

EXPLORE THE UNIVERSE OF SLEEP 2024



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KEYNOTE SPEAKER
**Understanding brain
remodeling:**

A Q&A with Dr. Gina Poe

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EXPLORING HOUSTON
SLEEP 2024 Visitor's Guide:

*Cultural attractions, outdoor
escapes, and more*



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38th Annual Meeting of the Associated Professional Sleep Societies, LLC

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On behalf of the Program Committee, I welcome you to SLEEP 2024, the 38th annual meeting of the Associated Professional Sleep Societies (APSS), a joint venture of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). I am excited to learn about the latest findings in sleep medicine, sleep and circadian research, and sleep health. I'm also looking forward to networking with colleagues, visiting with dear friends, and engaging in person with speakers, attendees, and exhibitors! SLEEP 2024 highlights the latest sleep and circadian advances with a variety of educational formats that will appeal to clinicians, researchers, and sleep team members.

Networking is always an important aspect of the meeting! Join us for the Vibe Fusion Fitness Yoga and Zumba® workout Sunday morning as an opportunity to reconnect with old friends and forge new relationships with your sleep colleagues. Additionally, the ever-popular SRS Club Hypnos reception and data blitz will be held Sunday evening. Furthermore, several industry-sponsored events are available throughout the meeting as well as the annual AASM and SRS membership meetings on Monday and Tuesday, respectively.

Be sure to visit the SLEEP 2024 exhibit hall showcasing the latest products and services in the sleep field. It is open from 10 a.m. – 4 p.m. on Monday and Tuesday and 10 a.m. – 1:30 p.m. on Wednesday. Adjacent to the exhibit hall, visit the poster hall for presentations at 10 a.m. and 11 a.m. on Monday, Tuesday and Wednesday.

On behalf of the APSS Board of Directors, APSS Program Committee, and AASM and SRS staff, I am delighted that you have joined us to experience SLEEP 2024! We invite you to immerse yourself in engaging SLEEP lectures and presentations, reconnect with colleagues, and return home inspired about the future of sleep medicine and sleep and circadian science! Enjoy!

Sincerely,
Rebecca Spencer, PhD
Chair, APSS Program Committee



TIPS *for First-Time Attendees*

Attending your first SLEEP conference can be a thrilling yet overwhelming experience. With dozens of sessions, networking opportunities and events, it's important to make the most of your time.

- 1. PLAN YOUR SCHEDULE:** Use the SLEEP mobile app to craft your itinerary, access session and speaker details, and view a schedule of poster presentations.
- 2. UTILIZE SUNDAY SESSIONS:** Take advantage of general sessions on Sunday afternoon. These sessions offer valuable insights and networking opportunities before the conference kicks into full gear on Monday.
- 3. MAKE THE MOST OF LUNCH BREAKS:** Explore the exhibit hall to engage with industry professionals and discover new products and services. Consider attending ticketed lunch debates or meet the professor sessions, which provide unique learning opportunities. Additionally, you can attend Industry Product Theaters for a boxed lunch and a presentation by an exhibitor.
- 4. ATTEND INDUSTRY-SUPPORTED EVENTS:** Industry-supported events are educational programs hosted by exhibitors outside of the general session hours. Attend these early morning and evening events to dive deeper into specific topics.
- 5. ENGAGE IN POSTER SESSIONS:** The poster hall is a treasure trove of new research and networking opportunities. Different posters are presented each day on Monday, Tuesday and Wednesday. While the posters are available for viewing during the exhibit hall hours, you should plan to attend the poster sessions to engage with the presenting authors.
- 6. PLAN TO RETURN IN 2025:** Mark your calendars and plan to attend SLEEP 2025, June 8 - 11 in Seattle.



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VISIT US AT
BOOTH 331

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SLEEP 2024

SLEEP WALKING

Visit all SLEEP walking sponsors to scan their QR code or type in their code word through the SLEEP 2024 mobile app to be eligible to win one of these great prizes!*



SLEEP Walking is sponsored by:



Booth #1405

Advocacy Pavilion
Information Booth

Booth #223

APSS
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Booth #1130



Booth #911

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Booth #1239



Booth #940



Booth #1311



Booth #1139

muse

Booth #1211



Booth #311



Booth #830

natus

Booth #241



Booth #304

Society Booth
Across from
Registration



Booth #212

*Participants must visit all SLEEP Walking locations by June 5 at 11:00 a.m. Winners will be drawn in the Exhibit Hall at 12:30 p.m. on June 5. Winners need not be present and will be notified via email. No purchase necessary to enter the drawing. No substitutions will be made. Prizes can be shipped directly to winner. Incomplete entry forms will not be accepted. All registered attendees are eligible to enter the contest. Guests and exhibitors are not eligible.

GENERAL INFORMATION

EXHIBIT HALL

Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2024 exhibit hall! SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies all with the goal of showcasing the latest advancements in sleep.

