleep Disorder</td>
<td>Lourdes Del Rosso, MD</td>
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C-03: 2021 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.

**CME Hours Available: 6.25**
Course Co-Chairs: Shalini Paruthi, MD and Elda Arrigoni, PhD

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<td>Critical Components of the Assessment and Management of Insomnia</td>
<td>Deirdre Conroy, PhD</td>
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<td>It’s About Timing: Approaches to Treating Circadian Rhythm Disorders</td>
<td>Katherine Sharkey, MD, PhD</td>
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<td>Endotyping Obstructive Sleep Apnea</td>
<td>Andrew Weilman, MD, PhD</td>
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<td>Doctor, Do You Think I Have Narcolepsy?</td>
<td>Alon Avidan, MD, MPH</td>
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<td>45 min</td>
<td>Sleep Disordered Breathing: Beyond OSA</td>
<td>Martha Billings, MD, MSc</td>
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<td>45 min</td>
<td>Pediatrics: Awake...Again</td>
<td>Shalini Paruthi, MD</td>
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<td>How to Make Managing Parasomnias a Dream Rather than a Nightmare</td>
<td>Joyce Lee-Iannotti, MD</td>
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<td>Sleep Related Movement and Restless Legs Syndrome</td>
<td>Denise Sharon, MD, PhD</td>
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C-04: Pediatric Video-Polysomnography Provides Much More than an Apnea-Hypopnea Index
This course will examine how comprehensive video-polysomnography (V-PSG) in pediatric sleep medicine provides much more than an apnea-hypopnea index.

**CME Hours Available: 5.5**
Course Co-Chairs: Anne Morse, DO and Madeline Grigg-Damberger, MD

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<td>15 min</td>
<td>Introduction</td>
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<td>45 min</td>
<td>The AHI is a Poor Predictor of OSA and Associated Comorbidities in Children</td>
<td>Eliot Katz, MD</td>
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<td>45 min</td>
<td>Video-PSG in Infants Provide Biomarkers for Typical and Atypical Neurodevelopment and Outcomes</td>
<td>Madeline Grigg-Damberger, MD</td>
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<td>45 min</td>
<td>New PSG/MSLT/EEG Biomarkers for Diagnosing Narcolepsies and Idiopathic Hypersomnia?</td>
<td>Suresh Kotagal, MD</td>
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<tr>
<td>45 min</td>
<td>Excessive Periodic and Aperiodic Limb Movements and Restless Sleep in Children: When Enough is Too Much?</td>
<td>Lourdes DelRosso, MD</td>
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<td>45 min</td>
<td>Video-Polysomnography a Diagnostic and Management Tool for Central Nervous System Disorders</td>
<td>Anne Morse, DO</td>
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<tr>
<td>45 min</td>
<td>PSG as a Diagnostic and Management Tool for Progressive Pediatric Neuromuscular Disorders</td>
<td>Umakanth Katwa, MD</td>
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<tr>
<td>45 min</td>
<td>Assessing Impact of Sleep Disorders and Seizures Upon Sleep in Children with Epilepsy Using Video-PSG with Expanded EEG</td>
<td>Sanjeev Kothare, MD</td>
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C-05: Hands-on Training in Statistical Methods in Sleep Research
This course will provide attendees a greater understanding and appreciation of statistical methods used in sleep research.
CME Hours Available: 3.25
Course Chair: Jennifer Goldschmied, PhD

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<th>Time</th>
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<tr>
<td>10 min</td>
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<tr>
<td>60 min</td>
<td>Methods for Dealing with Non-Normally Distributed and Missing Data</td>
<td>Joshua Wiley, PhD</td>
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<td>60 min</td>
<td>Applications of Unsupervised Clustering in Sleep Medicine</td>
<td>Diego Mazzotti, PhD</td>
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<tr>
<td>60 min</td>
<td>Causal Modeling: Regression, Mediation &amp; Moderation</td>
<td>Haoqi Sun, PhD</td>
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C-06: Don’t Miss the Random Forest for the Trees - The Clinical Implications of Artificial Intelligence for Sleep Medicine
This 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.
CME Hours Available: 3.25
Course Chair: Cathy Goldstein, MD, MS

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<td>45 min</td>
<td>AI101: Terminology, Trends, and a Brief History of AI in Healthcare</td>
<td>Octavian Ioachimescu, MD, PhD, MBA</td>
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<td>45 min</td>
<td>Sleep Staging and Beyond: How AI Tools Might Allow us to Derive More Meaning from PSG to Better Understand Sleep Disorders</td>
<td>David Kent, MD</td>
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<td>45 min</td>
<td>AI Applications to Improve Efficiency and Quality of Clinical Care in the Sleep Disorders Center</td>
<td>Dennis Hwang, MD</td>
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<td>45 min</td>
<td>Opportunities for You and AI to Further Sleep Health</td>
<td>Aziz Seixas, PhD</td>
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C-07: Improving Sleep in the Littlest Ones: Assessment and Behavioral Sleep Intervention in Children from Birth to Age 3
This course will provide an overview of assessment and behavioral sleep intervention strategies for pediatric patients from infancy through age three, emphasizing the most recent findings.
CME Hours Available: 3.25
Course Chair: Sarah Honaker, PhD

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<td>45 min</td>
<td>In-Home Sleep Assessment for Infants and Young Children Experiencing Typical and Atypical Development</td>
<td>AJ Schwichtenberg, PhD</td>
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<td>45 min</td>
<td>Behavioral Sleep Treatment of Insomnia in Young Children</td>
<td>Jodi Mindell, PhD</td>
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<tr>
<td>45 min</td>
<td>Behavioral Sleep Treatment of Insomnia in Young Children with Neurodevelopmental Disorders</td>
<td>Sarah Honaker, PhD</td>
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<tr>
<td>45 min</td>
<td>Initiation and Management of Positive Airway Pressure for the Treatment of Obstructive Sleep Apnea in Young Children</td>
<td>Melissa Xanthopoulos, MS, PhD</td>
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Flex Time Events
Check below for just some of the flex time events happening during SLEEP 2021! A full list of flex time events with links to join will be available in the schedule on the SLEEP meeting platform. All events are listed in eastern time.

**Friday, June 11**
6:00 p.m. – 7:00 p.m.
**Advanced Practice Provider Assembly: Burnout - A Light Look at Coping Strategies**
Join your colleagues as we discuss working in healthcare during a pandemic and focus on coming together and supporting each other. Sign up in advance so we can send you further information about the fun activities we have planned!

6:00 p.m. – 7:00 p.m.
**Daylight Saving Time: Keep or Toss? Live Panel Discussion**
*Members of the panel from D-02 will be available for live discussion immediately after the session.*

6:00 p.m. – 7:00 p.m.
**International Member Assembly**
Attend the International Assembly’s virtual networking event to chat with members from around the world. Bring a drink and enjoy each other’s company at this virtual mixer.

