

SLEEP 2026

BALTIMORE, MD | JUNE 14-17

40th ANNUAL
MEETING

SCHEDULE ANNOUNCEMENT



SLEEP 2026

BALTIMORE, MD | JUNE 14-17

40th ANNUAL MEETING

SLEEP 2026, the 40th annual meeting of the Associated Professional Sleep Societies (APSS), is a joint meeting of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). 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.

[Learn more about our general information.](#)

General Session Registration

General registration includes admission to all general sessions, the AAST Annual Meeting, industry supported events, poster hall, and the exhibit hall. Additional fees are required to attend ticketed events.

General Registration	FIRST EARLY BIRD Through March 16	SECOND EARLY BIRD March 17 – May 4	REGULAR RATE May 5 – June 11	ON-SITE RATE June 12 – 17
Individual Member	\$425	\$500	\$575	\$650
Individual Nonmember	\$625	\$700	\$775	\$850
Resident/Postdoctoral Member	\$180	\$200	\$210	\$220
Resident/Postdoctoral Nonmember	\$250	\$285	\$315	\$345
Student/Predocctoral Member	\$95	\$110	\$120	\$130
Student/Predocctoral Nonmember	\$150	\$170	\$185	\$200
Team Member*	\$225	\$260	\$290	\$320
Sleep Medicine Patient Advocate	\$60	\$65	\$65	\$65
Retired/Emeritus Member**	\$120	\$155	\$185	\$215
International – Low-Income Economies***	\$30	\$45	\$60	\$75
International – Lower-Middle Income Economies***	\$50	\$70	\$85	\$100
International – Upper-Middle Income Economies***	\$150	\$185	\$215	\$245
Guest****	\$125	\$135	\$135	\$135

**Team Members must be an AASM Team Member, SRS Associate Member, or AAST Member*

***Retired/Emeritus Member registrants must have obtained "Retired" or "Emeritus Fellow" standing with AASM or "Emeritus" status with SRS.*

****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](#).*

*****Immediate family of a registered attendee; access to exhibit hall, poster hall, industry supported events only.*



Ticketed Sessions

Attendees may not register for ticketed events without registering for the SLEEP 2026 General Session.

Ticketed Sessions	Member	Nonmember
Full-Day Postgraduate Course	\$175	\$300
Half-Day Postgraduate Course	\$100	\$175
Hands-On Postgraduate Course	\$275	\$375
Meet the Professors <i>Includes Boxed Lunch</i>	\$60	\$70
Lunch Debates <i>Includes Boxed Lunch</i>	\$60	\$70

[Learn more about our additional offerings and purchase details.](#)

Remember to Register for Credits

Follow the instructions below to ensure that you receive credit for SLEEP 2026:

NEW THIS YEAR: There is no fee to claim continuing education credits; however, you must select the appropriate credits during registration in order to be eligible to claim them after the meeting.

To claim your credit following the meeting, follow the instructions provided in the email that will be sent to you.

Deadline to Claim credits:

August 1, 2026 for CE for Psychologists.




April 22, 2027 for CME, Letters of Attendance, and AASM CEC.

April 22, 2027 for MOC and ABPN SA CME.

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

[Learn more about credits offered and how to claim.](#)

Session Type Descriptions

A	AAST Annual Meeting	The AAST Annual Meeting is open to both members and non-members, designed to cater to individuals with diverse educational and professional backgrounds, offering valuable insights for all members of the sleep team.
B	Bench to Bedside	Presents the latest advances in translational science and clinical applications on a specific topic.
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	Featuring 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	Featuring 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.
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.



Ticketed Events

Tickets required to attend

Postgraduate Courses



Lunch Debates



Meet the Professor Sessions



SUNDAY 6.14

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCECLINICAL SLEEP SCIENCE
AND PRACTICE

Session #	Title	Speakers
REGISTRATION OPEN 7:00 A.M. - 5:30 P.M.		
GENERAL SESSIONS 1:00 P.M. - 3:00 P.M.		
O-01	Developmental Sleep Across Childhood and Adolescence: Physiology, Environment, and Functional Outcomes	
F-01	Frontier Methods in Human Sleep Neurodynamics: From Neural Oscillations to Glymphatic Flow	Bryce Mander, PhD (Chair); Shuqiang Chen, PhD; Abhishek Dave, MS; Sujasha Gupta, PhD; Habiba Noamany; Matthew Reid, PhD; Erin Schaeffer
D-01	Banking Sleep: A PRO/CON Debate	David Raizen, MD, PhD (Chair); Thomas Balkin, PhD; Daniel Cohen, MD; Elizabeth Klerman, MD, PhD; Tracy Rupp, PhD; Mark Wu, MD, PhD
REFRESHMENT BREAK 3:00 P.M. - 3:15 P.M.		
GENERAL SESSIONS 3:15 P.M. - 5:15 P.M.		
O-02	Behavioral, Cognitive, and Health Consequences of Sleep Deprivation Across Individuals and Communities	
S-01	Advances in Neurodevelopmental Sleep Science	Adriane Soehner, PhD (Chair); Michelle Bridi, PhD; Rebecca Spencer, PhD
F-02	Hormones, Heat, and The Sleeping Brain: Mechanisms of Emotional Processing in Women	Katrina Rodheim, MS (Chair); Negin Sattari Barabadi, PhD; Kathryn Kennedy, PhD; Sara Mednick, PhD; Tracy Uzoigwe

