



SLEEP 2022

CHARLOTTE, NC | JUNE 04-08

PRELIMINARY PROGRAM

A JOINT MEETING



AASM
American Academy of
SLEEP MEDICINE™

 Sleep
Research
Society®



Early bird
registration
deadline
April 24th

WHAT'S NEW AT SLEEP

**38+ Hrs of
Educational
Content**

**700+
Abstracts**

**100+
Educational
Sessions**

2022 Highlights

36TH ANNUAL MEETING

SLEEP 2022, the 36th annual meeting of the APSS, is a joint meeting of the American Academy of Sleep Medicine and the Sleep Research Society. The SLEEP meeting provides evidence-based education to advance the science and clinical practice of sleep medicine, disseminates cutting-edge sleep and circadian research, promotes the translation of basic science into clinical practice, and fosters the future of the field by providing career development opportunities at all levels. There is simply no other gathering of sleep professionals anywhere of this scale. The conference is attended by thousands of individuals from all around the world, all connected by their interest and/or expertise in sleep medicine. Hosting our first in-person meeting in 2 years, we welcome you **back to SLEEP!**

COVID-19 PROTOCOLS FOR SLEEP 2022

The APSS will follow current guidance and recommendations from the Centers for Disease Control and Prevention (CDC) to promote a healthy, safe, and enjoyable experience for all attendees, exhibitors, and staff during SLEEP 2022. The APSS also will follow the requirements of the state of North Carolina, Mecklenburg County, and the city of Charlotte. Potential COVID-19 protocols that may be implemented include a mask mandate and vaccination requirement.

The APSS will provide updates and more details as the event gets closer. Learn more at sleepmeeting.org/registration.

If you have questions about these protocols, please contact the APSS at info@sleepmeeting.org or (630) 737-9700.

ON-DEMAND SESSION RECORDINGS

The APSS is offering recordings of select general sessions available for pre-purchase with SLEEP registration. Non-attendees of SLEEP 2022 will be able to purchase the recordings after the meeting concludes. The cost of these recordings is \$300 (member), \$400 (non-member).

This is a \$100 discount for SLEEP registrants. Technologist Track is not included.

FAMILY FRIENDLY

The APSS strives to make the meeting accessible to all participants and is proud to offer amenities to make the meeting more family friendly.

Mother's Room

The APSS will provide a mother's room in the convention center.

Childcare Options

While childcare is not provided on-site for SLEEP 2022, we are working to partner with local providers to address your childcare needs. For a list of childcare providers visit sleepmeeting.org/childcare.

WHAT'S INSIDE

What's New at SLEEP	2
Registration	4
Continuing Education Credits	6
Session Type Descriptions	9
Schedule	10
Technologist Track Schedule	19
Invited Lecturers	21
 Postgraduate Courses	23
 Meet the Professors	24
 Lunch Debates	25
Exhibit Hall	29
Networking	30
Things To Do	31
Housing	32
Contact	33



Technologist Track

Attend the Technologist Track at SLEEP 2022 – a two-day itinerary dedicated to sleep technologists that focuses on relevant topics and issues.



sleepmeeting.org

Visit our website for the latest SLEEP 2022 updates!



Save on Registration

Register by April 24, 2022, to receive the early bird registration discount!



Ticketed Sessions

Look for this ticket icon throughout the preliminary program for ticketed sessions to enhance your SLEEP 2022 experience.



Continuing Education

SLEEP 2022 offers CME for physicians, CE for psychologists, CEC for technologists, and letters of attendance. You can earn up to 38.25 *AMA PRA Category 1 Credits*™! More information can be found on page 6 or by visiting sleepmeeting.org.

SLEEP 2022

Provides evidence-based education to advance
the science and clinical practice
of sleep medicine

Disseminates cutting-edge sleep
and circadian research

Promotes the translation of
basic science into clinical practice

Fosters the future of the field by providing career
development opportunities at all levels

REGISTRATION

General Sessions

General Registration	On or before April 24	April 25 – May 30
Individual Member*	\$350	\$450
Individual Nonmember	\$550	\$650
Resident/Postdoctoral Member*	\$180	\$200
Resident/Postdoctoral Nonmember	\$230	\$250
Student/Predoctoral Member*	\$95	\$95
Student/Predoctoral Nonmember	\$135	\$135
Sleep Team Member*	\$200	\$225
Sleep Team Nonmember	\$325	\$375
Sleep Medicine Patient Advocate**	\$50	\$50
International – Low-Income Economies***	\$30	\$35
International – Lower-Middle Income Economies***	\$45	\$55
International – Upper-Middle Income Economies***	\$150	\$175

*APSS reserves the right to adjust your registration fee to reflect your current AASM and/or SRS membership status as of May 1, 2022.

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

***For a full list of countries that fall under low, lower-middle and upper-middle income economy ticket types and how to register, [click here](#).

General Session Registration

General registration includes admission to all general sessions, industry supported events, poster hall and the exhibit hall. Additional fees are required for attending ticketed events.

Ticketed Sessions

Attendees may not register for ticketed events without registering for SLEEP 2022 General Session.

Ticketed Sessions	Member	Nonmember
Full-Day Postgraduate Course	\$150	\$200
Half-Day Postgraduate Course	\$85	\$150
Meet the Professors <i>Includes Lunch</i>	\$55	\$65
Lunch Debates <i>Includes Lunch</i>	\$55	\$65
Tech Track: Hands-On <i>Technologist registrants only</i>	\$30	\$30

Confirmation

After registering for SLEEP 2022, registrants will receive an automated email confirmation.

Add a ticketed session during the registration process and gain access to even more SLEEP 2022.

Forgot to register for ticketed sessions?

Follow the instructions in your confirmation email to directly add ticketed sessions to your existing registration.

PRE-REGISTER & SAVE! THREE WAYS TO REGISTER:

1. Online (credit card only) at sleepmeeting.org
2. Fax (credit card only)
(630) 737-9790
3. Mail (credit card or check)
Associated Professional Sleep Societies, LLC
Attention: Meeting Department
2510 N. Frontage Road
Darien, IL 60561
Registration form available
to download [here](#).



PJ5K will take place in the early morning of Sunday, June 5 at Romare Bearden Park-Big Moon Green in Charlotte, NC.

	On or before April 24	April 25 – May 30	Onsite Registration
PJ 5K	\$35	\$40	\$45

All net proceeds go to the AASM Foundation and SRS Foundations to support key sleep research that positively impacts the lives of patients with sleep disorders and the field of sleep medicine. PJ5K registrants have the option and are encouraged to wear pajamas (family appropriate) while participating in the race.

[Click here to learn more.](#)

SLEEP 2022

CHARLOTTE, NC | JUNE 04-08

IT PAYS TO BE A MEMBER

MEMBER RECEIPT

SLEEP 2022 | CHARLOTTE, NC

SLEEP 2022 REGISTRATION	\$350
HALF-DAY POSTGRADUATE COURSE	\$85

MEMBER RATE \$435

NONMEMBER RECEIPT

SLEEP 2022 | CHARLOTTE, NC

SLEEP 2022 REGISTRATION	\$550
HALF-DAY POSTGRADUATE COURSE	\$150

NONMEMBER RATE \$700

NOT AN AASM OR SRS MEMBER? MEMBERS SAVE

an average of \$265* over nonmembers when pre-registering for
SLEEP 2022 with a half-day postgraduate course.

With membership, not only will you receive discounts on SLEEP registration, you will also receive all the benefits membership has to offer. Don't delay, join or renew today!

AASM
American Academy of
SLEEP MEDICINE™

aasm.org/benefits

S Sleep
Research
Society®

sleepresearchsociety.org/benefits

SLEEP2022

*Discount may vary based on registration selections.
Pre-registration ends 4/24/2022.