Only children 12 or older are permitted in the exhibit hall. No strollers are permitted in the exhibit hall, poster sessions or session rooms.

Exhibit Hall Hours

The exhibit hall will be open during the following hours:

Mon., June 3.... 10 a.m. – 4 p.m.
Tues., June 4.... 10 a.m. – 4 p.m.
Wed., June 5 10 a.m. – 1:30 p.m.

ON-SITE REGISTRATION HOURS

Fri., May 31.... 4:30 p.m. – 6:00 p.m.*
Sat., June 1.... 7:00 a.m. – 5:30 p.m.
Sun., June 2.... 7:00 a.m. – 5:30 p.m.
Mon., June 3.... 7:00 a.m. – 5:30 p.m.
Tues., June 4.... 7:30 a.m. – 5:30 p.m.
Wed., June 5.... 7:30 a.m. – 5:30 p.m.

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

TICKETED SESSIONS

Tickets are required for entry to Postgraduate Courses, Meet the Professor sessions and Lunch Debate sessions. Tickets for sessions that have not sold out are available for on-site purchase at the registration desk.

GUEST PASSES

Registered attendees may elect to purchase a guest pass. Guest passes are exclusively for immediate family members and allow entrance to the exhibit hall, poster hall and industry-sponsored events only. **Guests must be 12 years of age or older to enter the exhibit hall. Guests are not permitted to attend any general or ticketed sessions.**

BADGE IDENTIFICATION

All meeting participants and guests must wear a badge. Attendee badges allow entrance to the scientific sessions, poster hall and SLEEP 2024 exhibit hall.

PRESS ROOM

Members of the press are encouraged to utilize the press room in Room 332D, operating during meeting registration hours from Sunday, June 2 at noon through Wednesday, June 5 at noon.

SOCIETY BOOTH

Visit the Society Booth to learn about AASM and SRS products! Interact with peers and employees of the societies and take advantage of some meeting exclusive product bundles.

AASM FOUNDATION OASIS

The AASM Foundation Oasis will be located in the George R. Brown Convention Center, Room 352DEF. It's open throughout the meeting for all SLEEP 2024 attendees, including AASM Foundation volunteers, grant recipients and donors, and AASM

student/resident members, sleep medicine fellows, and early career physicians to network, relax, and enjoy refreshments.

SPEAKER READY ROOM

Speakers participating in Oral Presentations, Invited Lectures, Symposia, Rapid-Fire Symposia, Discussion Groups, Postgraduate Courses, Lunch Debate sessions, Clinical Workshops and Technologist Track are required to use the Speaker Ready Room to upload their PowerPoint presentations onto a central server. The Speaker Ready Room is in Room 332D at the George R. Brown Convention Center. Speakers must upload their presentations at least 24 hours in advance of their scheduled session time. Technicians will be available onsite to provide assistance.

Speaker Ready Room Hours

Fri., May 31.... 4:30 p.m. – 6:00 p.m.
Sat., June 1.... 7:00 a.m. – 5:30 p.m.
Sun., June 2.... 7:00 a.m. – 5:30 p.m.
Mon., June 3.... 7:00 a.m. – 5:30 p.m.
Tues., June 4.... 7:30 a.m. – 5:30 p.m.
Wed., June 5.... 7:30 a.m. – 5:30 p.m.

LOOKING FOR SOMETHING TO DO FOR LUNCH?

Meet the Professors and Lunch Debates will engage you as you eat and network with peers. Purchase your tickets at the registration desk.

SESSION RECORDINGS

The APSS is offering recordings of postgraduate courses and general sessions for pre-purchase with SLEEP registration. Non-attendees of