MONDAY 6.15

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCECLINICAL SLEEP SCIENCE
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Session #	Title	Speakers
REGISTRATION OPEN 7:00 A.M. - 5:30 P.M.		
PLENARY SESSION AND KEYNOTE ADDRESS 8:00 A.M. - 10:00 A.M.		
I-01	Keynote Address: REM Sleep Behavior Disorder: 40 Year Perspective	Carlos Schenck, MD
POSTER HALL OPEN 10:00 A.M. - 4:00 P.M.		
EXHIBIT HALL OPEN 10:00 A.M. - 4:00 P.M.		
AASM ANNUAL MEMBERSHIP MEETING 10:30 A.M. - 11:45 A.M.		
LUNCH BREAK 11:45 A.M. - 1:00 P.M.		
LUNCH SESSIONS 11:45 A.M. - 12:45 P.M.		
LBA-01	Late-Breaking Abstracts	
L-01 	Can Technology Replace the Sleep Lab?	Cathy Goldstein, MD, MS; Lisa Wolfe, MD
M-01 	It's Not the Time of the Clock but the Time of Your Clock: The Influence of Circadian Rhythms in Cardiometabolic Health	Andrew McHill, PhD
M-02 	Implementing the Updated Guideline on Management of Central Sleep Apnea	M. Safwan Badr, MD
M-03 	Sleep Problems in Children with Autism and other Neurodevelopmental Disorders	Beth Malow, MD
M-04 	Treatment of Narcolepsy and Idiopathic Hypersomnia: Integrating Orexin Receptor Agonists into Your Clinical Practice	Thomas Scammell, MD
M-05 	Management of Complex Restless Legs Syndrome	John Winkelman, MD, PhD

MONDAY 6.15

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
GENERAL SESSIONS 1:00 P.M. - 2:00 P.M.		
I-02	OSA Endotyping and Translation into Targeted Care	Danny Eckert, PhD
S-02	About Time: Updated Guideline for the Management of Shift Work Disorder	Sabra Abbott, MD, PhD (Chair); Liza Ashbrook, MD; Erin Flynn-Evans, PhD, MPH
B-01	Talking Sleep Live!	Seema Khosla, MD; Sanjay Patel, MD
S-03	Wearables and OSA: A Discussion on Clinical Implementation	Robson Capasso, MD (Chair); Cathy Goldstein, MD, MS; Clete Kushida, MD, PhD
O-03	Precision Diagnostics and Risk Stratification in Pediatric Sleep-Disordered Breathing	
O-04	Sleep and Aging: Cognitive, Functional, and Biological Correlates in Older Adults	
I-03	Daily Reconfiguration of Inhibitory Circuits	Alfredo Kirkwood, PhD
S-04	Sleep at the Museum: Education, Interactive Exhibits, and Artwork	Michael Scullin, PhD (Chair); Daniel Kay, PhD; Marcia Olga Larios Morales
O-05	Sleep and Circadian Disruption and Peripheral Physiological Health Across Systems	
REFRESHMENT BREAK 2:00 P.M. - 2:15 P.M.		
GENERAL SESSIONS 2:15 P.M. - 3:15 P.M.		
I-04	Advancing Women's Sleep Health in Midlife: A Call to Action	Suzanne Bertisch, MD, MPH
S-05	Treatment of Central Sleep Apnea: Current State and Future Directions	M. Safwan Badr, MD (Chair); Rami Khayat, MD; Grace Pien, MD; Christine Won, MD

MONDAY 6.15

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
GENERAL SESSIONS 2:15 P.M. - 3:15 P.M.		
O-06	Sleep and Non-Cardiovascular Comorbidities: Pain, Immune/Respiratory Links, and Real-World Outcomes	
W-01	When AI Backfires: Global, Legal, and Training Pitfalls in Sleep Medicine Implementation	Aatif Husain, MD (Chair); Margarita Oks, MD; Ramesh Sachdeva, MD, PhD
O-07	Optimizing Insomnia Treatment: Safety, Deprescribing, Digital CBT-I, and Clinical Outcomes	
S-06	Controversies in Sleep-Related Ventilation: Dogma, Data, and the Next Paradigm Shift	Kathleen Sarmiento, MD, MPH (Chair); Alejandra Lastra, MD; Jorge Mora, MD; Nathan Nowalk, MD, MS
I-05	The Roles of Circadian Rhythms and Sleep in the Cognitive Disabilities Associated with Down Syndrome	H. Craig Heller, PhD
F-03	Sex Differences in Sleep and Circadian Biology: Implications for Cardiometabolic Outcomes and Women's Health	Brooke Shafer, PhD (Chair); Brooke Aggarwal, EdD, MS; Jingyi Qian, PhD
O-08	Neural Oscillations, Sleep Homeostasis, and Brain Health Across the Lifespan	
REFRESHMENT BREAK 3:15 P.M. - 3:30 P.M.		
GENERAL SESSIONS 3:30 P.M. - 5:30 P.M.		
S-07	Women's Sleep Health from Preconception to Postpartum: Insights from AASM Foundation Projects	Melissa Nevarez-Brewster (Chair); Jennifer Goldschmied, PhD; Louise O'Brien, PhD; Leslie Swanson, PhD
B-02	What Does It All Mean? Endophenotyping and Personalized Non-Surgical and Surgical OSA Treatment Review	Chris Gouveia, MD (Chair); Ali Azarbarzin, PhD; Robson Capasso, MD; Susan Redline, MD, MPH
S-08	Cannabinoids and Sleep: Clinical Evidence, Risks, Public Safety and Policy Implications	Vani Vallabhaneni, MBBS, MD (Chair); Amit Chopra, MBBS; Mark Malesker, PharmD; Anoop Narahari, MD; Stanley Thomas, DO