CONTINUING EDUCATION CREDITS

Credits

	AASM/SRS Member	Non- Member
Continuing Medical Education (CME) Credit for Physicians	\$25	\$40
Continuing Education for Technologists (CEC)	FREE	\$25
Continuing Education (CE) for Psychologists	\$25	\$25
Letter of Attendance	\$25	\$40

Day	Credit Hours Possible
Saturday	Up to 7.5
Sunday	Up to 7.75
Monday	Up to 7.0
Tuesday	Up to 8.0
Wednesday	Up to 8.0
TOTAL	Up to 38.25

Learning Objectives

After attending SLEEP 2022, participants should be able to:

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

Continuing Medical Education (CME) Credit for Physicians

SLEEP 2022 meeting activities have been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide

continuing education (CE) credits for physicians. The AASM designates this live activity for a maximum of 38.25* AMA PRA Category 1 Credits™ for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation.

Physicians should claim only the credit commensurate with the extent of their participation in the activity. *To receive proof of participation from SLEEP 2022, please select "Continuing Medical Education (CME) Credits for Physicians" during the registration process.*

Technologist Continuing Education

The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend SLEEP 2022.

A maximum of 38.25* credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. ***To receive proof of participation from SLEEP 2022, please select "AASM CEC for Technologists" during the registration process.***

Continuing Education (CE) for Psychologists

Amedco LLC designates this live activity for a maximum of 38.25 live Psychologist contact hours.

SLEEP 2022 sessions are not approved for CE credit for psychologists licensed by the states of New York or New Jersey. ***To receive proof of participation from SLEEP 2022, please select "Continuing Education (CE) for Psychologists" during the registration process.***

Psychologists (APA)

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and APSS. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The following state boards accept courses from APA providers for Counselors: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

MI: No CE requirements

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

MI: No CE requirement

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held)*, OK, OR, SC, UT, WA, WI, WY

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

* If the activity is held live in the state of NY, then direct addictions board is required, ie: NAADAC. If the activity is held outside NY, is virtual, enduring or remote, it is considered "outstate" and this reciprocity applies.

Letter of Attendance

Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2022 may receive a letter of attendance outlining the number of AMA PRA Category 1 Credits™ designated for the sessions they attend at SLEEP 2022. **To receive proof of participation from SLEEP 2022, please select "Letter of Attendance" during the registration process.**

Physician Assistant (PA) Credit

PAs may claim a maximum of 38.25* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. **To receive proof of participation from SLEEP 2022, please select "Letter of Attendance" during the registration process.**

Nurse Practitioner (NP) Credit

NPs may claim a maximum of 38.25* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines. **To receive proof of participation from SLEEP 2022, please select "Letter of Attendance" during the registration process.**

*The maximum number of credits available for attending SLEEP 2022 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.

DO NOT FORGET TO REGISTER FOR CREDITS

Follow the instructions below to ensure that you receive credit for SLEEP 2022:

1. When you register for SLEEP 2022, be sure to add the appropriate continuing education credits to your registration. This is a separate fee from the general session registration fee.
2. To claim your credit following the meeting, follow the instructions provided in the email sent to you.

DEADLINE TO COMPLETE ONLINE CREDIT CLAIM FORMS:

August 1, 2022 for CE for Psychologists

December 15, 2022 for CME, Letters of Attendance, and AASM CEC

After these dates, individuals will no longer be able to receive credits.



MAINTENANCE OF CERTIFICATION (MOC)

Attendees who register and attend SLEEP 2022 Postgraduate courses have the ability to claim up to 15.00 MOC points for the following boards:




MOC

- The American Board of Internal Medicine (ABIM)
- The American Board of Pediatrics (ABP)
- The American Board of Otolaryngology – Head and Neck Surgery (ABOHNS).
- The AASM has submitted an application for American Board of Psychiatry and Neurology (ABPN) Self-Assessment CME. Upon approval, learners can earn up to 15.00 ABPN SA CME credits.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 15.00 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program, 15.00 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program, and 15.00 annual part II self-assessment credit in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC). It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM, ABP, or ABOHNS MOC credit.



SESSION TYPE DESCRIPTIONS

 C	Postgraduate Courses	Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.
D	Discussion Groups	Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.
F	Rapid-Fire Symposia	Fast-paced sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field.
I	Invited Lectures	Feature senior-level investigators/clinicians presenting on their areas of expertise.
 L	Lunch Debates	Large-group lunch sessions during which two experts in the field debate a single topic. Lunch is provided.
 M	Meet the Professors	Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic. Lunch is provided.
O	Oral Presentations	Feature investigators presenting their latest research and new ideas in the field.
P	Poster Presentations	Visual representations of the latest research and new ideas in the field.
S	Symposia	Focuses on the latest data and ideas in the field.
T	Technologist Track	Dedicated track for sleep technologists designed to accommodate all levels of sleep technologists and is valuable to all members of the sleep team.
W	Clinical Workshops	Reviews of patient- and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.

sleepmeeting.org

Receive the latest details

**All schedule information
is subject to change.*

Ticketed Events

Tickets required to attend

Postgraduate Courses Lunch Debates
Meet the Professors

GENERAL SESSIONS | 1:00 p.m. - 3:00 p.m.

O-01	Sleep Disruptions and Potential Biomarkers Linked to Disease (Cell and Molecular Biology and Genetics)	
F-01	Sleep Matters for Women's Health	Galit Dunietz, PhD, Chair Brooke Aggarwal Erica Jansen, PhD Dayna A. Johnson, PhD Sunni Mumford, PhD Laura Sanapo, MD
S-01	Too Little Too Late: Consequences of Sleep Restriction During Development	Leila Tarokh, PhD, Chair Mary Carskadon, PhD Chiara Cirelli, MD, PhD June Lo, PhD

BREAK | 3:00 p.m. - 3:15 p.m.

GENERAL SESSIONS | 3:15 p.m. - 5:15 p.m.

D-01	Understanding the Role of Structural Racism and Discrimination in Sleep Disparities	Chandra Jackson, PhD, Chair Philip Cheng, PhD Dayna A. Johnson, PhD Benjamin Reiss, PhD
O-02	Sleep and Circadian Factors in Physical and Cognitive Performance	
S-02	The Mind After Midnight: Nocturnal Wakefulness, Behavioral Dysregulation, and Psychopathology	Elizabeth Klerman, MD, PhD, Chair Subhajit Chakravorty, MD Sean Drummond, PhD Fabian-Xosé Fernandez, PhD William Vaughn McCall, MD

POSTER RECEPTION | 5:15 p.m. - 7:15 p.m.

REGISTRATION OPEN | 6:30 a.m. - 5:30 p.m.

PLENARY SESSION AND KEYNOTE ADDRESS | 8:15 a.m. - 10:00 a.m.

I-01 Retiring Our Procrustean Bed: Recognizing the Myriad Pathways that Sleep Apnea Increases Cardiovascular Risk
Susan Redline, MD

EXHIBIT HALL OPEN | 10:00 a.m. - 4:00 p.m.

REFRESHMENT BREAK IN THE EXHIBIT HALL | 10:00 a.m. - 10:30 a.m.

GENERAL SESSIONS | 10:30 a.m. - 11:30 a.m.

I-02 Re-Imagining the Diagnosis of Obstructive Sleep Apnea
Sanjay Patel, MD

I-03 Sleep and Neurotrauma (TBI/PTSD): From Bench to Bedside and Back Again
Miranda Lim, MD, PhD

GENERAL SESSIONS | 11:30 a.m. - 12:30 p.m.

O-03 Obstructive Sleep Apnea

O-04 Sleep and Sleep Function in Adolescents

GENERAL SESSIONS | 10:30 a.m. - 12:30 p.m.