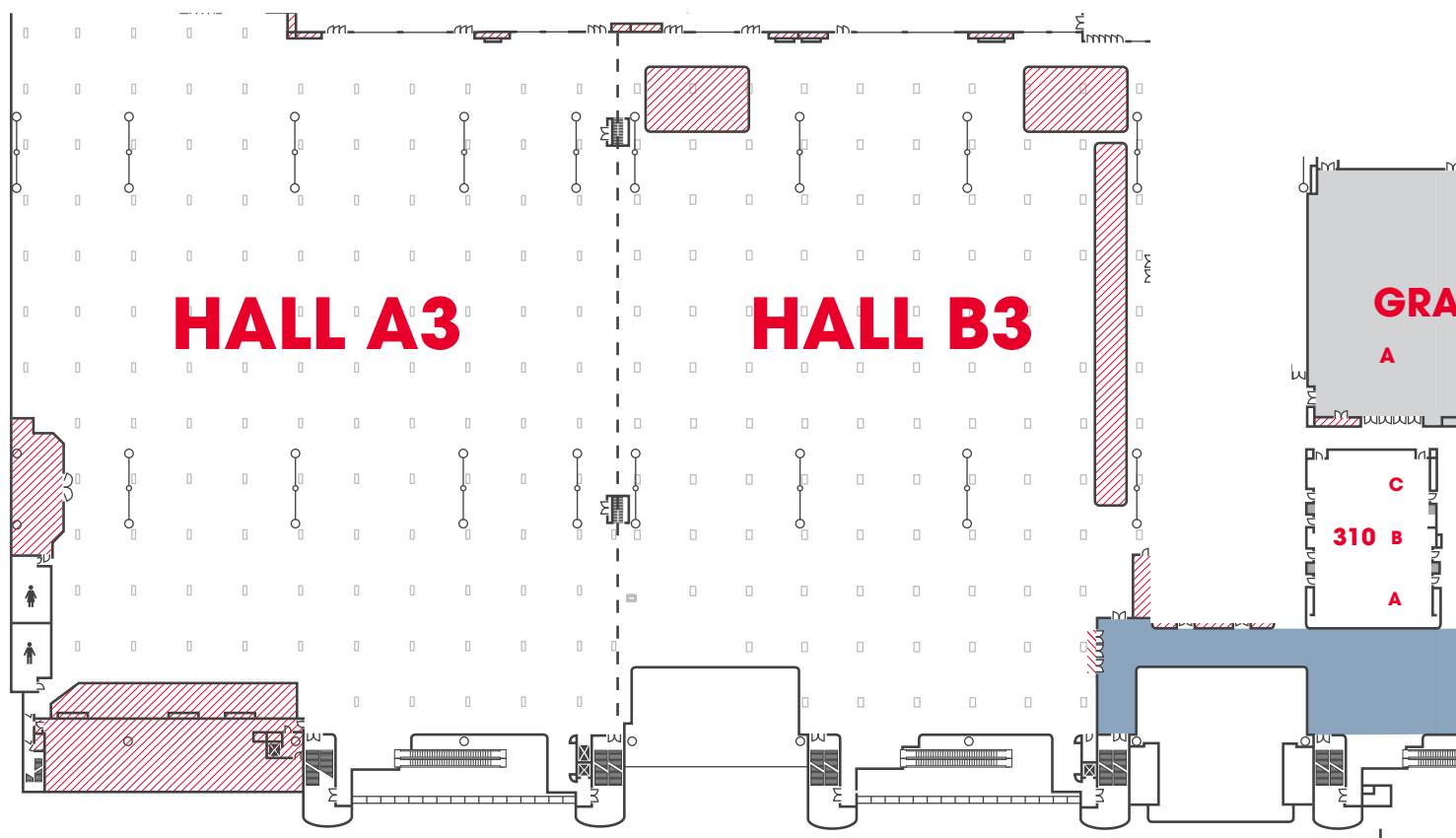
SLEEP 2024 will be able to purchase the recordings after the meeting concludes. Are there two sessions taking place at the same time that you'd like to attend? Purchasing the session recordings will allow you to view this content later. The cost of these recordings for those not attending SLEEP is \$550 (member), \$750 (non-member). There is a discount of \$300 for member SLEEP registrants and a discount of \$350 for nonmember SLEEP registrants. Technologist Track is not included.

APSS CODE OF CONDUCT POLICY

All SLEEP meeting participants — including attendees, speakers, volunteers, exhibitors, meeting staff, members of the media, vendors, and service providers (hereinafter “participants”) — are expected to abide by the APSS Code of Conduct. This Code of Conduct applies to events and activities in any venue associated with the SLEEP meeting, including ancillary events, social gatherings, and online forums and discussions. Please find the full APSS Code of Conduct Policy located here: <https://www.sleepmeeting.org/about/code-of-conduct/>

PARTICIPATION DISCLAIMER

The APSS, its contractors and attending news media may be photographing and/or videotaping scientific sessions and events at the Annual Meeting. By attending SLEEP 2024, attendees acknowledge these activities and agree to allow their image to be used by the APSS in association publications, on the SLEEP meeting website and in marketing and promotional materials. Attendees at SLEEP 2024 waive all claims against the APSS for any liability resulting from these uses.



PHOTOGRAPHY/ RECORDING POLICY

Only the APSS and press approved by the APSS are permitted to photograph and/or record video of SLEEP presenters. No photographs of presentation slides or posters may be taken unless express permission is given by the presenter. When permitted, photography is only allowed for personal, social, or non-commercial use. Attendees may not use flash photography during SLEEP sessions or otherwise distract the presenters and/or other attendees. Violation of this policy may result in removal from SLEEP.

SEATING

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

SLEEP 2024 ABSTRACT SUPPLEMENT

All abstracts from SLEEP 2024 are published in an online abstract supplement of the journal SLEEP. To view these abstracts, visit <https://www.sleepmeeting.org/abstract-supplements/>.