**Saturday, June 12**
6:00 p.m. – 7:00 p.m.
**Alzheimer’s and Dementia Assembly**
Attend a virtual networking event hosted by the Alzheimer’s Association International Society to Advance Alzheimer’s Research and Treatment (ISTAART) to connect with other attendees interested in the relationship between sleep and dementia.

6:00 p.m. – 6:45 p.m.
**Sleep Technologist/Respiratory Therapist Assembly**
Attend the Sleep Technologist/Respiratory Therapist Assembly’s virtual networking event. This is a round robin ‘discussion’ and a great opportunity to connect with other sleep technologists and respiratory therapists.

7:00 p.m. – 9:00 p.m.
**The Dawn of Sleep Field**
This special event for Virtual SLEEP 2021 attendees will combine scintillating jazz music with a nostalgic look back at how the sleep field began. An exclusive music performance will be provided by Hidden Jazz Club, a collective of world-class jazz musicians and vocalists in London. You’ll also hear stories from the pioneers and leaders who shaped the sleep field, including Nathaniel Kleitman, William Dement, Mary Carskadon, and many others. Access is free for all Virtual SLEEP 2021 attendees; no additional registration is required. Join the celebration and participate in the live chat with colleagues from around the world.

6:00 p.m. – 7:00 p.m.
**Diversity and Inclusion: Tell Your Story**
This is a gathering to follow the diversity and inclusion discussion group where you will have the opportunity to interact with the speakers and share your experiences.

**Sunday, June 13**
6:00 p.m. – 7:00 p.m.
**DEI Challenges in Sleep Medicine**
This is an interactive session that will provide a unique look into challenging D&I cases that come up in the workplace and ways to address them. Let’s talk about it!

6:00 p.m. – 7:00 p.m.
**Christian Guilleminault Young Investigator Award Presentations**
The Christian Guilleminault “CG” Young Investigator Award encourages young investigators in the field of sleep, especially in developing portions of the world, to advance sleep medicine and research worldwide. World Sleep Society (WSS) selected award recipients to present their abstracts during this special session at SLEEP 2021. Please visit the [WSS website](#) for more information on the previous and current recipients of the CG Young Investigator Award.

6:00 p.m. – 7:00 p.m.
**D-06: Sleeping Children on the Move: RSD, Part Two**
Join Drs. Walters, DelRosso, Bruni, Ferri and Picchetti for a continuation of their discussion group lecture.

6:00 p.m. – 7:00 p.m.
**Early Career Physician Assembly**
Please join us for a virtual happy hour hosted by the Early Career Physician Assembly. This is an open ‘discussion’ and a great opportunity to connect with other early career sleep medicine physicians. No registration is required.

6:00 p.m. – 8:00 p.m.
**Long-term Outcomes Research in OSA: What is the Path Forward?**
Recently, the Agency for Healthcare Research and Quality (AHRQ) released a draft report for public comment on the topic of Continuous Positive Airway Pressure Treatment for Obstructive Sleep Apnea, which was requested by CMS. The report focused on long-term outcomes observed with CPAP treatment for OSA and the putative roles of disease severity measures or sleepiness on CPAP-related outcomes. The report concluded that CPAP does not affect long-term, clinically relevant OSA-related outcomes and questioned the validity of currently used measures of disease severity. In this panel discussion, we will review the findings of the draft report, summarize the multi-society response, and discuss approaches the sleep research community can take to address knowledge deficiencies raised by the report. All stakeholders are welcome to join this moderated discussion.

### Attende-Sourced Group Discussion
**Every evening starting at 7:00 p.m. Eastern**
Engage with presenters, abstract authors, and other attendees at SLEEP 2021 by creating your own virtual discussion group. Attendees can create their own discussion group or view a list of discussion groups to join on the virtual SLEEP meeting platform.
Industry supported events will be available to attendees June 11, 2021 - November 30, 2021. To view any of the ISEs listed below, hover over the “Industry Supported Event” tab on the SLEEP 2021 virtual website home page.

How Narcolepsy Management is Evolving: Expert Panel Discussion  
Speakers: Alon Y. Avidan, MD, MPH, Clete Kushida, MD, PhD and Michael H. Alderman, MD  
Moderator: Michael J. Thorpy, MD  
Sponsored by Avadel Pharmaceuticals

Dive into Dayvigo (lemborexant) CIV with Dr Mattingly  
Speaker: Gregory Mattingly, MD  
Sponsored by Eisai, Inc.

The Neurobiology of Sleep, Wakefulness, and Narcolepsy  
Sponsored by Harmony Biosciences

A Closer Look at WAKIX® (pitolisant): From Mechanism of Action to Clinical Use in Patients  
Speakers: William Winter, MD, Margaret Park, MD and Bruce Corser, MD  
Sponsored by Harmony Biosciences

Who and How? New Opportunities for Monotherapy in Narcolepsy  
Speakers: Phyllis Zee, MD, PhD, Russell Rosenberg, PhD and Michael Thorpy, MD  
Supported by an educational grant from Harmony Biosciences

Look Further Than AHI – Why AHI is Not Enough  
Speaker: Atul Malhotra, MD  
Sponsored by Itamar Medical

Improving the Management of Excessive Daytime Sleepiness in Patients With OSA: Looking Beyond CPAP Therapy  
Speakers: Russell Rosenberg, PhD, DABSM, Meir Kryger, MD and Heidi Riney, MD, D.ABPN  
Supported by an educational grant from Jazz Pharmaceuticals, Inc.

Hitting Refresh on Excessive Daytime Sleepiness: Managing Patients with Narcolepsy and Idiopathic Hypersomnia  
Speakers: Yves Dauvilliers, MD, PhD, and Terri E. Weaver, PhD, RN, FAAN, ATSF  
Moderator: Richard K. Bogan, MD, FCCP, FAASM  
Supported by an educational grant from Jazz Pharmaceuticals, Inc.  
Watch live presentation Friday, June 11 at 6:15 p.m. Eastern

Beyond Sleepy: Quantity of Sleep Isn’t Everything in Idiopathic Hypersomnia (IH)  
Speaker: Logan Schneider  
Sponsored by Jazz Pharmaceuticals, Inc.