D-02 Rise of the Patient Voice in Sleep Medicine: The Role of Patient Advocacy Groups in Enhancing Sleep Care
*Raman Malhotra, MD, Chair
Karla Dzienkowski, RN | Julie Flygare, JD
Gilles Frydman | Monica Gow
Rebecca King | Monica Mallampalli
Alexandra Wharton*

D-03 The Internet and Social Media: Platforms that Offer Promise and Peril for Disseminating Sleep Health Information and for Sleep Disorders Awareness, Evaluation, and Treatment
*Rebecca Robbins, PhD, Chair
Christopher Depner, PhD | Michael Grandner, PhD
Seema Khosla, MD | Diane Macedo
Nancy Stewart, DO*

S-03 More than Mindfulness: Addressing Sleep, Fatigue and Burnout in Sleep Medicine Professionals
*Indira Gurubhagavatula, MD, Chair
Hans Van Dongen, PhD | Drew Dawson, PhD
Erin Flynn-Evans, PhD | Charles Samuels, MD*

S-04 Utilizing Models of Restless Legs Syndrome to Understand Brain Iron Dysregulation and its Consequence
*Christopher Earley, MBBCh, PhD, Chair
James Connor, PhD | Sergi Ferré, MD, PhD
Byron Jones, PhD*

O-05 Insomnia: Pathophysiology, Epidemiology, and Comorbidity

O-06 Pediatrics: Sleepless Children

LUNCH BREAK | 12:30 p.m. - 1:45 p.m.

AASM GENERAL MEMBERSHIP MEETING | 12:30 p.m. - 1:45 p.m.

LUNCH SESSIONS | 12:45 p.m. - 1:45 p.m.

L-01	Consumer Technology: Does it Have a Place in Sleep Medicine?	Sean Drummond, PhD (Pro) Maryann Deak, MD (Con)
M-01	Navigating the CPAP Recall with OAT: Improving Access to Care in the Ambulatory Pulmonary & Sleep Medicine Setting	Michelle Cantwell, DMD
M-02	Sleep in Women: Recent Advances and Future Directions	Martica Hall, PhD
M-03	The Use of MSLT in Narcolepsy	Chad Ruoff, MD
M-04	Telehealth in Sleep Medicine	Kathleen Sarmiento, MD
M-05	Management of Hypercapnic Respiratory Failure	Brendon Yee, MBChB, PhD

GENERAL SESSIONS | 1:45 p.m. - 2:45 p.m.

I-04	Childhood OSA: Challenges and Opportunities	Ronald Chervin, MD
I-05	The Neurobiology of Narcolepsy: What Sleepy Mice Can Teach Us About Sleepy People	Thomas Scammell, MD
O-07	Novel Approaches and Facilitators in Cognitive-Behavioral Treatment for Insomnia	
O-08	Sleep and COVID-19	
O-09	Healthcare Delivery and Education	
O-10	Sleep Disruptions and Potential Biomarkers Linked to Risk of Neurodegeneration	

REFRESHMENT BREAK | 2:45 p.m. - 3:15 p.m.

GENERAL SESSIONS | 3:15 p.m. - 5:15 p.m.

D-04	Collaborating Across Communities to Achieve Better Sleep Health Care: A Call to Action	Matt Epstein, Chair Susan Redline, MD Laura DeFelice Susan Ellenberg Mellanie Hills Reena Mehra, MD Robert Owens, MD Susheel Patil, MD, PhD
S-05	Polysomnographic Findings in Children Taking Antidepressants	Lourdes DelRosso, MD, Chair Raffaele Ferri, MD Maria Mogavero, MD Carlos Schenck, MD
D-05	Device Recall, Regulatory Oversight, and Advocacy - Impacts on Practice and Research in Sleep Medicine	Shannon Sullivan, MD Jairo Barrantes Perez, MD Raj Bhui, MD Gautam Ganguly, MD Muhammad Rishi, MBBS Kathy Sexton-Radek, PhD Abigail Strang, MD

SCHEDULE



Basic and Translational Sleep and Circadian Science

Clinical Sleep Science and Practice

Schedule and speakers are subject to change without notice.

S-06	Phenotyping of Insomnia: A Realistic Prospect or Chimaera	Alexandros Vgontzas, MD, Chair Daniel Buysse, MD Jack Edinger, PhD Julio Fernandez-Mendoza, PhD Charles Morin, PhD
D-06	The NIH Sleep Research Plan: Advancing the Science of Sleep and Circadian Research	Marishka Brown, PhD, Chair Gabriel Haddad, MD Judette Louis, MD Thomas Scammell, MD Wendy Troxel, PhD Kenneth Wright, PhD
S-07	Ecologically Valid Assessment of Sleep, Fatigue, and Circadian Misalignment in Special Populations	Vincent Capaldi, MD, Chair Allison Brager, PhD Tina Burke, PhD Erin Flynn-Evans, PhD Devon Hansen, PhD
O-11	Sleep Considerations in Hypertension, Arrhythmias, and More	
O-12	New Insights into Sleep's Role in Cognitive Functions	

POSTER RECEPTION | 5:15 p.m. - 7:15 p.m.

Practice Management

Keep your facility running smoothly with tips from 2021 Practice Management Course On-Demand! With this course, you will learn how to maximize office efficiency, provide value-based care, and manage complex titrations, among many other topics.



BUY NOW

POSTER SET-UP | 7:00 a.m. - 8:00 a.m.

REGISTRATION OPEN | 7:30 a.m. - 5:00 p.m.

GENERAL SESSIONS | 8:00 a.m. - 10:00 a.m.

W-01	What can Dentists and Physicians Learn from Each Other when Treating OSA	Arthur Feigenbaum, DMD, Chair Michael Adame, DDS Michael Howell, MD Jonathan Lown, MD Peter Ottavio, DO
W-02	Case-Based Approach in the Evaluation and Management of Congenital Central Hypoventilation Syndrome	Ajay Kasi, MD, Chair Maida Chen, MD Roberta Leu, MD Iris Perez, MD
D-07	Smart Sleep: A Guide to Choosing Artificial Intelligence (AI) Solutions for Clinical Practice	Anuja Bandyopadhyay, MBBS, MD, Chair Charles Bae, MD Hao Cheng, MD Ambrose Chiang, MD Maryann Deak, MD Azizi Seixas, PhD Jaspal Singh, MD
S-08	The Place of Digital Interventions in the Stepped Care Model for Insomnia Management: Who Should Take This Step?	Jack Edinger, PhD, Chair Niki Gumpert, PhD Rachel Manber, PhD Charles Morin, PhD
D-08	Optimizing Sleep for Elite Performers: Translating the Science into Real-World Outcomes for Athletes, Special Forces, First Responders, Business Executives, and Others	Michael Grandner, PhD, Chair Amy Athey, PsyD Allison Brager, PhD Rebecca Robbins, PhD Lindsay Shaw, EdD
S-09	The Preoptic Area in Sleep and Arousal	Clifford Saper, MD, PhD, Chair Roberto De Luca, PhD Daniel Kroeger, PhD Natalia Machado, PhD Giancarlo Vanini, MD William Wisden
S-10	Sleep, Glymphatic Exchange, and Potential Clinical Implications	Kent Werner, MD, PhD, Chair Lauren Hablitz, PhD Jeff Iliff, PhD Miranda Lim, MD, PhD
O-13	Sleep And Neurology	

EXHIBIT HALL OPEN | 10:00 a.m. - 4:00 p.m.

REFRESHMENT BREAK | 10:00 a.m. - 10:30 p.m.

GENERAL SESSIONS | 10:30 a.m. - 11:30 a.m.

I-06	Invited Lecture: Sleeping Too Much: The Challenges of Idiopathic Hypersomnia	Isabelle Arnulf, MD
O-14	How the COVID-19 Pandemic and Related Stressors Changed Sleep	

GENERAL SESSIONS | 11:30 a.m. - 12:30 p.m.

O-15	New Developments in the Treatment of the Central Disorders of Hypersomnolence	
O-16	Abnormal movements: RLS to RBD	

GENERAL SESSIONS | 10:30 a.m. - 12:30 p.m.