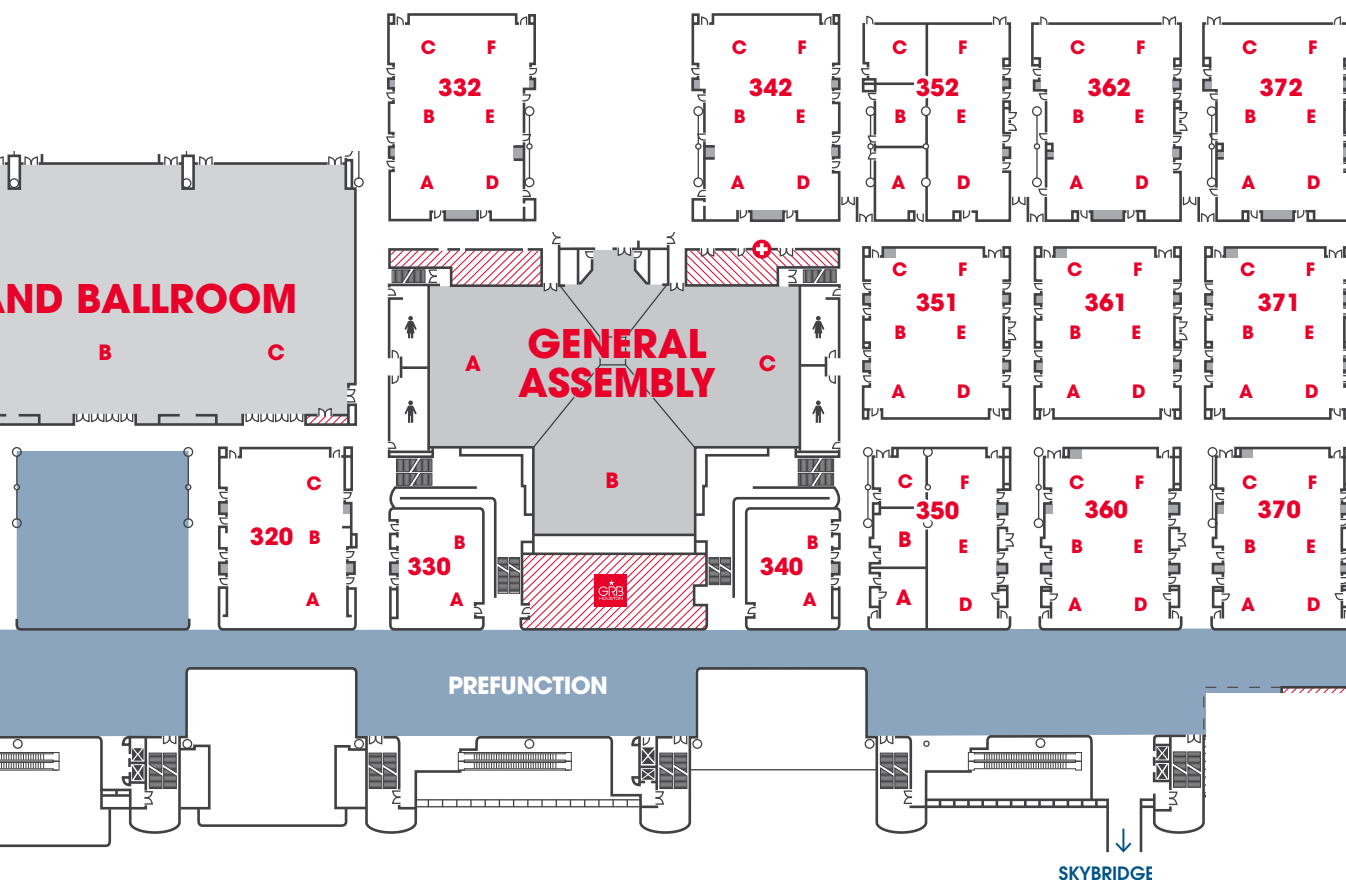
JOB BOARDS

Current job opportunities may be posted in the job board area near registration. Postings are restricted to 8.5" x 11" in size and will be removed if they are deemed inappropriate. The APSS assumes no responsibility for these postings.

WI-FI INFORMATION

Network Name: SLEEP2024

Password: Houston24



CLAIM CREDIT

To claim credit from the meeting, visit www.sleepmeeting.org/credits.

THE DEADLINE TO CLAIM CREDIT IS

AUGUST 1, 2024, for CE for psychologists

and

DECEMBER 15, 2024, for CME, Letters of Attendance, and AASM CEC.