MONDAY 6.15

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
GENERAL SESSIONS 3:30 P.M. - 5:30 P.M.		
W-02	Transition from Pediatric to Adult Care in Sleep Medicine: A Report from IPSA Transition Task Force	Narong Simakajornboon, MD (Chair); Lourdes DelRosso, MD, PhD; Thomas Dye, MD; Umakanth Katwa, MD
O-09	Sleep and Its Impact on Mood and Behaviors Across the Lifespan	
F-04	Sleep and Cardiovascular Regulation: From Nighttime Physiology to Clinical Outcomes	Joshua Landvatter, PhD (Chair); Mohammad Badran, PhD; Naima Covassin, PhD; Dayna Johnson, PhD, MPH, MSW, MS; Virend Somers, MD, PhD; Stephen Thomas, PhD; Lauren Whitehurst, PhD
D-02	NIH Sleep Research Plan Refresh	Marishka Brown, PhD (Chair); Shilpy Dixit, PhD; Todd Horowitz, PhD; Shailesh Kumar, PhD; Aaron Laposky, PhD; Dana Schloesser, PhD
S-09	REM's Role in Memory Consolidation: From Synapse to Systems	Sara Mednick, PhD (Chair); Maxim Bazhenov, PhD; Janna Helfrich, MD; Niels Niethard, PhD; Yuka Sasaki, PhD; Michael Satchell; Alessandra Shuster, PhD
S-10	On the Mechanisms of Dopamine Receptor Agonists in RLS: Insights from the Brain Iron Deficiency Rodent Model	Christopher Earley, MBBCh, PhD (Chair); Stefan Clemens, PhD, HDR, MS; Sergi Ferre, MD, PhD; Yuan-Yang Lai, PhD


TUESDAY 6.16

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCECLINICAL SLEEP SCIENCE
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Session #	Title	Speakers
REGISTRATION OPEN 7:30 A.M. - 5:30 P.M.		
GENERAL SESSIONS 8:00 A.M. - 10:00 A.M.		
S-11	Life's Essential 8 Meets Sleep: What Heart and Brain Health Means for OSA, Narcolepsy, RLS, Insomnia	Joyce Lee-Iannotti, MD (Chair); Michael Grandner, PhD; Virend Somers, MD, PhD; Andrew Spector, MD; Klar Yaggi, MD, MPH
S-12	Infant Polysomnography: The Ongoing Debate on Defining, Diagnosing, and Treating Obstructive Sleep Apnea in the First Year of Life	Mariana Bedoya, MD (Chair); Christopher Cielo, DO; Christine Heubi, MD; Ignacio Tapia, MD
W-03	Perioperative Management of Sleep Disorders: From Preoperative Assessment to Hospital Discharge	Kara Dupuy-McCauley, MD (Chair); Dennis Auckley, MD; Peter Gay, MD; Tyler Johnson, MD
D-03 (NON-CME)	Conversations and Controversies in RLS Management: Insights from the 2026 RLS Foundation Algorithm	Michael Silber, MBChB (Chair); Joseph Andrew Berkowski, MD; Mark Buchfuhrer, MD; Lourdes DelRosso, MD, PhD; Christopher Earley, MBBCh, PhD; Mauro Manconi, MD, PhD; John Winkelman, MD, PhD; Rochelle Zak, MD
S-13	Leveraging Big Sleep Data to Inform Big Advances in Targeted Sleep Interventions	Meredith Wallace, PhD (Chair); Adam Bramoweth, PhD; Angus Burns, PhD; Christopher Kaufmann, PhD
S-14	Sleep Impairment as a Modifiable Driver of Dementia: Neural, Glymphatic, and Clinical Pathways	Ksenia Kastanenka, PhD (Chair); Rashad Hussain, PhD; Bryce Mander, PhD
S-15	Sleep Research Society Rising Star Lectures	
S-16 (NON-CME)	Differentiating Torpor and Sleep: New Circuit Insights and Clinical Implications	Natalia Machado, PhD (Chair); Kelly Drew, PhD; H. Craig Heller, PhD; Marc Reitman, MD, PhD
S-17	Sleep, Emotional Memory, and Mental Health: Clinical and Developmental Perspectives	Tony Cunningham, PhD (Chair); Dan Denis, PhD; Jessica Ogden; Rebecca Spencer, PhD; Shengzi Zeng, PhD
GENERAL SESSIONS 10:30 A.M. - 11:30 A.M.		
LBA-02 (NON-CME)	Late-Breaking Abstracts	