W-03	How to Implement and Manage Upper Airway Stimulation Therapy in Your Clinical Practice: The Real World Experience	Meena Khan, MD, Chair Lawrence Chan, DO Joyce-Lee Iannotti, MD Glenn Rothman, DO
S-11	Novel Directions in Youth Sleep and Circadian Interventions	Lauren Asarnow, PhD, Chair Reut Gruber, PhD Allison Harvey, PhD Jaime Zeitzer, PhD
S-12	Alternatives to the Conventional Methods and Assumptions in Human Sleep Neuroscience	Dante Picchioni, PhD, Chair Kyle Kainec Daniel Kay, PhD Karen Konkoly
O-17	Sleep-Disordered Breathing Through Differing Demographics	

LUNCH BREAK | 12:30 p.m. - 1:45 p.m.

SRS GENERAL MEMBERSHIP MEETING | 12:30 p.m. - 1:45 p.m.

LUNCH SESSIONS | 12:45 p.m. - 1:45 p.m.

R-01	Trainee Case Reports	
L-02	Idiopathic Hypersomnia is a Distinct Clinical Condition	Yves Dauvilliers, MD, PhD (Pro) David Plante, MD (Con)
M-06	Circadian Medicine: A Practical Approach to the Diagnosis and Management of Circadian Rhythm Sleep-Wake Disorders	Sabra Abbott, MD, PhD
M-07	Sleep is Heading Home	Cathy Goldstein, MD
M-08	Chronic Sleep Disruption: Delayed Repercussions	Sigrid Veasey, MD
M-09	Management of Complicated Restless Leg Syndrome	John Winkelman, MD, PhD
M-10	Calming the Furies: Management of RBD	Michael Howell, MD

GENERAL SESSIONS | 1:45 p.m. - 2:45 p.m.

LBA	Late Breaking Abstracts	
I-07	Enhancing Sleep Literacy Among College Students Through A General Education Course	Charles Czeisler, MD, PhD
I-08	Development Needs Sleep and Sleep Needs Development	Mark Blumberg, PhD
O-18	New Insights Into Sleep and Aging	

O-19	Sleep and Mental Health	
O-20	Sleep and Circadian Biomarkers: What Can We Learn from Them?	
REFRESHMENT BREAK 2:45 p.m. - 3:15 p.m.		
GENERAL SESSIONS 3:15 p.m. - 5:15 p.m.		
W-04	Noninvasive Ventilation (NIV) for Sleep-Related Hypoventilation Syndromes: Navigating the Devices and Reimbursement Guidelines	Sreelatha Naik, MD, Chair Michelle Cao, DO Lisa Wolfe, MD
W-05	Innovations in Behavioral Sleep Medicine: Interventions for Narcolepsy, Sleep Apnea, and REM Sleep Behavior Disorder	Jennifer Mundt, PhD, Chair Kelly Baron, PhD Yelena Chernyak, PhD Christina Pierpaoli Parker, PhD
D-09	Narcolepsy & Pregnancy: Elevating Patient and Clinician Voices to Explore Best Practices and Shared Decision-Making	Anne Morse, DO, Chair Diana Anderson, PA-C Ryan Anderson Awanthif Dhanya Mackeen, MD Ashley Nutter Michelle Zagardo
S-13	Preventing Depression with CBT for Insomnia: Evidence in Adults, Older Adults, and Perinatal Women	Andrew Krystal, MD, Chair Philip Cheng, PhD Jennifer Felder, PhD Michael Irwin, MD
S-14	Addressing the Myths, Misconceptions and Misused Science of Time Change Policy	Karin Johnson, MD, Chair Christina Chick, MD Jay Pea Shannon Sullivan, MD
O-21	Sleep Health Disparities Across the Lifespan: Determinants, Consequences, and Intervention	
POSTER RECEPTION 5:15 p.m. - 7:15 p.m.		

REGISTRATION OPEN | 7:30 a.m. - 5:00 p.m.

GENERAL SESSIONS | 8:00 a.m. - 10:00 a.m.

D-10	Clinical Trials of OSA Treatment in Cardiovascular Disease – What Does the Future Hold?	Sonja Schueta, MD, Chair Shahrokh Javaheri, MD Karin Johnson, MD Allan Pack, MBChB, PhD Sanjay Patel, MD Susan Redline, MD Amy Sawyer, PhD, RN
S-15	Evaluation and Management of Sleep and Circadian Rhythm Disturbances to Improve Symptoms of Alzheimer's Disease and Other Dementias	Brendan Lucey, MD, Chair Ruth Benca, MD, PhD Glenna Brewster, PhD, RN, FNP-BC Omonigho Bubu, MD, PhD Adam Spira, PhD
O-22	Pediatrics: What a Snore!	
O-23	First-Line Treatments in Insomnia: Understanding Hypnotic Use to Disseminate Cognitive-Behavioral Treatment	
O-24	The Impact of Emotion and Stress on Sleep	
O-25	Roles of Sleep, Circadian, and Behavioral Cycles in Cardiometabolic and Psychological Health	

EXHIBIT HALL OPEN | 10:00 a.m. - 1:30 p.m.

REFRESHMENT BREAK | 10:00 a.m. - 10:30 a.m.

GENERAL SESSIONS | 10:30 a.m. - 12:30 p.m.

D-11	Moving Past Validation: Best Practices for Rapid but Rigorous Evaluation of Technology to Assess Sleep and Circadian Health	Michael Grandner, PhD, Chair Orfeu Buxton, PhD Massimiliano de Zambotti, PhD Cathy Goldstein, MD Luca Menghini, MD Susan Redline, MD Meredith Wallace, PhD Ying Zhang, MD
S-16	From Adaptation to Implementation: Leveraging Implementation Science to Promote Equity in Non-Pharmacological Insomnia Treatments	Suzanne Bertisch, MD, Chair Carmela Alcántara, PhD Ariel Williamson, PhD Eric Zhou, PhD
S-17	Disturbed Daily Activity Patterns and Alzheimer's Disease: Latest Updates and Future Questions	Kun Hu, PhD, Chair Marilyn J. Duncan, PhD Yo-El Ju, MD Peng Li, PhD
O-26	Sleep and Cardiopulmonary Disease	
O-27	Sleep and Medical Comorbidities	

LUNCH BREAK | 12:30 p.m. - 1:45 p.m.

LUNCH SESSIONS | 12:30 p.m. - 1:45 p.m.

L-03	Cannabis: Good or Not for Sleep?	Bharati Prasad, MD (Pro) Bhanu Kolla, MD (Con)
M-11	Sleep and Memory	Sara Aton, PhD
M-12	Circadian Rhythms and Cardiovascular Health	Frank Scheer, PhD
M-13	Sleep Health Disparities During the Coronavirus Pandemic: What's Next?	Chandra Jackson, PhD
M-14	School Start Time: Pros and Cons	Rafael Pelayo, MD
M-15	Understanding Sleep and Cognition in Development	Rebecca Spencer, PhD

GENERAL SESSIONS | 1:45 p.m. - 2:45 p.m.

I-09	Sleep and Neurodegeneration	Yo-El Ju, MD
I-10	Social Determinants of Sleep Health	Lauren Hale, PhD
O-28	Sleep and Neurologic Disorders	
O-29	Pediatrics: Sleepy Children	

REFRESHMENT BREAK | 2:45 p.m. - 3:15 p.m.

GENERAL SESSIONS | 3:15 p.m. - 5:15 p.m.

D-12	How New and Emerging Technologies Will Shape the Future of Sleep and Circadian Medicine	Clete Kushida, MD, PhD, Chair J. Steven Alexander, PhD Mark Buchfuhrer, MD Mariana Figueiro, PhD Jonathan Rivnay, PhD Don Tucker, PhD Andrew Vakulin, PhD Andrew Wellman, MD, PhD
D-13	Wake Up and Learn: Implementation, Expansion, and Outcomes of a School-Based Sleep Education and Surveillance Program	Anne Morse, DO, Chair Kristina Blessing Denise Liscum Sarah Zultevicz
S-18	Incorporating Actigraphy and Other Wearable Devices into Sleep Health Research: Methodological Challenges and Opportunities	Meredith Wallace, PhD, Chair Linying Ji, PhD Soomi Lee, PhD Daniel Roberts, PhD
O-30	Non-PAP Treatment for Sleep Apnea	
O-31	Implementing, Tailoring & Predicting Insomnia Therapies	

TECHNOLOGIST TRACK SCHEDULE

Technologist Track

Schedule and speakers are subject to change without notice.