*Individuals who have not claimed their continuing education credits
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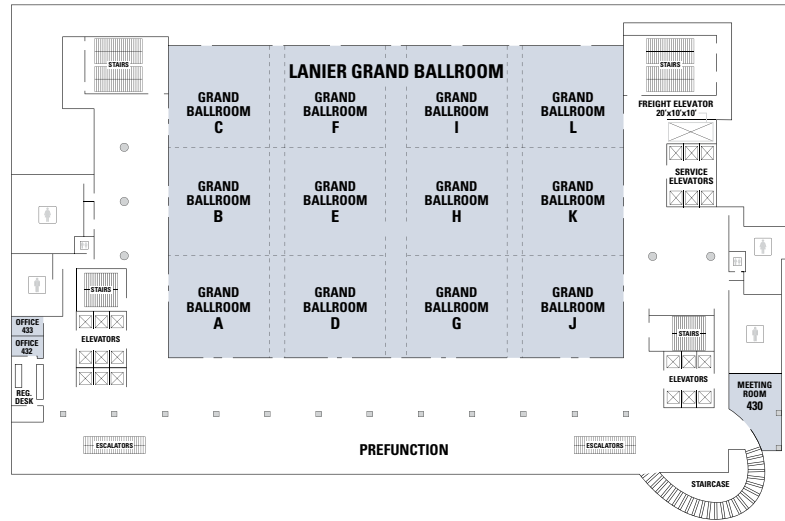
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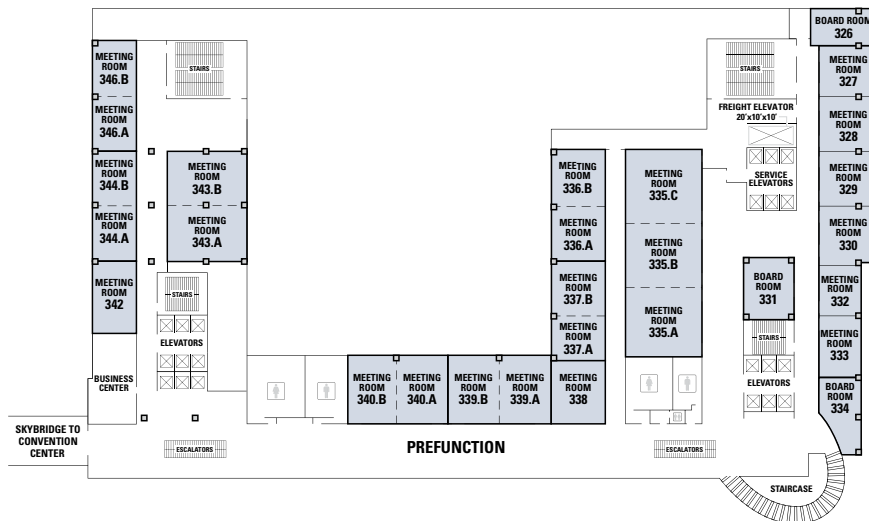
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MEETING SPACES

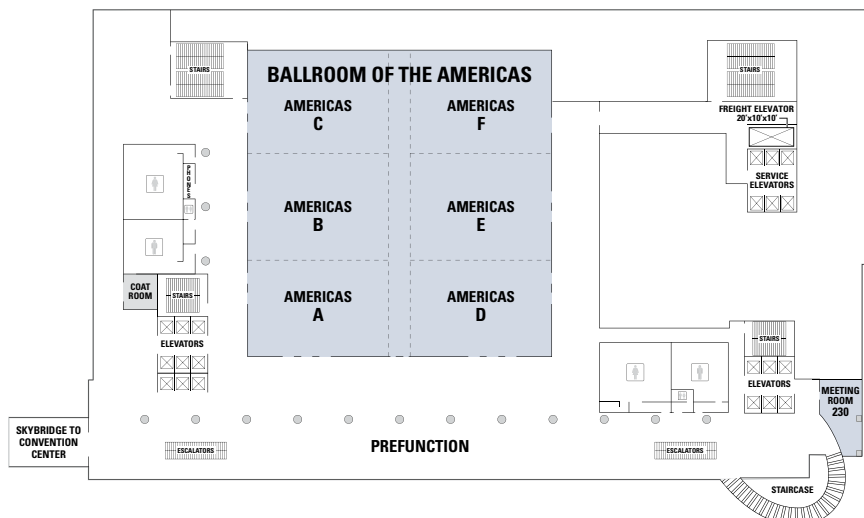
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LEVEL 3



LEVEL 2

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MEDICAL SYMPOSIUM Beyond the pentad: Uncovering the burden of illness in narcolepsy

Monday, June 3, 2024 | 11:45 a.m. - 12:45 p.m.
Grand Ballroom GHI
Hilton Americas-Houston, 1600 Lamar St, Houston

This medical symposium is initiated, organized, and funded by Takeda and is not affiliated with SLEEP 2024 (the annual meeting of APSS).

Speakers will be paid an honorarium by Takeda for their participation.

Takeda does not have any approved therapies for narcolepsy.

Intended for Healthcare Professionals registered for SLEEP 2024 only.

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* Speakers are paid consultants for Takeda.