Cardiorespiratory Sleep Staging (CReSS) for Home Sleep Apnea Testing  
Speakers: Peter Anderer, PhD and Jessie Bakker, PhD  
Sponsored by Philips

The Importance of Technology in OSA Adherence  
Speakers: Dr. Josep Monsterrat and Mark Aloia, PhD  
Sponsored by Philips

Identifying and Treating the Patient with Predominant Central Sleep Apnea (CSA)  
Speakers: Kara Dupuy-McCauley, MD and Alan Schwartz, MD  
Sponsored by Respicaerdia  
Watch live presentation Friday, June 11 at 6:15 p.m. Eastern

Living with Narcolepsy: Sleepy Days and Diagnostic Delays  
Speakers: Emmanuel Mignot, MD, PhD, Claudio Bassetti and Sebastiaan Overeem, MD, PhD  
Sponsored by Takeda Pharmaceuticals Intl., Co.
How Narcolepsy Management Is Evolving: Expert Panel Discussion

Click here to watch this industry supported program on demand

Avadel Pharmaceuticals

Take a deeper look at DAYVIGO
Starting June 11th our product theater led by Dr Gregory Mattingly will be available On Demand

Visit Our Booth

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An Industry-Supported Presentation From Narcolepsy Viewpoint...
The Neurobiology of Sleep, Wakefulness, and Narcolepsy

Gain a deeper understanding of the neurobiology of normal sleep and wakefulness, narcolepsy, and the role of melatonin.

Based on animal and human studies.

knownarcolepsy

Watch on-demand on the SLEEP 2021 Virtual Meeting platform starting June 11th at virtualsleepmeeting.org
Please join us for a complimentary pre-recorded accredited continuing education webinar

Who and How? New Opportunities for Monotherapy in Narcolepsy

PROGRAM DESCRIPTION
Three new agents were approved for narcolepsy in the last 2 years. Trial data for these, and previously approved agents, indicate that they can be effective as monotherapy; however, clinicians frequently utilize polypharmacy, which can negatively impact patient outcomes due to tolerability, adherence, and safety issues. Guidelines are outdated and do not provide direction for monotherapy, and data that demonstrate that monotherapeutic approaches are effective are lacking. This CME-certified event at SLEEP 2021 consists of a lively panel discussion regarding an approach to monotherapy among faculty experts and a real patient, moderated by Russell Rosenberg, PhD, FAASM.

LEARNING OBJECTIVES
After taking part in this educational activity, clinicians should be better able to:
• Discuss the role that histamine plays in promoting wakefulness and improving cataplexy in patients with narcolepsy, and implications for treatment selection
• Debate a monotherapeutic approach to managing type 1 and type 2 narcolepsy, taking into account efficacy and safety data and patient characteristics

If you have any questions or need assistance with registration, please call Christie Kavanagh at 201-446-0303.

Supported by an educational grant from Harmony Biosciences

Please join us for a complimentary pre-recorded accredited continuing education webinar

Improving the Management of Excessive Daytime Sleepiness in Patients With OSA: Looking Beyond CPAP Therapy

This CME-certified industry-supported event at SLEEP 2021, chaired by Russell Rosenberg, PhD, FAASM, consists of a lively panel discussion among faculty experts (Mair Kyrgar, MD, FRCPC and Halde Rihay, MD, DABPN, Sleep Medicine) and patients with obstructive sleep apnea, Michala, who will provide insights into her personal experience of EDS in OSA.

LEARNING OBJECTIVES
• Describe the mechanisms, prevalence, and impact of excessive daytime sleepiness in patients with obstructive sleep apnea treated with CPAP or other evidence-based treatment approaches
• Adequately and frequently assess patients with OSA for EDS using clinical scales and objective methods to inform ongoing treatment decisions
• Incorporate adjecive pharmacotherapy for patients with OSA who have EDS to improve patient outcomes and quality of life

If you have any questions or need assistance with registration, please call Christie Kavanagh at 201-446-0303.

Supported by an educational grant from Jazz Pharmaceuticals, Inc.

What does the future hold for our industry?
What’s ahead for clinicians, patients and for Itamar® Medical?

Find out by joining Dr. Atul Malhotra for an interactive Q&A session titled:
Look Further Than AHI – Why AHI is not enough.

To access the intriguing session available at your convenience CLICK HERE

This material is subject to disclaimer available at: https://www.itamar-medical.com/terms-and-conditions

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Philips industry event
Cardiorespiratory Sleep Staging (CReSS) for Home Sleep Apnea Testing

Speakers:
Peter Anderer, PhD
Jessie Bakker, PhD

Listen and learn ›

innovation + you

Philips industry event
The Importance of Technology in OSA Adherence

Chairperson: Dr. Mark Aloia
Speaker: Dr. Josep Montserrat

Listen and learn ›

innovation + you
### RESEARCH AWARDS

#### Career Development Awards

**Focused Projects Award for Junior Investigators**  
**TRAINING**  
Up to $40,000 for 1 year  
Applications accepted November 2021 - January 2022 and June-July 2022

**Bridge to Success Awards for Early Career Investigators**  
**TRANSITION**  
Up to $100,000 for 1 year  
Applications accepted November 2021 - January 2022 and June-July 2022

**Physician Scientist Training Award**  
**TRAINING**  
Up to $100,000 for 1 year  
Applications accepted November 2021 - January 2022 and June-July 2022

**American Board of Sleep Medicine Junior Faculty Award**  
**TRANSITION**  
Up to $100,000 for 2 years  
Applications accepted November 2021 - January 2022 and June-July 2022

**Bridge to Success Awards for Mid-Career/Senior Investigators**  
**INDEPENDENT**  
Up to $100,000 for 1 year  
Applications accepted November 2021 - January 2022 and June-July 2022

#### Investigator-Initiated Awards

**Strategic Research Award Category I**  
**ALL LEVELS**  
Up to $250,000 for 3 years  
*Letters of Intent accepted September – October 2021*

**Strategic Research Award Category II**  
**ALL LEVELS**  
Up to $100,000 for 2 years  
*Letters of Intent accepted September – October 2021*

#### Supplemental Awards

**COVID-19 Relief Funding**  
Up to 10% of the original AASM Foundation award to a maximum of $10,000  
Applications accepted each month

**Diversity Supplement Award**  
Up to 20% of the parent AASM Foundation research award to a maximum of $50,000  
Applications accepted each month

### COMMUNITY AWARDS

**Community Sleep Health Award**  
Up to $20,000 per award for 1 year  
*Letters of Intent accepted each month*

**Sleep Champion Award**  
$5,000 per award plus travel award to SLEEP meeting  
*Nominations accepted January – February 2022*

**Disaster Relief Fund**  
Amounts vary  
Applications accepted each month

### TRAINING AWARDS

**Sleep Medicine Fellow Funding Award**  
**TRAINING**  
Up to $130,000 for 1 year  
Applications accepted October – December 2021

**Sleep Research Program for Advancing Careers**  
**TRAINING**  
Supports up to 5 SOAR Fellows  
Applications accepted February – March 2022

**Young Investigators Research Forum**  
**TRAINING**  
Supports up to 30 Trainees  
Applications accepted September – November 2021

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Since 1998, the AASM Foundation has invested more than 19.2 M to support sleep research, community, and training initiatives
**LBA001**