SUNDAY

TECHNOLOGIST TRACK | 3:15 p.m. - 5:15 p.m.

Hands-On

Advanced PAP Modalities for Sleep-Related Respiratory Disorders - Case-Based Session

Michelle Cao, DO, Co-Chair
Robert Stansbury, MD, Co-Chair
Sreelatha Naik, MD | Caroline Okorie, MD
Ashima Sahni, MD | Lisa Wolfe, MD

MONDAY

TECHNOLOGIST TRACK | 10:30 a.m. - 11:30 a.m.

T-01

PAP Titrations

Michelle Cao, DO, Chair | Kirat Gill, MD
Ashima Sahni, MD

TECHNOLOGIST TRACK | 11:30 a.m. - 12:30 p.m.

T-02

Current Issues in Sleep Center Management

Thomas Arrington, RPSGT, RST, Co-Chair
Christopher Hope, MD, Co-Chair

LUNCH BREAK | 12:30 p.m. - 1:45 p.m.

TECHNOLOGIST TRACK | 1:45 p.m. - 2:45 p.m.

T-03

Pediatrics Update

Caroline Okorie, MD, Chair
Olufunke Afolabi-Brown, MD | Lourdes DelRosso, MD

REFRESHMENT BREAK | 2:45 p.m. - 3:15 p.m.

TECHNOLOGIST TRACK | 3:15 p.m. - 5:15 p.m.

T-04

Non-PAP Alternatives for Sleep-Disordered Breathing-Essentials

Robert Stansbury, MD, Chair | Robson Capasso, MD
Vicki Cohn, DDS | Marat Fudim, MD
Andrew Wellman, MD, PhD

TECHNOLOGIST TRACK SCHEDULE

Technologist Track

Schedule and speakers are subject to change without notice.

TUESDAY

TECHNOLOGIST TRACK | 8:00 a.m. - 9:00 a.m.

T-05

Sleep Related Movement Disorders

*Emmanuel During, MD, Chair
Oliver Sum-Ping, MD*

TECHNOLOGIST TRACK | 9:00 a.m. - 10:00 a.m.

T-06

What Do We Know About Substances and Sleep?

*Sai Venkateshiah, MD, Chair
Kara Dupuy-McCauley, MD | Shahrokh Javaheri, MD
Ashima Sahni, MD*

REFRESHMENT BREAK | 10:00 a.m. - 10:30 a.m.

TECHNOLOGIST TRACK | 10:30 a.m. - 12:30 p.m.

T-07

Complex sleep Related Respiratory Disorders

*Sai Venkateshiah, MD | Dave Balachandran, MD
Michelle Cao, DO | Lauren Tobias, MD*

LUNCH BREAK | 12:30 p.m. - 1:45 p.m.

TECHNOLOGIST TRACK | 1:45 p.m. - 2:45 p.m.

T-08

Artificial Intelligence and Sleep

*Maryann Deak, MD, Chair
Steven Holfinger, MD
Octavian Ioachimescu, MD, PhD
Azizi Seixas, PhD*

REFRESHMENT BREAK | 2:45 p.m. - 3:15 p.m.

TECHNOLOGIST TRACK | 3:15 p.m. - 4:15 p.m.

T-09

Sleep ISR Panel

*Anuja Bandyopadhyay, MBBS, MD, Co-Chair
Mark McCarthy, MD, Co-Chair
Brian Robertson, MD, Co-Chair
Scott Williams, MD, Co-Chair
Claude Albertario, RST, RPSGT
Matthew Balog, MPH, CCSH, RPSGT
Faye Burnette, RPSGT | Ameet Daftary, MD
Michael Zachek, MD*

INVITED LECTURERS

★KEYNOTE SPEAKER

SUSAN REDLINE, MD



Monday, June 6 | 9:00 a.m. – 10:00 a.m.

Peter C. Farrell Professor of Sleep Medicine, Brigham and Women's Hospital

Retiring our Procrustean Bed: Recognizing the Myriad Pathways that Sleep Apnea Increases Cardiovascular Disease Risk

Susan Redline, MD, is the Peter C. Farrell Professor of Sleep Medicine at Harvard Medical School, professor of epidemiology at Harvard TH Chan School of Public Health, and director of the Programs in Sleep and Cardiovascular Medicine and Sleep Medicine Epidemiology at Brigham and Women's Hospital. Dr. Redline leads the Sleep Reading Center for several major NIH multicenter studies and has led large cohort studies investigating cardiovascular and neurocognitive outcomes of sleep disorders. Redline co-authored more than 600 manuscripts and has served the sleep medicine community in many ways, including as a past board member of the Sleep Research Society and American Academy of Sleep Medicine.

SANJAY PATEL, MD



Monday, June 6 | 10:30 a.m. – 11:30 a.m.

Professor of Medicine, Epidemiology, and Clinical and Translational Science, University of Pittsburgh

Re-Imagining the Diagnosis of Obstructive Sleep Apnea

Sanjay R. Patel, MD, is a professor of medicine, epidemiology, and clinical and translational science at the University of Pittsburgh, where he directs the Center for Sleep and Cardiovascular Outcomes Research. He is a board-certified sleep medicine physician and directs the Comprehensive Sleep Disorders Center at the University of Pittsburgh Medical Center (UPMC). His research has focused on the epidemiology of sleep duration and sleep apnea focusing on the bi-directional impact of sleep disorders with cardio-metabolic disease as well as racial disparities in sleep health outcomes. Most recently, he chaired the Sleep-Related Breathing Disorders working group for the upcoming revision of the ICSD-3.

MIRANDA LIM, MD, PHD



Monday, June 6 | 10:30 a.m. – 11:30 a.m.

Associate Professor of Neurology, Oregon Health & Science University

Sleep and Neurotrauma (TBI/PTSD): From Bench to Bedside and Back Again

Miranda M. Lim, MD, PhD, is an associate professor in neurology at Oregon Health & Science University and a staff neurologist and research investigator at the VA Portland Health Care System. She completed fellowship training in sleep medicine at the University of Pennsylvania, pursuing postdoctoral research that identified a novel dietary therapy composed of branched chain amino acids for the treatment of sleep-wake disturbances following mild traumatic brain injury, and she was awarded the Sleep Research Society Young Investigator Award for this work. Dr. Lim is currently supported by the VA, DoD, NSF, and NIH to perform translational sleep research on rodent models and human subjects with neurodevelopmental disorders, TBI, PTSD, and neurodegenerative disorders.

RONALD CHERVIN, MD



Monday, June 6 | 1:45 p.m. – 2:45 p.m.

Professor of Neurology, University of Michigan

Childhood OSA: Challenges and Opportunities

Ronald D. Chervin, MD, is a professor of neurology at the University of Michigan, where he holds the Michael S. Aldrich Collegiate Professorship in Sleep Medicine. Dr. Chervin's research, funded by the NIH since 1997, has addressed a wide range of issues in sleep medicine across the lifespan, with particular focus on obstructive sleep apnea, daytime sleepiness, subjective and objective assessment techniques, biomedical innovation, and cognitive and behavioral consequences of childhood sleep disorders. He is a past president of the American Academy of Sleep Medicine and the Associated Professional Sleep Societies, and a former board member of the Sleep Research Society.

THOMAS SCAMMELL, MD



Monday, June 6 | 1:45 p.m. – 2:45 p.m.