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UNDERSTANDING BRAIN REMODELING: A Q&A WITH DR. GINA POE



Gina Poe, PhD, was trained in human biology at Stanford and earned her doctorate in neuroscience from UCLA, where she is now a professor and Lorre Scholars Chair. With over 20 years of research on REM sleep and memory, she currently focuses on the role of sleep in resilience to PTSD, gaining insight into tough problems and network remodeling. Dr. Poe will deliver the keynote address at SLEEP 2024 on Monday, June 3.



What initially sparked your interest in studying the relationship between sleep, learning and memory?

I was heading to do postdoctoral studies at the University of Arizona and learned I would be looking at place cell activity in the hippocampus of freely exploring animals. This place cell activity occurs at the peaks of the ongoing

background electrical activity in cell membranes. I had heard a lecture by John Lisman demonstrating that theta peak activity leads to long-term potentiation (LTP), a process thought to be the building block for learning. It made sense that freely behaving, exploring animals showed the most activity at theta peaks.

Interestingly, Lisman also showed that activity at theta troughs reversed this LTP — providing a specific target for weakening memories. I knew from my dissertation work and the important studies of others that hippocampal theta is a strong, defining feature of REM sleep.

When contemplating what to study in Arizona, it struck me that I would have the tools to test whether REM sleep would be for learning (if place cells reactivate at theta peaks during REM theta) or for forgetting (if place cells reverse their firing profile and fire at theta troughs).

To my surprise and delight, I found that place cells fired at theta peaks during REM sleep in the first few days of learning a new place, but then they switched to firing at theta troughs once the place was well learned. This meant that there was some signal in the brain telling the hippocampus that the memory was now consolidated elsewhere, and the hippocampus could release it from the novelty encoding circuitry, thereby refreshing itself to learn something new in the future.

Other research discoveries at the time told me that it was only in the norepinephrine-free environment of REM sleep that theta trough firing could accomplish its novelty network reset job. Isn't that perfect constellation of events amazing?

Many people believe that our brains are inactive while sleeping, but that's simply not the case. Instead, the brain is rewired while we sleep. Could

you provide a brief overview of what brain remodeling during sleep entails?

It has an alignment of a lot of different events that are unique to sleep — that's why we can't do it when we're awake. We need certain neurotransmitters to be on and certain neurotransmitters to be off, and we need them to be changing in an orderly fashion because the first thing that happens when we fall asleep is we shore up and strengthen the synapses that have just been modified. Then we start transferring them to the cortex, after which time the feedback for that transfer that occurred goes back into the hippocampus, our temporary learning and memory structure, and tells the hippocampus it can refresh itself of those new memories to be aligned and ready the next day for the new day's learning.

What key discoveries or findings in your research journey have shaped your understanding of the critical role sleep plays in facilitating brain remodeling processes?

Initially, our hypotheses about the way the brain consolidates memory were too simple. We thought that you just needed to rehearse the same things during sleep that you were learning during wakefulness and that would consolidate our memories. In fact, that's not the case at all. What happens during sleep is very, very different and far more complex than our hypotheses even dared to imagine. It's cool to see how the brain schools us if we're astute enough to listen. If we abandon our prejudices and biases

about how we think it must work, it will teach us how it does work.

When I saw that new memories were being reactivated at theta peaks (keeping memories strong in the hippocampus), and old memories that have been consolidated were active at theta troughs (erasing them from the novelty encoding network of the hippocampus), I wondered *how*. How could the brain know whether a memory is new or old? I've been running after that question for the last 25 years, and every time I come up with a new answer, it's always just so much more complex and beautiful than I thought.

First, we discovered that it's important that certain neurotransmitters, like norepinephrine, be absent during REM sleep to accomplish the erasure that theta troughs firing would like to do.

Next, we learned that it's also important for serotonin to be gone during REM sleep. When it's present, serotonin weights everything toward the novelty encoding network, listening to what's coming in from the outside world. With it absent, you can pay attention to inputs coming from other cortical areas and from the feedback structure that tells you that something has now been consolidated to the cortex. Only with serotonin absent can you look inside, like you're doing when you're in a REM dream state. Your dreams are internally generated and not coming from the outside world.

Then, we learned that the circuit is wired such that everything works in concert, and there are two input pathways to the hippocampus and the pyramidal cells in the neocortex.

There is an input pathway that comes from the outside world and a pathway that comes from inside the brain. It's that pathway that gets consolidated with a new memory and makes that new memory now familiar, old, and part of your schema. That discovery emerged from some computational work, which posited that the distal pathway would be important. We did some experiments and found, yes, it was super important.

What key takeaways do you hope attendees will gain from your keynote address at SLEEP 2024 regarding the interplay between sleep, brain remodeling, cognition and emotional health?

I hope to help people understand that the refreshing process is really important to downscaling the salience or the immediacy of something that happened to you.

In the example of a traumatic event, once you've consolidated it into your cortex and it's part of your story, you can — and should — erase it from the novelty encoding pathway so you're free to learn something new the next day.