TUESDAY 6.16

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Session #	Title	Speakers
POSTER HALL OPEN 10:00 A.M. - 4:00 P.M.		
EXHIBIT HALL OPEN 10:00 A.M. - 4:00 P.M.		
LUNCH BREAK 11:45 A.M. - 1:00 P.M.		
SRS ANNUAL MEMBERSHIP MEETING 11:45 A.M. - 12:45 P.M.		
LUNCH SESSIONS 11:45 A.M. - 12:45 P.M.		
R-01	Trainee Case Reports	
L-02 	Insomnia or Depression: Which Should We Treat First?	Allison Harvey, PhD; Andrew Krystal, MD, MS
M-06 	Developing a Career in Sleep and Circadian Research	Mary Carskadon, PhD
M-07 	RCTs in Central Sleep Apnea: The Road to The Future	Shahrokh Javaheri, MD
M-08 	Plenary Session RBD Keynote Q&A	Carlos Schenck, MD
M-09 	Five Years of Restless Sleep Disorder: What Have We Learned?	Lourdes DelRosso, MD, PhD
M-10 	Characteristics of People with Obstructive Sleep Apnea and Pharmacotherapy Selection	Andrey Zinchuk, MD
GENERAL SESSIONS 1:00 P.M. - 2:00 P.M.		
I-06	From Niche to Necessity: The Transformation and Future of Pediatric Sleep Medicine	Carol Rosen, MD
D-04	From Biomarkers to Bedside: (Re)Defining Clinical Phenotypes in Restless Legs Syndrome	Raffaele Ferri, MD (Chair); Ki-Young Jung, MD, PhD; Elias Karroum, MD, PhD; Maria Paola Mogavero, MD
D-05	Family Members: The Missing Piece in Clinical Care for Central Disorders of Hypersomnolence	Matthew Hornsnell (Chair); Kelsey Biddle, MD; Heather Lill, LPC-MHSP; Jennifer Mundt, PhD
S-18	Global Sleep Health: From Population Surveys to Public Health Initiatives and Policy Change	Lilliana Estrada Chaverri, MD, MS (Chair); Lourdes DelRosso, MD, PhD; Emma Louise Gale, PhD
S-19	Sleep in Psychiatric Populations: Treatment and Experimental Approaches	Mary Katherine Howell, PhD (Chair); Philip Gehrman, PhD; Elizabeth Klingaman, PhD; Laura Straus, PhD

TUESDAY 6.16

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
S-20	Breathing Easy in the Hospital: Applying The New Evidence-Based Guideline	Sunil Sharma, MD (Chair); Dennis Auckley, MD; Karin Johnson, MD; Reena Mehra, MD, MS
I-07	Is Sleep the Key to Healthy Aging? An Update for 2026	Adam Spira, PhD
O-10	Mechanistic Consequences of Sleep Restriction: Neurophysiology, Inflammation, and Molecular Stress Response	
S-21	Circadian Disruption, Sleep, and the Gut Microbiome: Novel Chronotherapeutic Strategies for Metabolic Health	Anahid Hekmat, MD (Chair); Ali Keshavarzian, MD; Phyllis Zee, MD, PhD
REFRESHMENT BREAK 2:00 P.M. - 2:15 P.M.		
GENERAL SESSIONS 2:15 P.M. - 3:15 P.M.		
I-08	Sleep for Healthspan	Janet Mullington, PhD
S-22	Social Functioning in Idiopathic Hypersomnia and Narcolepsy: Quantitative, Qualitative, and Interventional Research	Jennifer Mundt, PhD (Chair); Elena Bild; Eric Zhou, PhD
F-05	Integrated Management of Obesity in Obstructive Sleep Apnea: Case-Based Perspectives	Ashesha Mechineni, MD (Chair); Nathan Nowalk, MD, MS; Diana Plata, MD
S-23	Sleep Disorders Across the Cognitive Continuum: From Brain Health to Neurodegeneration	Olimpia Radu, MD (Chair); Chitra Lal, MD; Dominique Low, MD, MPH
D-06	Beyond CPAP: Emerging and Alternative Treatments for Adolescent OSA	Ruckshanda Majid, MD (Chair); Binal Kancherla, MD; Anna Wani, MD
O-11	Real-World Sleep at Scale: Validating Consumer Sensors and Revealing Determinants	
S-24	Hippocampal Ensemble Activities from Waking to Sleep	Kamran Diba, PhD
S-25	Sleep, Rhythms, and Substance Use Disorder: Neurobiological and Translational Perspectives	Sunila Nair, PhD (Chair); Lais Berro, PhD; Yanhua Huang, PhD; Jozsef Vigh, PhD
O-12	Operational Sleep Risks: First Responders, Military On-Call Schedules, and Shift-Work Vulnerability	
REFRESHMENT BREAK 3:15 P.M. - 3:30 P.M.		