Professor, Beth Israel Deaconess Medical Center

The Neurobiology of Narcolepsy: What Sleepy Mice Can Teach Us about Sleepy People

Thomas Scammell, MD, is a professor of neurology at Harvard Medical School, Beth Israel Deaconess Medical Center, and Boston Children's Hospital, in Boston, Massachusetts. For the last 25 years, Dr. Scammell has run a research lab at Beth Israel Deaconess Medical Center focused on identifying the neural mechanisms that control sleep and wakefulness. He has received several NIH grants to study the control of sleep and wakefulness by the hypothalamus and brainstem. He is a section editor for UpToDate and Principles and Practice of Sleep Medicine and was a deputy editor of Sleep. He has published more than 150 research articles, reviews, and chapters.

TOM ROTH LECTURE OF EXCELLENCE

CHARLES CZEISLER, MD, PHD



Tuesday, June 7 | 1:45 p.m. – 2:45 p.m.

Frank Baldino, Jr., PhD Professor of Sleep Medicine and Director, Division of Sleep Medicine, Division of Sleep Medicine at Harvard Medical School and Brigham and Women's Hospital

Enhancing Sleep Literacy Among College Students through a General Education Course

Charles Czeisler, PhD, MD, co-founded and directs the Division of Sleep Medicine at Harvard Medical School, where he is the Frank Baldino, Jr., PhD Professor of Sleep Medicine and Professor of Medicine. He teaches three undergraduate courses at Harvard College and is founding Chief of the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital. Dr. Czeisler discovered that light resets the brain's circadian clock in humans, even in some totally blind people, and that light can be used to effectively treat maladaptation to night shift work. Dr. Czeisler directs the largest NIH-supported sleep- and circadian-research training program in the nation and led NASA's Sleep Team.

ISABELLE ARNULF, MD, PHD



Tuesday, June 7 | 10:30 a.m. – 11:30 a.m.

Professor of Neurology, Sorbonne University

Sleeping Too Much: The Challenges of Idiopathic Hypersomnia

Isabelle Arnulf, MD, PhD, is a professor of neurology at Sorbonne University in Paris and director of the Sleep Disorders Center and the National Reference Center for Rare Hypersomnias at Pitie-Salpetriere hospital in Paris, France. Her research thematics are focused on the mechanisms of idiopathic hypersomnia and Kleine-Levin syndrome, as well as abnormal behaviors during sleep.

MARK BLUMBERG, PHD



Tuesday, June 7 | 1:45 p.m. – 2:45 p.m.

Professor and Department Chair, The University of Iowa

Development Needs Sleep and Sleep Needs Development

Mark Blumberg, PhD, is chair and F. Wendell Miller Professor in the Department of Psychological & Brain Sciences at the University of Iowa. His research focuses on the development, neural mechanisms, and functions of sleep. He has had continuous NIH funding since 1994, including a MERIT Award (2014-2024). He has also written several books, including *Freaks of Nature: What Anomalies Tell Us about Development and Evolution*, and co-edited *The Oxford Handbook of Developmental Behavioral Neuroscience*.

YO-EL JU, MD



Wednesday, June 8 | 1:45 p.m. – 2:45 p.m.

Professor of Neurology, Washington University

Sleep and Neurodegeneration

Yo-El Ju, MD, is a physician-scientist studying the relationship of sleep and neurodegenerative diseases, and the Barbara Burton and Reuben Morriss III Professor of Neurology at Washington University in Saint Louis. She co-directs the Center on Biological Rhythms and Sleep (COBRAS) at Washington University. In addition to leading a robust research program on sleep and Alzheimer's disease, she is co-principal investigator for the North American Prodromal Synucleinopathy (NAPS) Consortium for REM sleep behavior disorder. In addition to her research work, she sees patients at the Washington University Sleep Medicine Center and at Barnes-Jewish Hospital.

LAUREN HALE, PHD



Wednesday, June 8 | 1:45 p.m. – 2:45 p.m.

Professor of Family, Population, and Preventive Medicine, Stony Brook University

Social Determinants of Sleep Health

Lauren Hale, PhD, is a professor of Family, Population, & Preventive Medicine and served on faculty at the Program in Public Health at Stony Brook Medicine in New York. Hale is an expert in the social patterns of sleep and how it contributes to a cycle of inequality in health and well-being. She is currently researching what factors affect teenagers and young adults for determining how much they sleep and the consequences of their sleep patterns on their physical and mental health. Hale is the founding editor-in-chief of the *Sleep Health Journal* and has published over 100 peer-reviewed articles.

POSTGRADUATE COURSES

Enjoy additional sleep content with one or more of the SLEEP 2022 postgraduate courses. Choose from full-day or half-day courses on your topic of interest. These sessions are an excellent resource for in-depth information regarding a variety of topics in sleep medicine and sleep research. You must be registered for SLEEP 2022 general sessions to register for postgraduate courses.

SATURDAY, JUNE 4

FULL-DAY COURSES | 8:00 a.m. - 5:00 p.m.

C-01: Year in Review 2022

This annual course discusses new perspectives and recent findings in translational science from the past year.

Co-Chairs: Julio Fernandez-Mendoza, PhD, and Rebecca Spencer, PhD
Carmela Alcantara, PhD | Bengi Baran, PhD
Massimiliano de Zambotti, PhD | Charles Morin, PhD
Erna Sif Arnardottir, PhD | Marie-Pierre St-Onge, PhD | Evan Winiger, PhD

C-02: Trends in Sleep Medicine

This annual course focuses on topics that are important to the practice of clinical sleep medicine.

Co-Chairs: Christopher Depner, PhD, and Shalini Paruthi, MD
Clare Anderson, PhD | Seema Khosla, MD | Amy Licis, MD
Andrea Matsumura, MD | Aric Prather, PhD | Jaspal Singh, MD

C-03: Basics of Sleep Guide and Beyond

This course will provide an opportunity for clinicians and scientists new in the field of sleep medicine and sleep research to obtain a ground-floor introduction to important knowledge and concepts from the basic scientific scaffolding for understanding changes that occur as a result of disease states.

Co-Chairs: Alexandria Cooley Reynolds, PhD, and James Shaffery, DPhil
Fiona Baker, PhD | Mary Carskadon, PhD | Mark Opp, PhD
Frank Raven, PhD | Rebecca Robbins, PhD | Frank Scheer, PhD
Jonathan Wisor, PhD | Kenneth Wright, PhD

SUNDAY, JUNE 5

FULL-DAY COURSES | 8:00 a.m. - 5:00 p.m.

C-04: 2022 State of the Art for Clinical Practitioners

This annual course focuses on the best practices for evaluating, diagnosing, and treating the most common sleep disorders in clinical practice.

Co-Chairs: Alon Avidan, MD, and Romy Hoque, MD
Donald Bliwise, PhD | Lourdes DelRosso, MD | David Kent, MD
Douglas Kirsch, MD | Melissa Knauert, MD | Lisa Wolfe, MD

		Member	Non-Member
Full-Day Postgraduate Course	Registrant	\$150	\$200
Half-Day Postgraduate Course	Registrant	\$85	\$150

C-05: PedSleep 2022: A Personalized Medicine Approach for Diagnosing, Managing, and Understanding Pediatric Sleep-Disordered Breathing

This course will review the most recent precision medicine approaches for evaluating, diagnosing, and treating sleep-disordered breathing in infants, children, and adolescents using endotyping and phenotyping and management of treatable traits of comorbidities.

Chair: Madeleine Grigg-Damberger, MD
Rakesh Bhattacharjee, MD | Umakanth Katwa, MD | Eliot Katz, MD
Sanjeev Kothare, MD | Anne Marie Morse, DO | Mary Musso, MD
Kathy Wolfe, MD

HALF-DAY COURSE | 8:00 a.m. - 12:00 p.m.

C-06: Sleep Odysseys: Evolution of Sleep Medicine Practice in a Time of Disruption

This course will review four different practice models and review the impact of these changes and how various practices adopted and evolved with a look towards possibilities for the future of sleep medicine.

Chair: Douglas Kirsch, MD
Fariha Abassi-Feinberg, MD | Dennis Hwang, MD | Seema Khosla, MD

HALF-DAY COURSES | 1:00 p.m. - 5:00 p.m.