If you can't refresh that novelty encoding pathway, it becomes saturated with that one memory, and you can't readily learn anything new. The old memory stays novel in your experiences. It feels like it *just* happened rather than happened last month, last year or 10 years ago. It would be miserable to not be able to put the past behind you and move on.

So, the aspect of erasing the novelty encoding pathways so that you're free to learn new things once the old thing has been consolidated is extremely important for our mental health.

From a clinical perspective, how might an understanding of brain remodeling during sleep inform therapeutic approaches for conditions affecting cognition and emotional well-being, such as neurodegenerative diseases or mood disorders?

Regarding mood disorders, the lack of norepinephrine and serotonin is really important for the refreshing and remodeling process. Antidepressants are often chemicals that prevent the reuptake

of norepinephrine or serotonin. That leaves norepinephrine and serotonin out there, keeping us from being able to put the past in the past and remodel our cortical and hippocampal networks.

For example, for patients with PTSD, you probably wouldn't give an antidepressant, especially a norepinephrine or serotonin reuptake inhibitor, because it leaves [norepinephrine and serotonin] out there, and it keeps people from having REM sleep.

Regarding neurodegenerative diseases, there are multiple ongoing efforts in the sleep field to try and stimulate memories during sleep so that you can reconsolidate them, and you don't lose them. One of the things I'm going to be talking about at SLEEP 2024 is the

locus coeruleus, which provides norepinephrine, which helps us strengthen memories. If your locus coeruleus is degenerated, like in Alzheimer's disease or Parkinson's disease, then stimulating these memories during sleep isn't going to help you hang on to them. If you stimulate them during wakefulness, even with wakeful practice, it's not going to help you reconsolidate them if your system isn't working.

I hope that one of the things that people take away from my lecture is to protect your locus coeruleus because you need it to function normally during sleep. Protect it by getting enough sleep your whole life long, because even just six hours of self-imposed sleep deprivation can stress your locus coeruleus, which can start to degenerate if you don't have enough antioxidants.

Live Expert Sessions at Jazz Medical Affairs Booth

Narcolepsy and Cardiovascular/Cardiometabolic Disease – Why Do Decisions You Make Today Matter?

Dr. Kwon will explore potential reasons why people with narcolepsy have increased risk of cardiovascular and metabolic comorbidities in this discussion of the hallmarks and clinical challenges of narcolepsy at different life stages

Monday, June 3, 2024
3:00 PM – 3:20 PM

Tuesday, June 4, 2024
10:30 AM – 10:50 AM



Younghoon Kwon, MD, MS, FACC

University of Washington School of Medicine
Seattle, WA, USA



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EXPLORING HOUSTON:

SLEEP 2024 VISITOR'S GUIDE



Houston is a city brimming with diverse cultural attractions, serene outdoor escapes, vibrant entertainment options and so much more. Take advantage of your time in the Bayou City and immerse yourself in its diverse offerings and create lasting memories beyond the conference walls.

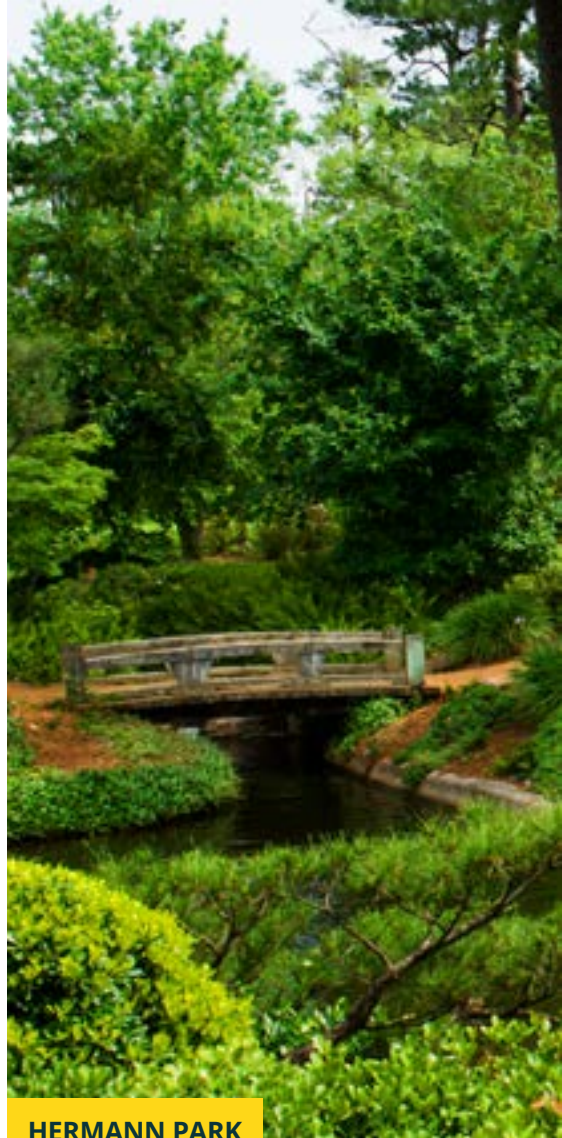
SPACE CENTER HOUSTON

Cultural Attractions SPACE CENTER HOUSTON

Embark on an out-of-this-world adventure at Space Center Houston, the official visitor center of NASA's Johnson Space Center. Discover the fascinating history of space exploration through interactive exhibits, astronaut training simulators and behind-the-scenes tours. Get up close to historic spacecraft, including the Apollo 17 Command Module, and learn about the future of space travel and exploration.