**Title:** Behavioral and Psychological Treatments for Chronic Insomnia Disorder in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline

**Authors/Institutions:** Jack D. Edinger, PhD¹; J. Todd Arnedt, PhD²; Suzanne M. Bertisch, MD, MPH³; Colleen E. Carney PhD⁴; John J. Harrington, MD⁵; Kenneth L. Lichstein, PhD⁶; Michael J. Sateia, MD, FAASM⁷; Wendy M. Troxel, PhD⁸; Eric S. Zhou, PhD⁹; Uzma Kazmi, MPH¹⁰; Jonathan L. Heald, MA¹¹; Jennifer L. Martin, PhD¹²

¹National Jewish Health, Denver, CO; ²University of Michigan, Ann Arbor, MI; ³Brigham and Women’s Hospital, Harvard Medical School, Boston, MA; ⁴Ryerson University, Toronto, CA; ⁵University of Nebraska Medical Center, Omaha, NE; ⁶University of Alabama, Tuscaloosa, AL; ⁷Geisel School of Medicine at Dartmouth, Hanover, NH; ⁸RAND Corporation, Pittsburgh, PA; ⁹Harvard Medical School, Dana-Farber Cancer Institute, Boston Children’s Hospital, Boston, MA; ¹⁰American Academy of Sleep Medicine, Darien, IL; ¹¹Darien, IL; ¹²David Geffen School of Medicine at the University of California Los Angeles, Los Angeles, CA; ¹³VA Greater Los Angeles Healthcare System, Geriatric Research, Education and Clinical Center, Los Angeles, CA

**Introduction:** The American Academy of Sleep Medicine (AASM) commissioned a task force of experts in sleep medicine to establish clinical practice recommendations for the use of behavioral and psychological treatments for chronic insomnia disorder in adults. The clinical practice guideline is intended to update the previously published AASM guidelines on the psychological and behavioral treatments of insomnia.

**Methods:** The task force developed recommendations and assigned strengths based on a systematic review of the literature and an assessment of the evidence using Grading of Recommendations Assessment, Development and Evaluation (GRADE) methodology. The AASM Board of Directors approved the final recommendations.

**Results:** The following recommendations are intended as a guide for clinicians in choosing a specific behavioral and psychological therapy for the treatment of chronic insomnia disorder in adult patients. Each recommendation statement is assigned a strength (“Strong” or “Conditional”). A “Strong” recommendation (i.e., “We recommend...”) is one that clinicians should follow under most circumstances. A “Conditional” recommendation is one that requires that the clinician use clinical knowledge and experience, and to strongly consider the patient’s values and preferences to determine the best course of action.

We recommend that clinicians use multi-component cognitive-behavioral therapy for insomnia for the treatment of chronic insomnia disorder in adults. (STRONG)

We suggest that clinicians use multi-component brief therapies for insomnia for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians use sleep hygiene as a single-component therapy for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians use relaxation therapy as a single-component therapy for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians use behavioral therapy for insomnia for the treatment of chronic insomnia disorder in adults. (STRONG)

We suggest that clinicians use multi-component cognitive-behavioral therapy for insomnia for the treatment of chronic insomnia disorder in adults. (STRONG)

**Conclusion:** The treatment of chronic insomnia disorder should be based on a diagnosis established using ICSD-3 or DSM-5 criteria, and a comprehensive clinical history. Standard of care should be to provide one of the recommended interventions discussed within the guideline, taking into consideration the accessibility and resource requirements when deciding on the most appropriate treatment for a given patient. The ultimate judgment regarding any specific care must be made by the treating clinician and the patient.

**LBA002**

**Title:** Transitioning to Shiftwork Rapidly Alters Overnight Blood Pressure

**Authors/Institutions:** Andrew W. McHill*,¹, Josie Velasco², Todd Bodner³, Steven A Shea²,³, Ryan Olson²,³,⁴

¹Sleep, Chronobiology, and Health Laboratory, School of Nursing, Oregon Health & Science University, Portland OR, ²Oregon Institute of Occupational Health Sciences, Oregon Health & Science University, Portland OR, ³Department of Psychology, Portland State University, Portland OR, ⁴School of Public Health, OHSU-Portland State University, Portland, OR

**Introduction:** Cardiovascular disease is a leading cause of death, and the 24-hour blood pressure pattern indicates cardiovascular risk. Specifically, risk for adverse cardiovascular events increases when blood pressure does not decrease at night (“non-dipping”, <10% decrease from daytime blood pressure). Shiftwork alters relationships between daily behavioral cycles (e.g., sleep/wake; rest/activity/fasting/feeding) and endogenous circadian rhythms, which can increase cardiovascular disease risk. To determine whether transitioning into shiftwork changes the overnight blood pressure dipping pattern, we leveraged a natural experiment that occurs when newly-hired bus operators transition from a daytime training schedule into either a shiftwork or daywork schedule.
Methods: Twenty bus operators (36.3±7.1 y [mean±SD]) were studied in a 90-day protocol upon new employment. At baseline, participants underwent a battery of cardio-metabolic health assessments in the laboratory, wore an ambulatory blood pressure device for the subsequent 24-48h, and completed sleep-wake diaries for one week. Follow-up measurements were repeated after ~30 and 90 days after transitioning to either schedule. Overnight blood pressure dipping was derived from the sleeping/waking systolic blood pressure ratio. Percentage of population dipping was analyzed using Fischer’s exact test and dipping percentage with an independent t-test.

Results: A majority of participants (16/20) transitioned to shiftwork. 31% of shift workers had the unhealthy non-dipping overnight blood pressure profile at baseline and this increased to 93% at 90-days. In contrast, 50% of dayworkers had a non-dipping profile at baseline and this actually decreased to 0% at 90-days, a significant difference from shiftworkers (p=0.001). At 90-days, the mean overnight blood dipping was ~7% less in shiftworkers than dayworkers (-6.3% [95%CI -3.7 to -8.8%] vs 13.1% [95%CI -10.3 to -15.9%]; p<0.01).

At 90-days, the mean overnight blood dipping was ~7% less in shiftworkers than dayworkers (-6.3% [95%CI -3.7 to -8.8%] vs 13.1% [95%CI -10.3 to -15.9%]; p<0.01).

Discussion: These robust changes in overnight blood pressure dipping in newly-hired shiftworkers may be an early warning of increased cardiovascular risk, which if prolonged, may relate to increased cardiovascular events and mortality of shiftworkers.