C-07: The Ones and Zeros of Digitizing Your Practice: Roadmap to Choosing Digital Health Solutions

This postgraduate course will serve as an introduction for clinicians who are interested in integrating artificial intelligence (AI)-enabled solutions into their practice.

Chair: Anuja Bandyopadhyay, MBBS, MD
Ambrose Chiang, MD | Cathy Goldstein, MD | Jaspal Singh, MD

C-08: Addressing Four Current Issues in Managing RLS

This course is intended to address four current RLS management issues.

Chair: Christopher Earley, PhD, MBBCh
William Ondo, MD, PhD | Shalini Paruthi, MD
John Winkelman, MD, PhD



MEET THE PROFESSORS

AASM/SRS Member \$55 | Nonmember \$65

Enjoy lunch while participating in a discussion led by a prominent member of the sleep community. Sessions will have approximately 60 participants and will be focused on a specific topic. Lunch is provided with registration of this session.

MONDAY, JUNE 6

12:45 p.m. – 1:45 p.m.

M-01: Navigating the CPAP Recall with OAT: Improving Access to Care in the Ambulatory Pulmonary & Sleep Medicine Setting
Michelle Cantwell, DMD

M-02: Sleep in Women: Recent Advances and Future Directions
Martica Hall, PhD

M-03: The Use of MSLT in Narcolepsy
Chad Ruoff, MD

M-04: Telehealth in Sleep Medicine
Kathleen Sarmiento, MD

M-05: Management of Hypercapnic Respiratory Failure
Brendon Yee, MBChB, PhD

TUESDAY, JUNE 7

12:45 p.m. – 1:45 p.m.

M-06: Circadian Medicine: A Practical Approach to the Diagnosis and Management of Circadian Rhythm Sleep-Wake Disorders
Sabra Abbott, MD, PhD

M-07: Sleep is Heading Home
Cathy Goldstein, MD

M-08: Chronic Sleep Disruption: Delayed Repercussions
Sigrid Veasey, MD

M-09: Management of Complicated Restless Legs Syndrome
John Winkelman, MD, PhD

M-10: Calming the Furies: Management of RBD
Michael Howell, MD

WEDNESDAY, JUNE 8

12:45 p.m. – 1:45 p.m.

M-11: Sleep and Memory
Sara Aton, PhD

M-12: Circadian Rhythms and Cardiovascular Health
Frank Scheer, PhD

M-13: Sleep Health Disparities During the Coronavirus Pandemic: What's Next?
Chandra Jackson, PhD

M-14: School Start Time: Pros and Cons
Rafael Pelayo, MD

M-15: Understanding Sleep and Cognition in Development
Rebecca Spencer, PhD



LUNCH DEBATES

AASM/SRS Member \$55
Nonmember \$65

Spend your lunch exploring hot topics and listening in on a lively debate of opposing viewpoints. Sessions will have approximately 80 participants and will feature a debate on a specific topic.

Lunch is included with registration of this session.

MONDAY, JUNE 6

12:45 p.m. – 1:45 p.m.

L-01: Consumer Technology:
Does it Have a Place in Sleep Medicine?
Sean Drummond, MD (Pro) | Maryann Deak, MD (Con)

TUESDAY, JUNE 7

12:45 p.m. – 1:45 p.m.

L-02: Idiopathic Hypersomnia is a Distinct Clinical Condition
Yves Dauvilliers, MD, PhD (Pro) | David Plante, MD, PhD (Con)

WEDNESDAY, JUNE 8

12:45 p.m. – 1:45 p.m.

L-03: Cannabis: Good or Not for Sleep?
Bharati Prasad, MD (Pro) | Bhanu Kolla, MD (Con)



SRS[®] Virtual Seminar Series

Monthly opportunities for trainees and early career investigators to deliver professional talks to an audience of peers and colleagues through online seminars.

<https://www.sleepresearchsociety.org/career-education/virtual-seminar-series/>



REGISTER TODAY!

2021 SLEEP MEDICINE ESSENTIALS ON-DEMAND



Refresh your fundamental knowledge of sleep medicine with 2021 Sleep Medicine Essentials On-Demand! Purchase this course today to hear 11 experts share 17 lectures covering the breadth of sleep medicine.

BUY NOW

INTERESTED IN SUPPORTING THE NEXT GENERATION OF SLEEP & 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?
- Do you think an additional \$50,000 in research funding would have helped jump-start your career?



The SRS Foundation provides funding for travel grants, mentor programs, grant writing workshops, investigator research awards, and other programs that benefit early-career investigators.

DONATE TODAY!

Your contribution will help underwrite these programs to recruit the best and brightest to the sleep and circadian sciences.



Make your donation today at...

sleepresearchsociety.org/foundation



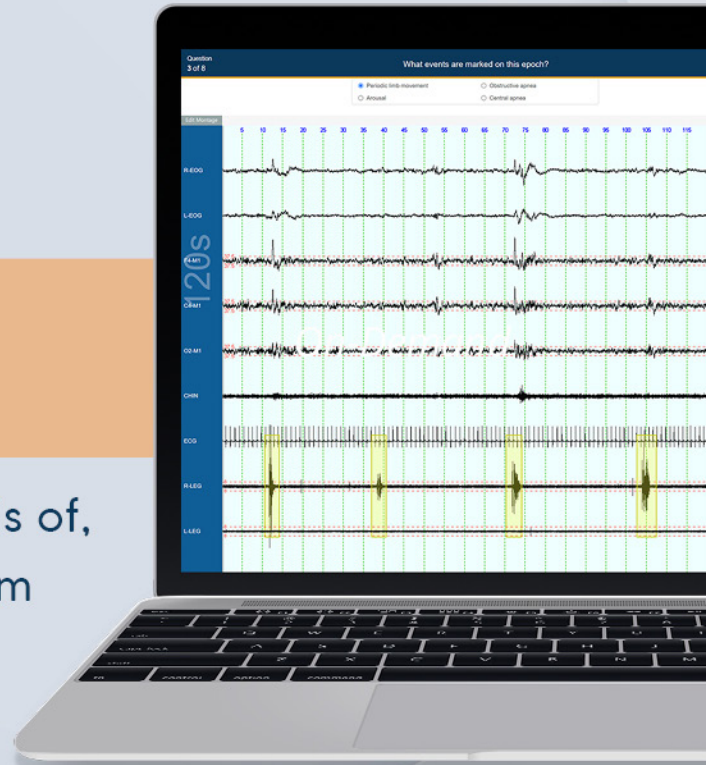
...or by scanning the QR code.
All contributions are tax-deductible.



New for 2022!

THE SLEEP ISR SCORING COURSE

Learn the concepts behind, and the skills of, scoring an in-laboratory polysomnogram with the new online teaching program, Sleep ISR Scoring Course!



LEARN MORE AT [ISR.AASM.ORG](https://www.isr.aasm.org)



Trainee Symposia SERIES

Back in person on June 5, 2022

The Trainee Symposia Series is intended to foster scientific investigation, professional education and career development in sleep and circadian research as well as academic sleep medicine.

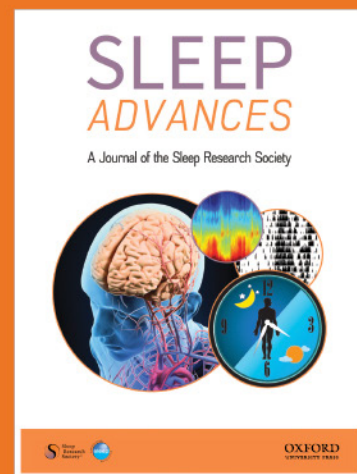
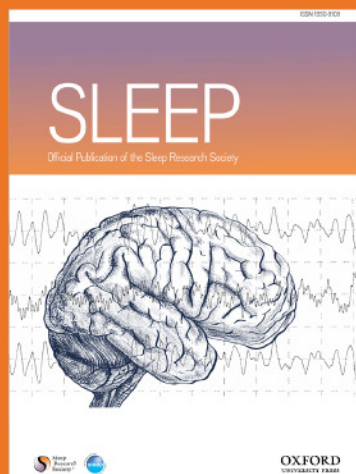
To register and get more information visit

sleepresearchsociety.org/trainees/srs-trainee-opportunities/



AS A FULL MEMBER OF THE SLEEP RESEARCH SOCIETY, YOU HAVE ACCESS TO THE MOST RECENT ISSUES AND THE FULL ARCHIVES OF THE JOURNAL *SLEEP* AND JOURNAL *SLEEP ADVANCES*.