TUESDAY 6.16

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
GENERAL SESSIONS 3:30 P.M. - 5:30 P.M.		
S-26	Reimagining Sleep and Wake Measures and Protocols: From Patient Narratives to Objective Biomarkers in Hypersomnolence Disorders	Kiran Maski, MD, MPH (Chair); Lucie Barateau, MD, PhD; Julie Flygare, JD; David Plante, MD, PhD
S-27	Adolescent Chronobiology: Risk Factors, Family Mechanisms, and Intervention Trials	Melanie Stearns, PhD (Chair); Stephanie Crowley, PhD; Allison Harvey, PhD; Brant Hasler, PhD
O-13	Pediatric Sleep-Disordered Breathing: From Developmental Trajectories to Treatment and Equity	
B-03	Updates in REM Sleep Behavior Disorder: Diagnosis, Neurodegeneration Risk, and Neuroprotection	Roneil Malkani, MD (Chair); Joyce Lee-Iannotti, MD; Erik St. Louis, MD; Ambra Stefani, MD, PhD
D-07	When Movement and Breathing Collide: Clinical Insights into Coexisting RLS, PLMS, and OSA	Jasmeet Sandhu, DO (Chair); Gulcin Benbir Senel, MD; Samuel Bradshaw, MD; Lilliana Estrada-Chaverri, MD; Diego Garcia Borreguero, MD, PhD; John Winkelman, MD, PhD
S-28	Integrating Obesity Care into Sleep Medicine Practice	Mira Tadros, DO (Chair); Timothy Morgenthaler, MD; Rafael Sepulveda, MD; Brian Wojeck, MD
W-04	Sleep and Cardiovascular Disease: Unique Implications for Women	Snigdha Pusalavidyasagar, MD (Chair); Naima Covassin, PhD; Dayna Johnson, PhD, MPH, MSW, MS; Virend Somers, MD, PhD
S-29	Is Poor Sleep a Causal Risk Factor for Dementia?	Ruth Benca, MD, PhD (Co-Chair); Adam Spira, PhD (Co-Chair); Omonigho Michael Bubu, MD, PhD; Kelsie Full, PhD, MPH; Yue Leng, PhD; Sharon Naismith, DPsych
S-30	Stress Meets Sleep: Intergenerational Influences from the Womb to Early Childhood	Elisabeth Conradt, PhD (Chair); Samantha Brown, PhD, MA; Lucia Ciciolla, PhD; Monica Ordway, PhD, APRN; Bailey Speck, PhD
D-08	Animal Models in Sleep and Circadian Research, and Their Essential Role in Promoting Health	Chiara Cirelli, MD, PhD (Chair); Elda Arrigoni, PhD; Michelle Bridi, PhD; Jimmy Dooley, PhD; Patrick Fuller, PhD, MSc; Susan Harbison, PhD; H. Craig Heller, PhD; Alex Keene, PhD; Allan Pack, MBChB, PhD; Lucia Peixoto, PhD; David Raizen, MD, PhD; Thomas Scammell, MD; Dana Schloesser, PhD; Amita Sehgal, PhD; Sigrid Veasey, MD; Mark Wu, MD, PhD







WEDNESDAY 6.17

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
REGISTRATION OPEN 7:30 A.M. - 5:30 P.M.		
GENERAL SESSIONS 8:00 A.M. - 10:00 A.M.		
D-09 (NON-CME)	Narcolepsy Across Pre-Conception, Pregnancy, and Perinatal Experience: Collaborative Approaches to Patient-Centered Care and Addressing Research Gaps	Margaret Blattner, MD, PhD (Chair); Kelsey Biddle, MD; Arianna Cassidy, MD; Ginna Freehling; Diana Johnson, MS; Katherine Sharkey, MD, PhD
S-31	Optimizing Sleep Health and Addressing Sleep Disorders in Women to Preserve Cardiovascular and Neurocognitive Health in Midlife and Beyond	Ashley Curtis, PhD (Chair); Kelly Baron, PhD; Nour Makarem, PhD; Sara Nowakowski, PhD
W-05	Advances in the Treatment of Central Sleep Apnea in Heart Failure: Lessons from the RCT's	Snigdha Pusalavidyasagar, MD (Chair); Douglas Bradley, MD; Shahrokh Javaheri, MD; Susan Redline, MD, MPH
S-32	Transforming Pediatric Sleep Care: Innovative Strategies for Real-World Impact	Christina McCrae, PhD (Chair); Judith Owens, MD; Jessica Page, PhD; Melanie Stearns, PhD
S-33 (NON-CME)	New Frontiers in Understanding and Treating OSA and RLS	Richard Berry, MD (Chair); Mark Buchfuhrer, MD; Jan Hedner, MD, PhD; Andrew Wellman, MD, PhD
S-34	Sleep Across the Lifespan: Associations with Biological Aging	Cassandra Nyhuis, PhD (Chair); Judith Carroll, PhD; Kening Jiang, PhD; Darlynn Rojo-Wissar, PhD, MPH
S-35 (NON-CME)	Interactions between Thermoregulation and Sleep: From Mechanisms to Therapeutics	Esther Blessing, MD, PhD (Chair); Daniel Buysse, MD; Kathryn Reid, PhD; Nicole Moyer, PhD
W-06	Media Training Workshop: Communicating Sleep and Circadian Science to the Public, the Media, and Journalists	Michael Grandner, PhD (Chair); Julie Flygare, JD; Daniel Stolte; Wendy Troxel, PhD; Michael Twery, PhD
S-36 (NON-CME)	Modernizing Sleep, Brain Health, & Performance: Successful Integration of Sensitive and Non-Invasive Tools in High-Risk Environments	Allison Brager, PhD (Chair); Quinn Kennedy, PhD; Evan Stern, MD; J. Kent Werner, MD, PhD
O-14	Fatigue, Performance, and Behavior: Real-World Risks and Resilience Across Diverse Populations	