Support: NIH R01HL105495, K01HL146992 and by the Oregon Institute of Occupational Health Sciences (ORS 656.630)

LBA003
Title: Sleep Efficiency is Associated with Amyloid-Beta Deposition in Adults with Mild Cognitive Impairment Within a Community Sample
Authors/Institutions: Kristine A. Wilckens1, Beth E. Snitz2, Rebecca E. Roush1, Daniel J. Buysse1, James T. Becker123, Theodore J. Huppert4, Ann D. Cohen1
1University of Pittsburgh School of Medicine Department of Psychiatry, 2University of Pittsburgh School of Medicine Department of Neurology, 3University of Pittsburgh School of Medicine Department of Radiology
4Department of Psychiatry and Psychology
Introduction: Sleep is associated with Alzheimer’s disease pathology; better sleep quality is seen among older adults with lower levels of amyloid beta in the precuneus. However, prior studies have had small sample sizes and have mostly used subjective measures of sleep. It is, moreover, unclear whether associations between sleep and amyloid deposition are consistent across clinical factors, such as cognitive status.

Methods: Here we assessed amyloid deposition with Pittsburgh Compound B positron emission tomography (PiB PET) and actigraphy-assessed sleep efficiency in a diverse sample of 129 adults ages 51-89 (68.2% female; 48.8% college degree; 59.1% African American/Black; 48.8% with mild cognitive impairment (MCI)). We examined associations of sleep efficiency with PiB retention measured in the precuneus controlling for age, sex, education, race, cognitive status, and e4 carrier status. We further examined whether these associations were consistent across cognitive status (healthy control (n=63), impaired without complaint (n=22), subjective complaint (n=13), and mild cognitive impairment (MCI) (n=31)).

Results: Better sleep efficiency was associated with lower PiB retention in the precuneus, R² change = 0.07, p=0.002. Analyses stratified by cognitive status demonstrated that the association between sleep efficiency and PiB was significant only in those with MCI, R² change = 0.2, p=0.002, though a similarly large effect size was found for those with subjective complaints, R² change = 0.38, p > 0.1.

Conclusion: These results may reflect a higher degree of disease progression in those with poor sleep efficiency, higher PiB retention, and MCI. Better sleep efficiency may additionally play a role in staving off Alzheimer’s disease pathology particularly in those at higher risk of Alzheimer’s disease. Intervention studies are needed to determine the directionality of these findings.

Support: NIH NIA grants UF1AG051197; K01 AG049879

LBA004
Title: Treatment of Central Disorders of Hypersomnolence: An American Academy of Sleep Medicine Clinical Practice Guideline
Authors/Institutions: Kiran Maski, MD MPH1; Lynn Marie Trotti MD, MSc2; Suresh Kotagal, MD3; Robert R Auger MD4; James A Rowley MD5; Sarah D Hashmi, MBBS, MSc, MPH6; Nathaniel F Watson, MD7
1Department of Neurology, Boston Children’s Hospital, Boston, MA, 2Department of Neurology, Emory University School of Medicine, Atlanta, Georgia, 3Department of Neurology, Mayo Clinic, Rochester, MN, 4Department of Psychiatry and Psychology, Mayo Clinic College of Medicine, Rochester, MN, 5Department of Medicine, Wayne State University School of Medicine, Detroit, MI, 6American Academy of Sleep Medicine, Darien, IL, 7Department of Neurology, University of Washington, Seattle, WA.

Introduction: This guideline establishes clinical practice recommendations for the treatment of central disorders of hypersomnolence in adults and children. This clinical practice guideline updates the previously published American Academy of Sleep Medicine (AASM) guidelines on the treatment of narcolepsy and other hypersomnias of central origin. The clinical practice guideline focused on prescription medications with United States Food and Drug Administration (FDA) approval and non-pharmacologic interventions studied for the treatment of symptoms caused by central disorders of hypersomnolence
Results: The following recommendations are intended as a guide for clinicians in choosing a specific treatment for central disorders of hypersomnolence in adults and children. Each recommendation statement is assigned a strength (“Strong” or “Conditional”). A “Strong” recommendation (i.e., “We recommend...”) is one that clinicians should follow under most circumstances. A “Conditional” recommendation (i.e. “We suggest...”) is one that requires that the clinician use clinical knowledge and experience, and strongly considers the individual patient's values and preferences to determine the best course of action. The section on adult patients with hypersomnia due to medical conditions is categorized based on the clinical and pathological subtypes identified in ICSD-3. All recommendations and suggestions are versus no treatment.

Adult patients with narcolepsy
We recommend that clinicians use modafinil for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use intolerant for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use sodium oxybate for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use solriamfetol for the treatment of narcolepsy in adults. (Strong)
We suggest that clinicians use armodafinil for the treatment of narcolepsy in adults. (Conditional)
We suggest that clinicians use dextroamphetamine for the treatment of narcolepsy in adults. (Conditional)
We suggest that clinicians use methylphenidate for the treatment of narcolepsy in adults. (Conditional)

Adult patients with idiopathic hypersomnia
We recommend that clinicians use modafinil for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use intolerant for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use sodium oxybate for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use solriamfetol for the treatment of narcolepsy in adults. (Strong)
We recommend that clinicians use armodafinil for the treatment of narcolepsy in adults. (Conditional)
We suggest that clinicians use dextroamphetamine for the treatment of narcolepsy in adults. (Conditional)
We suggest that clinicians use methylphenidate for the treatment of narcolepsy in adults. (Conditional)

Adult patients with Kleine-Levin Syndrome
We suggest that clinicians use lithium for the treatment of Kleine-Levin syndrome in adults. (Conditional)

Adult patients with hypersomnia due to medical conditions
Hypersomnia secondary to alpha-synucleinopathies
We suggest that clinicians use armodafinil for the treatment of hypersomnia secondary to Parkinson's disease in adults. (Conditional)
We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to Parkinson's disease in adults. (Conditional)
Posttraumatic hypersomnia
We suggest that clinicians use armodafinil for the treatment of hypersomnia secondary to traumatic brain injury in adults. (Conditional)
We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to traumatic brain injury in adults. (Conditional)

Adult patients with genetic disorders associated with primary central nervous system somnolence
We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to myotonic dystrophy in adults. (Conditional)

Adult patients with hypersomnia secondary to brain tumors, infections, or other central nervous system lesions
We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to multiple sclerosis in adults. (Conditional)

Pediatric patients with narcolepsy
We suggest that clinicians use modafinil for the treatment of narcolepsy in pediatric patients. (Conditional)
We suggest that clinicians use sodium oxybate for the treatment of narcolepsy in pediatric patients. (Conditional)

We suggest that clinicians use lithium for the treatment of Kleine-Levin syndrome in adults. (Conditional)
Adult patients with hypersomnia due to medical conditions
Hypersomnia secondary to alpha-synucleinopathies
We suggest that clinicians use armodafinil for the treatment of hypersomnia secondary to dementia with Lewy bodies in adults.
EXHIBITOR DESCRIPTIONS

AASM Foundation
AASM Foundation
Darien, Illinois | foundation.aasm.org
(630) 737-9724
Founded in 1998, the AASM Foundation has invested in the future of sleep medicine by supporting more than 240 awards totaling $19 million in funding. Our portfolio includes research awards for all career stages, community awards and training awards.