- Publish your work in *SLEEP* and *SLEEP Advances*!
- Members receive discounted open access fees.



Learn more at sleepresearchsociety.org/publications



NEW Specialty Practice Accreditation

Cardiology practices that partner with an AASM accredited sleep facility are eligible to participate in a new accreditation program that improves patient access to OSA care.

Learn More

EXHIBIT HALL

Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2022 exhibit hall! Every year SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies all with the goal of bringing you the latest advancements in sleep medicine.

Exhibit Hall Hours

Monday, June 6 10:00 a.m. – 4:00 p.m.

Tuesday, June 7 10:00 a.m. – 4:00 p.m.

Wednesday, June 8 10:00 a.m. – 1:30 p.m.

You must be at least 12 years of age to enter the exhibit hall.

Advance Your Career *with the* **A-STEP CASH EDUCATION PROGRAM**

Start your path towards a Certification in Clinical Sleep Health (CASH) credential with the A-STEP CASH Education Program!



LEARN MORE



**CAREER
GROWTH**



**IMPROVED
PATIENT CARE**



**INCREASED
OPPORTUNITIES**

NETWORKING

SLEEP Store

Visit the SLEEP Store to learn about AASM and SRS products! Interact with peers and employees of the societies and take advantage of some course exclusive product bundles.

Membership Meetings



AASM MEMBERSHIP MEETING

Monday, June 6 | 12:30 p.m. – 1:45 p.m.



Sleep
Research
Society®

SRS MEMBERSHIP MEETING

Tuesday, June 7 | 12:45 p.m. – 1:45 p.m.

Poster Hall Receptions

Posters will be on display June 5-7 in the poster hall. Authors will present at their posters to discuss their research. A reception will take place each evening in the poster hall:

Sunday, June 5 5:15 p.m. - 7:15 p.m.

Monday, June 6 5:15 p.m. - 7:15 p.m.

Tuesday, June 7 5:15 p.m. - 7:15 p.m.

Attendee Networking Opportunities

Looking for even more to do while you're in Charlotte? Monitor your email for a list of networking events from Industry Sponsored Events to a 5K run invitation, or local dinner deals for attendees.



Sleep Research Society®

27TH ANNUAL TRAINEE SYMPOSIA SERIES

The 27th Annual Sleep Research Society Trainee Symposia Series will be held Sunday, June 5, 2022 at the Charlotte Convention Center. The series is free to student attendees of SLEEP 2022. You must be registered for the SLEEP 2022 general session to participate. The deadline to register for the Trainee Symposia Series is May 8, 2022. Registrations will not be accepted after this date.

TRAINEE NETWORKING DEVELOPMENT SUITE

The Trainee Networking Development Suite offers SRS and AASM trainee members an opportunity to network with other trainees, experienced researchers and mentors in sleep and circadian science. Breakfast and lunch sessions will be offered, but the suite will be open all day for trainees to utilize. Visit sleepresearchsociety.org/trainees/srs-trainee-opportunities for more information.

CLUB HYPNOS

Attend the SRS member reception "Club Hypnos" at the Westin Charlotte. Attendees love socializing with their colleagues over food and drink. As one of the most attended events for SRS, Club Hypnos is something you won't want to miss!

THINGS TO DO

Charlotte, the Queen City, is an amazing venue for a return to in-person SLEEP. It is a busy city that has a quaint and comfortable feeling. The charm is felt everywhere as you stroll the streets and see a variety of popular restaurants, small businesses, sports venues, and even the NASCAR Hall of Fame. Here are a few things we recommend you put on your list for this trip to Back to SLEEP.

- NASCAR Hall of Fame
 - » Racing fans and those who don't know anything about cars can enjoy this awesome museum. You can practice being part of the pit crew or take a race car for a virtual spin.
- Marshall Park
 - » A 5.5-acre urban park featuring a large fountain and lake, an amphitheater, a statue of Martin Luther King, Jr., and a Holocaust memorial monument.
- U.S. National Whitewater Center
 - » Recreation grounds with whitewater rafting, canoeing, kayaking, rappelling, rock climbing, and more.
- Mint Museum Uptown
 - » Museum showcasing international art, plus live performances, and educational programs for all ages.
- Bechtler Museum of Modern Art
 - » A 36,500-square-foot museum space dedicated to the exhibition of mid-20th-century modern art.
- Optimist Hall
 - » Hip site with a wide variety of food and bar stands plus art, events, and indoor-outdoor seating.
- The Market at 7th Street
 - » Lively indoor market hosting local shops, bars, bakeries and a variety of counter-serve eateries.
- Charlotte Premium Outlets
 - » Outlet mall with 100+ stores to shop at.

For more information and details, visit <https://www.charlottesgotalot.com/>. Keep a lookout for the "Show Your Badge" program that will list restaurants and locations where you can enjoy discounts because you're a SLEEP attendee.

DID YOU KNOW the Foundation provides funding for these awards/scholarships?

- SRSF Career Development Award
- SRS Mentor-Mentee Award
- SRS Small Research grant
- SRSF Scholarships to Young Investigator's Research Forum
- SLEEP meeting Post Graduate Course Scholarships
- SLEEP meeting Undergraduate Scholarships
- Scholarships to Advances in Sleep & Circadian Science



Sleep
Research
Society
Foundation

*Supporting Sleep and
Circadian Research*

LEARN MORE @ <https://www.sleepresearchsociety.org/foundation/>

CONTACT

Associated Professional Sleep Societies, LLC

2510 N. Frontage Road, Darien, IL 60561

Ph: (630) 737-9700 | Fax: (630) 737-9790

sleepmeeting.org

ADVERTISING, EXHIBIT HALL, AND SPONSORSHIP OPPORTUNITIES

Annette Delagrange

Senior Sales Manager

adelagrange@sleepmeeting.org

CONTINUING EDUCATION

Alyssa Ebersole

CME Specialist

aebersole@sleepmeeting.org

COURSES, SESSIONS, AND ABSTRACTS

Jen Luedtke

Meeting Planner

jluedtke@sleepmeeting.org

MEDIA AND PUBLIC RELATIONS

Communications Coordinator

media@aasm.org

REGISTRATION AND OTHER MEETING INQUIRIES

info@sleepmeeting.org

Program Committee

Shalini Paruthi, MD, Chair

St. Luke's Hospital, Sleep Medicine and Research Center

Saint Louis University School of Medicine

Saint Louis, MO

Rebecca Spencer, PhD, Co-Chair

University of Massachusetts Amherst

Amherst, MA

Elda Arrigoni, PhD

Beth Israel Deaconess Medical Center/

Harvard Medical School

Boston, MA

Alon Y. Avidan, MD

University of California, Department of Neurology

Los Angeles, CA

Christopher Depner, PhD

University of Utah

Salt Lake City, UT

Deborah Hong, MD

National Jewish Health Sleep Center

Denver, CO

Romy Hoque, MD

Emory University

Atlanta, GA

Dayna Johnson, PhD

Emory University

Atlanta, GA

Julio Fernandez-Mendoza, PhD

Psychologist Reviewer

Penn State College of Medicine

Hershey, PA

Ravi Allada, MD

SRS Board Liaison

Northwestern University

Chicago, IL

James A. Rowley, MD

AASM Board Liaison

Wayne State University School of Medicine

Detroit, MI

Steve Van Hout

Executive Director



SLEEP2022