WEDNESDAY 6.17

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
POSTER HALL OPEN 10:00 A.M. - 1:30 P.M.		
EXHIBIT HALL OPEN 10:00 A.M. - 1:30 P.M.		
LUNCH BREAK 11:45 A.M. - 1:00 P.M.		
LUNCH SESSIONS 11:45 A.M. - 12:45 P.M.		
L-03 	Shift Workers – Adapt vs. Entrain	Philip Cheng, PhD; Frank Scheer, PhD, MSc
M-11 	Sleep on It: Biomarkers and Beyond in Alzheimer's Research	Ruth Benca, MD, PhD
M-12 	Sleep in Menopause	Fiona Baker, PhD
M-13 	Treating Insomnia in 2026: What's New, What's to Come	Julio Fernandez-Mendoza, PhD
M-14 	Circadian Rhythms in Adolescents: Is it Just a Phase?	Stephanie Crowley, PhD
M-15 	Beyond the Recommendations: Clinical Practice in Inpatient Sleep Medicine	Reena Mehra, MD, MS
GENERAL SESSIONS 1:00 P.M. - 2:00 P.M.		
I-09	Bridging Informatics, Data Science, and Sleep Medicine Towards Addressing OSA Heterogeneity	Diego Mazzotti, PhD
D-10 (NON-CME)	Achieving Practice Success: Optimal Approaches to Deliver Comprehensive, Patient-Centered Sleep Care in the Real World	Emerson Wickwire, PhD (Chair); Charlene Gamaldo, MD; Susheel Patil, MD, PhD; Heidi Riney, MD
D-11	Implementing The AASM Guideline for Combination Treatment of Chronic Insomnia: Evidence, Challenges, and Gaps	J. Todd Arnedt, PhD (Chair); Luis Buenaver, PhD; Julio Fernandez-Mendoza, PhD; Salma Patel, MD
D-12	Underdiagnosed OSA in Women: Phenotypes, Bias, and New Screening Models	Ruckshanda Majid, MD (Chair); Nancy Collop, MD; Fidaa Shaib, MD

WEDNESDAY 6.17

BASIC AND TRANSLATIONAL SLEEP
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Session #	Title	Speakers
GENERAL SESSIONS 1:00 P.M. - 2:00 P.M.		
O-15	Sleep, Cognition, and Neurodegeneration Across Aging	
D-13	Expanding the Field: Integrating Chronic Respiratory Failure and NIV Training into Sleep Medicine	Jorge Mora, MD (Chair); Ilene Rosen, MD; Kathleen Sarmiento, MD, MPH; Lisa Wolfe, MD
O-16	Sleep, Apnea, and Cardiovascular Dysregulation: Mechanisms, Detection, and Clinical Risk	
I-10	Circadian Rhythms in Psychiatric Disorders	Colleen McClung, PhD
O-17	Sleep, Alertness, and Human Performance: Behavioral and Cognitive Consequences Across Contexts	
GENERAL SESSIONS 1:00 P.M. - 3:00 P.M.		
S-37	Brain Circuitry for Regulating Circadian Rhythms	Clifford Saper, MD, PhD (Chair); Sydney Aten, PhD; Ali Guler, PhD; Oscar Ramirez, PhD; William Todd, PhD, MA
REFRESHMENT BREAK 2:00 P.M. - 2:15 P.M.		
GENERAL SESSIONS 2:15 P.M. - 3:15 P.M.		
S-38	Obstructive Sleep Apnea and Epilepsy: Awakening to an Important but Under-recognized Relationship	Christopher Carosella, MD (Chair); Thomas Dye, MD; Gita Gupta, MD, MS; Robert Stowe, MD
W-07	Implementing AI Scoring at Your Sleep Lab: Practical Considerations and Process	Hyung Park, MD (Chair); Trung Le, PhD
W-08 (NON-CME)	Phenotype-Guided Combination Therapy for OSA: Integrating Hypoglossal Nerve Stimulation and Oral Appliance Therapy	Harmeet Chiang, DDS (Chair); Aaron Glick, DDS, MS; Ryan Nord, MD
B-04	Bridging Evidence and Experience: Clinical Outcomes and Patient-Defined Value in OSA Therapy	Dennis Hwang, MD (Chair); Ali Azarbarzin, PhD; Emma Cooksey

WEDNESDAY 6.17

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCECLINICAL SLEEP SCIENCE
AND PRACTICE


Session #	Title	Speakers
GENERAL SESSIONS 2:15 P.M. - 3:15 P.M.		
O-18	Designing High-Throughput Sleep Care: Triage, Workforce, and EHR-Driven Identification	
S-39	Sleep Safer: Optimizing Patient Safety and Care Quality in Sleep Medicine	Nathan Nowalk, MD, MS (Chair); Nancy Collop, MD; Umakanth Katwa, MD; Ashesha Mechineni, MD
O-19	Circadian Biomarkers, Neurophysiology, and Brain Health	
O-20	Environments, Policies, and Culture: Structural Drivers of Sleep in Civilian Populations	
O-21	Molecular and Neuroimmune Mechanisms Regulating Sleep, Arousal, and Respiratory Stability	
REFRESHMENT BREAK 3:00 P.M. - 3:30 P.M.		
GENERAL SESSIONS 3:30 P.M. - 5:30 P.M.		
O-22	Circadian Timing and Environmental Zeitgebers: From Phenotyping to Real-World Performance	
D-14	Optimizing Sleep Restriction and Stimulus Control: When to Lean on the Rules, and When to Bend Them	Sara Nowakowski, PhD (Chair); Haley Byers, PhD; Philip Cheng, PhD; Leisha Cuddihy, PhD; Michael Grandner, PhD; Christina McCrae, PhD; Norah Simpson, PhD
S-40	Sex-Specific Determinants Shaping Sleep Disorder Evaluation and Management	Ashesha Mechineni, MD (Chair); Hrayr Attarian, MD; Ghada Bourjeily, MD; Anita Rajagopal, MD; Christine Won, MD
S-41	Sleep and Sleep-Disordered Breathing in Children with Complex Disorders: An Unmet Need	Refika Hamutcu Ersu, MD (Chair); Lance Feld, MD; Iris Perez, MD; Danna Tauber, MD, MPH
F-06	When Sleep Becomes the Battlefield: Novel Frontiers in Temporal Relationships, Mechanisms, Endotypes, and Treatments of PTSD and Sleep Disorders	Peter Colvonen, PhD (Chair); Sean Drummond, PhD; Brandon Nokes, MD; Jessica Ogden; Anthony Reffi, PhD