AASM Membership
AASM Membership
Darien, Illinois | aasm.org/membership
(630) 737-9710
The American Academy of Sleep Medicine (AASM) is a membership-based organization that works with its network to advance the field of sleep medicine. With opportunities available for all stages of careers in sleep medicine, the AASM is the leader in providing sleep related content and benefits that help its members today and for the future.

AASM Political Action Committee
AASM Political Action Committee
Darien, Illinois | my.aasm.org/pac/donate
(630) 737-9700
The nonpartisan American Academy of Sleep Medicine Political Action Committee supports federal candidates, who recognize the value of high quality, patient-centered care provided by sleep medicine professionals.

Advanced Brain Monitoring, Inc
Advanced Brain Monitoring, Inc
Carlsbad, California | advancedbrainmonitoring.com
(760) 720-0099 Ext. 6029
Advanced Brain Monitoring, Inc. is an industry leader in the development of novel diagnostic and treatment technologies for the sleep medicine field. Sleep Profiler is a clinically validated system for sleep and sleep-disordered breathing in the home/ICU. Night Shift and Apnea Guard are obstructive sleep apnea therapies.

AR Medical Technologies, Inc
AR Medical Technologies, Inc
Burnaby, British Columbia | maskfitar.com
(604) 728-6593
AR Medical Technologies, Inc. is a disruptive digital health technology company that has pioneered a mobile app system using artificial intelligence and machine learning to suggest the most appropriate mask interfaces required for the treatment of sleep apnea using C-PAP/Bi-PAP therapy.

Arbor Pharmaceuticals, LLC
Arbor Pharmaceuticals, LLC
Atlanta, Georgia |arbopharma.com
(303) 945-9513
Arbor Pharmaceuticals, headquartered in Atlanta, Georgia, is a specialty pharmaceutical company currently focused on the cardiovascular, hospital, neuroscience, and pediatric markets.

Avadel Pharmaceuticals
Avadel Pharmaceuticals
Chesterfield, Missouri | avadel.com
(636) 449-1830
Avadel Pharmaceuticals aims to evolve the standard of care for patients living with narcolepsy by applying our proprietary controlled-release technology platform to develop new treatment options. We are committed to mitigating the challenges of managing narcolepsy, while addressing the unmet needs of patients and their healthcare providers. Avadel is focused on the development of FT218, our investigational extended-release sodium oxybate, which is currently under FDA review for the once-nightly treatment of adults with narcolepsy suffering from excessive daytime sleepiness (EDS) and cataplexy. We released positive topline data from the pivotal Phase 3 REST-ON trial in 2020 and continue to build on the robust clinical package for FT218 with data from primary and secondary endpoints, as well as post-hoc analyses, being presented at this SLEEP 2021. Connect with our Medical Affairs team to learn more about our progress!

Belun Technology Company Limited
Belun Technology Company Limited
Hong Kong, China | beluntech.com
+852-37065640
Belun Sleep Platform offers a medical wearable ring and AI analysis software for detecting obstructive sleep apnea (OSA) comfortably at home. The platform has been clinically validated in accredited sleep labs and provides accurate TST & AHI. It enhances OSA care with multi-night testing and remote patient monitoring.

BetterNight
BetterNight
San Diego, California | betternightsolutions.com
(866) 801-9440
BetterNight is a comprehensive virtual-care sleep solution combining a clinically validated sleep assessment with a CBTi solution and a telehealth sleep apnea platform. Results include lower cost of care, superior adherence, improved patient satisfaction, and better health outcomes.

BioSerenity Research
BioSerenity Research
Columbia, South Carolina | us.bioserenity.com/research
(803) 331-8926
At BioSerenity we conduct clinical research, central research scoring services (in US and International Trials) and database science research. Companies seek our clinical research services, diagnostics, and therapeutic testing in the validation process for FDA approval.
BioSerenity, Inc.
Smyrna, Georgia | us.bioserenity.com
(800) 753-3763
BioSerenity is an innovative medical technology company focused on healthcare as a service. We connect healthcare providers with their patients anywhere, anytime. Our solutions include direct-to-patient sleep testing programs, sleep center management, and remote neurodiagnostic offerings.

Board of Registered Polysomnographic Technologists
Arlington, Virginia | brpt.org
(571) 253-6870
The Board of Registered Polysomnographic Technologists is an organization recognized around the world for the highest standards in sleep credentialing, certification and education.

Brain Electrophysiology Laboratory Company
Eugene, Oregon | bel.company
(541) 525-9799
Brain Electrophysiology Laboratory Company (BEL) is a neuroscience technology company dedicated to advancing the study and understanding of the human brain by pioneering new technologies and tools for neurophysiology. BEL offers complete EEG systems, software, and tools for open-source collaboration for sleep research.

Brain Vision, LLC
Morrisville, North Carolina | brainvision.com
(919) 460-2510
Brain Vision, LLC offers solutions for neurophysiological research. We specialize in the integration of EEG and PSG with fMRI, fNIRS, TMS, tES and more. Our solutions are great for research on both infants and adults, and we provide various electrode technologies for use with wired and wireless systems.

CleveMed
Cleveland, Ohio | clevedmed.com
(216) 791-6720
CleveMed is a leader in services and devices for home sleep apnea testing. From monitors for HSAT to full PSG, to SleepView Direct mail services, we aim to improve the delivery of care and expand the reach of sleep medicine. Our web-based services streamline operations for providers.

Compumedics
(877) 717-3975
Compumedics is a global medical device company involved in the development and manufacture of diagnostics technology for sleep and neurology. We take vast amounts of data and turn it into valuable information to accurately diagnose and treat neurological and sleep disorders.

Ectosense Group
Leuven, Belgium | nightowl.care
(786) 458-8990

Eisai, Inc.
Woodcliff Lake, New Jersey | us.eisai.com
(201) 692-1100
At Eisai, Inc., human health care is our goal. We give our first thoughts to patients and their families and help to increase the benefits health care provides. As the U.S. pharmaceutical subsidiary of Tokyo-based Eisai Co., Ltd., we have a passionate commitment to patient care that is the driving force behind our efforts to discover and develop innovative therapies to help address unmet medical needs. Eisai is a fully integrated pharmaceutical business that operates in two global business groups: oncology and neurology (dementia-related diseases and neurodegenerative diseases). Our U.S. headquarters, commercial and clinical development organizations are in New Jersey; our discovery labs are in Massachusetts and Pennsylvania; and our global demand chain organization resides in Maryland and North Carolina.