WEDNESDAY 6.17

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCECLINICAL SLEEP SCIENCE
AND PRACTICE

Session #	Title	Speakers
GENERAL SESSIONS 3:30 P.M. - 5:30 P.M.		
S-42	Keeping up with AI: A Step-by-Step Practical Guide for Sleep Staff for Upskilling in the Era of AI	Subaila Zia, MD, MBA (Chair); Indira Gurubhagavatula, MD, MPH; Trung Le, PhD; Daniel Rongo, MD
O-23 (NON-CME)	Frontiers in Sleep Science: Biomarkers, Wearables, and Next-Generation Therapeutics	
F-07	Cannabis, the Endocannabinoid System, and the Brain-Heart-Gut Axis: Multisystem Pathways Influencing Sleep Health	Bria-Necole Diggs (Chair); Ciné Brown; Jasmine Davis, PhD; Nicole Haspil; Kylee Krivijanski; Denise Vidot, PhD
S-43	Intervening on Sleep and Circadian Rhythms: Aligning Pathways to Cardiometabolic Health	Chris Depner, PhD (Chair); Dean Beebe, PhD; Josiane Broussard, PhD; Stacey Simon, PhD, DBSM
O-24	Adult Sleep Health: Psychosocial, Personality, and Measurement Perspectives	

SUNDAY 6.14

Session #	Title
8:00 A.M. - 12:00 P.M.	
A-01 	Level Up: Essential Approaches to Modern Day Scoring and Titration
BREAK 12:00 P.M. - 1:00 P.M.	
AAST MEMBERSHIP MEETING 1:00 P.M. - 2:00 P.M.	
2:00 P.M. - 3:00 P.M.	
A-02	Motivating Leadership Opportunities in the Sleep Lab
BREAK 3:00 P.M. - 3:15 P.M.	
3:15 P.M. - 4:15 P.M.	
A-03	Pediatrics (Part I)
4:15 P.M. - 5:15 P.M.	
A-04	Pediatrics (Part II)

Monday 6.15

Session #	Title
PLENARY SESSION AND KEYNOTE ADDRESS 8:00 A.M. - 10:00 A.M.	
I-01	Keynote Address: REM Sleep Behavior Disorder: 40 Year Perspective Carlos Schenck, MD
EXHIBIT HALL OPEN 10:00 A.M. - 4:00 P.M.	
1:00 P.M. - 2:00 P.M.	
A-05	Therapeutic Burden (Part I)
BREAK 2:00 P.M. - 2:15 P.M.	
2:15 P.M. - 3:15 P.M.	
A-06	Therapeutic Burden (Part II)
BREAK 3:15 P.M. - 3:30 P.M.	
3:30 P.M. - 4:30 P.M.	
A-07	Capnography (Part I)
4:30 P.M. - 5:30 P.M.	
A-08	Capnography (Part II)

Tuesday 6.16

Session #	Title
8:00 A.M. - 9:00 A.M.	
A-09	Practical Applications of AI in the Sleep Lab (Part I)
9:00 A.M. - 10:00 A.M.	
A-10	Practical Applications of AI in the Sleep Lab (Part II)
EXHIBIT HALL OPEN 10:00 A.M. - 4:00 P.M.	
BREAK 10:00 A.M. - 1:00 P.M.	
1:00 P.M. - 2:00 P.M.	
A-11	Physiology and Scoring Considerations in Sleep-Disordered Breathing (Part I)
BREAK 2:00 P.M. - 2:15 P.M.	
2:15 P.M. - 3:15 P.M.	
A-12	Physiology and Scoring Considerations in Sleep-Disordered Breathing (Part II)

Invited Lecturers

Keynote Speaker

Carlos Schenck, MD

Monday, June 15 | 9:00 a.m.-10:00 a.m.

I-01: REM Sleep Behavior Disorder: 40 Year Perspective

Dr. Carlos Schenck is a senior staff psychiatrist at Hennepin County Medical Center and a member of the Minnesota Regional Sleep Disorders Center in Minneapolis. He received his bachelor's degree from Johns Hopkins University, his medical degree from the State University of New York at Buffalo and completed his psychiatry residency at the University of Minnesota. In 1986, he and the late Dr. Mark Mahowald first described REM sleep behavior disorder, later demonstrating its link to future parkinsonism. Their work earned major honors, including awards from the American Academy of Sleep Medicine, the Sleep Research Society, and the American Academy of Neurology. Dr. Schenck is the founding president of the International REM Sleep Behavior Disorder Study Group.



Invited Lecturers



Danny Eckert, PhD

Monday, June 15 | 1:00 p.m.-2:00 p.m.

I-02: OSA Endotyping and Translation into Targeted Care



Alfredo Kirkwood, PhD

Monday, June 15 | 1:00 p.m.-2:00 p.m.

I-03: Daily Reconfiguration of Inhibitory Circuits



Suzanne Bertisch, MD, MPH

Monday, June 15 | 2:15 p.m.-3:15 p.m.

I-04: Advancing Women's Sleep Health in Midlife: A Call to Action



H. Craig Heller, PhD

Monday, June 15 | 2:15 p.m.-3:15 p.m.