EnsoData, Inc.
Madison, Wisconsin | ensodata.com
(608) 509-4704
EnsoData, Inc. uses waveform AI technology to perform complex and time-consuming data interpretation. Our AI-assisted sleep test scoring solution, EnsoSleep, automates event detection leading to consistency, reduction in time spent scoring and opportunities to expand patient care and improve outcomes.

Fisher & Paykel Healthcare
Irvine, California | fphcare.com/us/homecare
(800) 446-3908
Fisher & Paykel Healthcare is a leading manufacturer of products and systems for use in respiratory care, acute care, surgery, and the treatment of obstructive sleep apnea. Our purpose is to improve care and outcomes through inspired and world-leading healthcare solutions.
EXHIBITOR DESCRIPTIONS

General Sleep Corporation
Cleveland, Ohio | generalsleep.com
(888) 330-4424
General Sleep Corporation is dedicated to providing clinicians and researchers with products and services that allow them to achieve maximum effectiveness in the diagnosis and study of sleep disorders.

Harmony Biosciences
Plymouth Meeting, Pennsylvania | harmonybiosciences.com
(484) 539-9800
Harmony Biosciences is a pharmaceutical company headquartered in Plymouth Meeting, PA. The company was established in October 2017 with a vision to develop and commercialize novel treatment options for people living with rare, neurological diseases. With a focus on disorders of sleep and wakefulness, Harmony Biosciences is currently working to advance the understanding of narcolepsy and provide information and resources to people who live with, and healthcare professionals who treat, this chronic, debilitating neurologic disorder.

Idorsia Pharmaceuticals
Basel, Switzerland | idorsia.com
(058) 844-0919
The purpose of Idorsia is to discover, develop and commercialize innovative medicines to help more patients. We have ideas, we see more opportunities, and we want to transform the horizon of therapeutic options. We specialize in the discovery and development of small molecules. Our clinical pipeline comprises 12 assets, 6 of which are in late-stage development. Headquartered in Switzerland, Idorsia is building its first commercial organization in the US in anticipation of the FDA approval and subsequent launch of our medicine for the treatment of insomnia in the first half of 2022.

Inspire Medical Systems, Inc.
Golden Valley, Minnesota | inspiresleep.com/about-inspire
(844) 672-4386

Itamar Medical
Atlanta, Georgia | itamar-medical.com
(888) 748-2627
Itamar Medical is a medical technology company focused on the development and commercialization of non-invasive medical devices to aid in the diagnosis of respiratory sleep disorders. We have commercialized a digital healthcare platform to facilitate the continuum of care for effective sleep apnea management. Our WatchPAT® family of products which utilize the PAT® signal, are designed for a simple home sleep apnea test experience which, can be easily conducted in the comfort of patients’ home with accurate and reliable results.

Jazz Pharmaceuticals
Jazz Pharmaceuticals, Inc.
Palo Alto, California | jazzpharmaceuticals.com
(215) 478-3780
Jazz Pharmaceuticals plc (Nasdaq: JAZZ) is a global biopharmaceutical company dedicated to developing medicines for people with serious diseases — often with limited or no options. We have a diverse portfolio of marketed medicines and novel product candidates, from early- to late-stage development, in key therapeutic areas. Our focus is neuroscience, including sleep medicine and movement disorders, and oncology, including hematologic and solid tumors. We actively explore new options for patients including novel compounds, small molecule advancements, biologics and innovative delivery technologies. Jazz is headquartered in Dublin, Ireland and has employees around the globe, serving patients in more than 90 countries.

Merck & Co., Inc.
Kenilworth, New Jersey | merckconnect.com
(908) 740-4000
For more than 125 years, Merck has been working to help address many of the world's most challenging diseases. We aspire to improve the health and wellness of people worldwide.

MonitAir, LLC
Miami, Florida | monitairhealth.com
(305) 874-0086
MonitAir is a HIPAA-compliant platform combining remote patient monitoring and telemedicine to help physicians improve patient outcomes while increasing practice revenues. It was designed by doctors for doctors who manage patients on PAP/NIV for chronic sleep and respiratory conditions.

National Heart, Lung, and Blood Institute
Bethesda, Virginia | nhlbi.nih.gov
(877) NHL-BI4U
Located within the Division of Lung Diseases of the NHLBI, the National Center on Sleep Disorders Research (NCSDR) was established in 1993 to foster the coordination of sleep and circadian research within NIH and other federal agencies.

Nestlé Health Science
Bridgewater, New Jersey | nestlehealthscience.us
(908) 333-9390
Nestlé Health Science, a wholly owned subsidiary of Nestlé, is committed to empowering healthier lives through nutrition. Through innovation and leading-edge science, we bring forward nutritional and nutrition enabling solutions with clinical, health economic value and quality of life benefits.

Nestlé Health Science
Bridgewater, New Jersey | nestlehealthscience.us
(908) 333-9390
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NIHON KOHDEN

Nihon Kohden
Irvine, California | us.nihonkohden.com
(949) 268-0801
Since 1985, Nihon Kohden has delivered market refined comprehensive end-to-end PSG diagnostic solutions. Nihon Kohden’s medical and research solutions are designed to improve workflow, reduce cost of ownership, and increase situational awareness for clinicians that perform complex PSGs and HSATs.

OGNOMY

Ognomy
Buffalo NY, New York
(877) 664-6669
Ognomy is a complete sleep apnea care solution connecting patients and sleep doctors in the comfort of home. Patients can get a virtual consultation, take a home sleep apnea test and start their journey to better sleep and health in no time at all.

OXFORD UNIVERSITY PRESS

Oxford University Press
Oxford, England | academic.oup.com/sleep
Oxford University Press publishes some of the world’s most prestigious and respected books and journals, including SLEEP and SLEEP Advances, the official publications of the Sleep Research Society.

PEAR THERAPEUTICS

Pear Therapeutics
Boston, Massachusetts | peartherapeutics.com

PHILIPS

Philips
Cambridge, Massachusetts
usa.philips.com/healthcare/solutions/sleep

ProSomnus Sleep Technologies

Pleasanton, California | prosomnus.com
(844) 537-5337
ProSomnus is a leader in precision oral appliance devices for OSA. 96% of patients prefer ProSomnus devices, citing comfort and resolution of complaints (IRB, 2021). Biomechanically engineered, studies associate ProSomnus devices with excellent efficacy, adherence, and mitigation of side effects.

REMware

REMware
Tampa, Florida | remware.io
813-364-2670
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ResMed

ResMed
San Diego, California | resmed.com
(800) 424-0737
At ResMed, we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our digital health technologies and cloud-connected medical devices transform care for people with sleep apnea, COPD, and other chronic diseases.

Respicardia

Respicardia
Minnetonka, Minnesota | respicardia.com
(952) 540-4470
Respicardia® is a leader in innovative technologies that address the unmet needs in respiratory and cardiovascular disease with safe and effective therapies. Founded in 2006 and headquartered near Minneapolis, Minnesota, Respicardia is dedicated to improving patient outcomes, quality of life and overall cardiovascular health via novel transvenous neurostimulation therapies.

Signifier Medical Technologies

Signifier Medical Technologies
Needham, Massachusetts | exciteosa.com
(860) 918-7264
Signifier Medical Technologies is dedicated to improving quality of life, sleep, and relationships through innovations for patients with sleep disorders worldwide.

Sizewise

Sizewise
Lenexa, Kansas | sizewise.com/sleep1
(800) 814-9389
Sizewise designs, manufactures, and distributes medical equipment, dedicated to advancing patient care and promoting caregiver safety. We engineer specialty surfaces, bed frames, and mobility devices to meet the needs of various patient populations.
EXHIBITOR DESCRIPTIONS

Sleep ISR
Darien, Illinois | isr.aasm.org
(630) 737-9765
Sleep ISR is the premier resource and go-to platform for improving scoring consistency worldwide. The platform’s robust features allows both individual and facility users to score new records of 200 epochs every month and provides comparison to scorers from across the globe. Through intelligent reporting options, scorers can identify their strengths and determine where opportunities for improvement lie. Users can gain additional insight by reviewing the Gold Standard comparison to see how their results measure up against experts in the field. Join the thousands of users who rely on Sleep ISR to achieve the Gold Standard and receive 20% off your new/lapsed (before 2021) subscription and/or 20% off Sleep ISR add-on upgrades.

Sleep Multimedia, Inc.
Scarsdale, New York | sleepmultimedia.com
(914) 722-9291
SMM v. 12.0 is a computerized textbook of sleep medicine with text, audio, graphics, animation, and video; suitable for specialists, trainees, and researchers, with the latest Medline references. Updated annually to include 140CME credits covering adult/pediatric sleep medicine, PSG and more.

Sleep Number
Minneapolis, Minnesota | sleepnumber.com/science
(305) 915-5979
Sleep Number delivers life-changing innovations informed by science. Aligned with our purpose of improving the health and wellbeing of society, we're committed to advancing sleep health, linking smart sleep to individualized wellness via innovation informed by data and scientific expertise. Our proprietary sleep ecosystem and real-world sleepers generate billions of accurate, longitudinal data points every night. To date, we've learned from 9+ billion hours of sleep data gathered from 1.2+ billion sleep sessions. The data generated by our 360 smart beds and our SleepIQ technology fuel our award-winning sleep innovations. The high-precision biometric nature of our data, plus collaborations with leading partners in sleep such as Mayo Clinic and the renowned clinicians and physicians of our scientific advisory board, help us create actionable health and wellness solutions that impact millions of lives through proven quality sleep.

SLEEP Store
Darien, Illinois | learn.aasm.org
(630) 737-9700
The SLEEP Store features products from AASM and SRS. Browse 100+ products that focus on board review, CME, reference materials, branded swag, and patient education material.

SleepTest.com
Laguna Niguel, California | sleeptest.com
(800) 753-3783
SleepTest.com sets the standard in reliable home sleep apnea testing for patients with sleep apnea with our direct-to-patient model & SleepTestCRM. We're serving more dentists and we're recruiting physicians who want to see more patients, generate revenue, and collaborate with our dental network!

SleepTM
Darien, Illinois | sleeptm.com
(630) 737-9745
SleepTM is a telemedicine platform designed and developed by the American Academy of Sleep Medicine intended for the sleep medicine community, but in recent times has been adopted by other medical specialties and organizations to meet their telemedicine needs.

SomnoMed
Plano, Texas | somnomed.com
(888) 447-6673
SomnoMed, a global leader in open airway therapy devices for the treatment of mild-to-moderate obstructive sleep apnea. Each custom-made device is designed with patient comfort and therapy effectiveness as the priority. We strive with healthcare communities to support 100% therapy adherence.

Sovasage
Pittsburgh, Pennsylvania | sovasage.com
(877) 937-2520
Sovasage’s patent-pending software assists respiratory therapists in managing CPAP therapies by leveraging AI, novel computer vision, and more than 3 years of R&D and testing. The result is a seamless patient management solution that enables therapists to select and fit masks using a smart phone.

SRS Foundation
Darien, Illinois | sleepresearchsociety.org/foundation
(630) 737-9702
The Sleep Research Society Foundation is committed to the growth and development of the field of sleep and circadian sleep research through education and research funding opportunities.
Takeda Neuroscience is driven by the unmet needs of patients with rare neurological diseases. Our mission is to bring innovative and potentially disease-modifying medicines to these patients. To deliver on this mission, our approach leverages advances in molecularly and genetically defined targets, biomarkers, and targeted modalities. Our commitment to patients starts with our research efforts and is fueled by our strategic partnerships with both academia and industry – all with the goal of developing new treatments for those who need them most.

The Hypersomnia Foundation
Atlanta, Georgia | hypersomniafoundation.org
(678) 842-3512
The Hypersomnia Foundation is a nonprofit which raises awareness of idiopathic hypersomnia and sleep related disorders. Patients visit our site to view our provider directory and to learn about their disorder. Visit our website to join the directory and view our research award program.

UCLA Health
Los Angeles, California | uclahealthcareers.org
(310) 267-3292
UCLA Health defines greatness by the quality of the patient experience we are able to deliver. Each and every time. To every single patient. If that's where your ambitions lie, UCLA is where you belong. We offer unequaled challenges and opportunities to further your education, training and career.

Vanda Pharmaceuticals, Inc.
Washington, District of Columbia | vandapharma.com
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Kristin K. Hoddy, PhD
Pennington Biomedical Research Center; University of Chicago

Shibin Li, PhD
Stanford University

Natalie Michael, PhD
Quebec Heart and Lung Institute (IUCPQ)

Steven Tran, PhD
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**PROFESSIONAL JOB BOARD**
Looking for the next step in advancing your career? Explore new opportunities by browsing the Oxford University Press Job Board for openings in sleep and circadian research.

Trainee Resources
Take advantage of the many resources SRS provides to trainee members!

**TRAINEE JOB BOARD**
Looking for a trainee or early career position in the field? Explore new opportunities by browsing the SRS Job Board for openings in sleep and circadian research.

**TRAINEE SUBCOMMITTEE**
The SRS forms the Trainee Subcommittee each year in August to help plan the Trainee Symposia Series and other trainee-related activities at SLEEP the following year, the Annual Meeting of the APSS. This is a unique opportunity for current trainee members to become more actively involved in the SRS and field!

**TRAINEE JOURNAL CLUB**
Author a Journal Club Review for the journal *SLEEP*! These reviews are a summary, critical review and discussion of impact/significance of an article recently published in *SLEEP*. The submission fee is waived for SRS members!

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The AASM Foundation has already invested over $19.2 million in scientific research and education, but we have more to do!

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