I-05: The Roles of Circadian Rhythms and Sleep in the Cognitive Disabilities Associated with Down Syndrome



Carol Rosen, MD

Tuesday, June 16 | 1:00 p.m.-2:00 p.m.

I-06: From Niche to Necessity: The Transformation and Future of Pediatric Sleep Medicine



Adam Spira, PhD

Tuesday, June 16 | 1:00 p.m.-2:00 p.m.

I-07: Is Sleep the Key to Healthy Aging? An Update for 2026



Janet Mullington, PhD

Tuesday, June 16 | 2:15 p.m.-3:15 p.m.

I-08: Sleep for Healthspan



Diego Mazzotti, PhD

Wednesday, June 17 | 1:00 p.m. – 2:00 p.m.

I-09: Bridging Informatics, Data Science, and Sleep Medicine Towards Addressing OSA Heterogeneity



Colleen McClung, PhD

Wednesday, June 17 | 1:00 p.m.-2:00 p.m.

I-10: Circadian Rhythms in Psychiatric Disorders



Ticketed Sessions

Enjoy additional sleep content with one or more of the SLEEP 2026 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 2026 general sessions to register for postgraduate courses.

	Member	Nonmember
Full-Day Postgraduate Course	\$175	\$300
Half-Day Postgraduate Course	\$100	\$175
Hands-On Postgraduate Course	\$275	\$375

Saturday

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

- C-01:** Year in Review 2026
- C-02:** Obesity and Sleep: Emerging Insights and Integrated Approaches
- C-03:** AI Essentials for Sleep Medicine: from Basics to the Future

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

- C-04:** Current Perspectives and New Directions in OSA: Updates for 2026

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

- C-05:** This Just Isn't Working: Adaptations of Behavioral Sleep Medicine Interventions for Real-World Children and Adolescents
- C-06:** Flexible Laryngoscopy for Sleep Clinicians: A Practical, Hands-On Workshop

Sunday

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

- C-07:** Advances in Clinical Sleep Medicine
- C-08:** PedSleep 2026: Smooth Moves for Transitioning Pediatric Sleep Patients to Adult Sleep Medicine Care
- C-09:** Integration of New Clinical Guidelines and Technologies in Your Sleep Practice

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

- C-10:** Update and Review of the Treatment and Management of Restless Legs Syndrome

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

- C-11:** Raising the Bar: Advanced Tools and Treatments for Advanced Practice Providers to Deliver High-Quality Sleep Care

Meet the Professor



AAST/AASM/SRS MEMBER \$60 | NONMEMBER \$70

Enjoy lunch while participating in a discussion led by a prominent member of the sleep community. Sessions will have approximately 50 participants and will be focused on a specific topic. Lunch is provided with registration for this session.



Monday



11:45 a.m. - 12:45 p.m.

M-01: It's Not the Time of the Clock but the Time of Your Clock: The Influence of Circadian Rhythms in Cardiometabolic Health

Andrew McHill, PhD

M-02: Implementing the Updated Guideline on Management of Central Sleep Apnea

M. Safwan Badr, MD

M-03: Sleep Problems in Children with Autism and other Neurodevelopmental Disorders

Beth Malow, MD

M-04: Treatment of Narcolepsy and Idiopathic Hypersomnia: Integrating Orexin Receptor Agonists into Your Clinical Practice

Thomas Scammell, MD

M-05: Management of Complex Restless Legs Syndrome

John Winkelman, MD

Tuesday



11:45 a.m. - 12:45 p.m.

M-06: Developing a Career in Sleep and Circadian Research

Mary Carskadon, PhD

M-07: RCTs in Central Sleep Apnea: The Road to The Future

Shahrokh Javaheri, MD

M-08: Plenary Session RBD Keynote Q&A

Carlos Schenck, MD

M-09: Five Years of Restless Sleep Disorder: What Have We Learned?

Lourdes DelRosso, MD, PhD

M-10: Characteristics of People with Obstructive Sleep Apnea and Pharmacotherapy Selection

Andrey Zinchuk, MD

Wednesday



11:45 a.m. - 12:45 p.m.

M-11: Sleep on It: Biomarkers and Beyond in Alzheimer's Research

Ruth Benca, MD, PhD

M-12: Sleep in Menopause

Fiona Baker, PhD

M-13: Treating Insomnia in 2026: What's New, What's to Come

Julio Fernandez-Mendoza, PhD

M-14: Circadian Rhythms in Adolescents: Is it Just a Phase?

Stephanie Crowley, PhD

M-15: Beyond the Recommendations: Clinical Practice in Inpatient Sleep Medicine

Reena Mehra, MD

Lunch Debates

AAST/AASM/SRS MEMBER \$60 | NONMEMBER \$70

Spend your lunch exploring hot topics and listening in on a lively debate of opposing viewpoints. Sessions will have approximately 100 participants and will feature a debate on a specific topic. Lunch is provided with registration for this session.



Monday

11:45 a.m. - 12:45 p.m.

L-01: Can Technology Replace the Sleep Lab?
Cathy Goldstein, MD & Lisa Wolfe, MD

Tuesday

11:45 a.m. - 12:45 p.m.

L-02: Insomnia or Depression: Which Should We Treat First?
Allison Harvey, PhD & Andrew Krystal, MD, MS

Wednesday

11:45 a.m. - 12:45 p.m.

L-03: Shift Workers – Adapt vs. Entrain
Philip Cheng, PhD & Frank Scheer, PhD, MSc

SLEEP 2026

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