MUSEUM DISTRICT

Home to 20 museums, Houston's Museum District boasts one of the largest concentrations of cultural institutions in the country. Start your exploration at the Museum of Fine Arts, which houses both centuries-old masterpieces as well as the latest in contemporary art. Next, explore the wonders of natural history at the Houston Museum of Natural Science, where you can



HERMANN PARK

marvel at dinosaur fossils, explore the cosmos in the planetarium, and wander through a living butterfly habitat.

THE MENIL COLLECTION

Experience the intersection of art and architecture at The Menil Collection, a free-admission museum founded by philanthropists John and Dominique de Menil. Explore the museum's diverse collection of over 18,000 artworks, ranging from antiquities and modern masterpieces to contemporary installations. Don't miss the opportunity to visit the neighboring Rothko Chapel, a tranquil space featuring iconic works by abstract expressionist painter Mark Rothko.



Outdoor Escapes

HERMANN PARK

Escape the urban hustle and bustle at Hermann Park, an oasis spanning 445 acres in the heart of Houston. Take a leisurely stroll around the park's scenic lake, wander the Japanese garden or visit the reflection pool. Don't miss the opportunity to visit the Houston Zoo, home to over 6,000 animals from around the world. Explore the McGovern Centennial Gardens, a beautifully landscaped attraction featuring beautiful flower beds, a sculpture promenade, and stunning views of the city skyline.

BUFFALO BAYOU PARK

Discover the beauty of Houston's natural landscape at Buffalo Bayou Park, a 160-acre green space stretching along the banks of Buffalo Bayou. Explore miles of picturesque trails that wind through native gardens, riverbank parks and mature trees. Rent a kayak or stand-up paddleboard and paddle along the tranquil waters of the bayou, taking in views of the city skyline and iconic landmarks. Keep an eye out for native wildlife, including herons, turtles, and even occasional sightings of playful river otters.

DISCOVERY GREEN

Experience urban recreation at Discovery Green, a 12-acre village green located in downtown Houston. Stroll along tree-lined promenades or join a yoga class in the park. Discover art installations, explore vibrant gardens, or kick back with a leisurely game on the shuffleboard or bocce ball courts. With year-round programming and events, Discovery Green offers endless opportunities for outdoor fun and relaxation.

Entertainment and Nightlife

BARS AND NIGHTCLUBS

Houston offers a diverse array of bars and nightclubs catering to every taste and preference. Sip a drink and catch a game at Pitch 25, a large beer garden with nearly 100 beers on tap known for its lively sports-focused environment. Sing and dance the night away at Pete's Dueling Piano Bar, a high-energy entertainment experience where you become part of the show. For a more low-key vibe, head to SoHo Garden, where you can sip craft cocktails in a cozy, lush garden nestled in a courtyard in the heart of Downtown Houston.

LIVE MUSIC VENUES

Experience Houston's dynamic live music scene by catching a concert at one of the city's legendary venues. Head to Warehouse Live Midtown, a rooftop music venue with excellent views of the city featuring artists from a variety of genres. For a taste of Texas honky-tonk, visit The Rustic, where you can enjoy live country music and indulge in a delicious homestyle meal.

THEATER AND PERFORMING ARTS

Immerse yourself in Houston's vibrant theater and performing arts scene by catching a show at one of the city's acclaimed venues. From Broadway musicals and cutting-edge dramas to avant-garde performances and experimental works, Houston offers a diverse array of theatrical experiences. Don't miss the opportunity to visit the Alley Theatre, one of the oldest and most respected theaters in Texas or the Wortham Center, home to the Houston Grand Opera and Houston Ballet.

From exploring world-class museums and lush green parks to experiencing live music, vibrant nightlife and captivating theater performances, Houston offers a wealth of cultural attractions, outdoor escapes, and entertainment options to complement your experience at SLEEP 2024.



DINING AT AVENIDA HOUSTON

Avenida Houston is a vibrant entertainment district encompassing the area adjacent to the George R. Brown Convention Center and Discovery Green park. The plaza features over 20 restaurants.

1. 1600 Bar + Grille

Elegant grill restaurant offering locally sourced American fare in a refined setting

- 1600 Lamar Hilton Americas - Houston, Houston, TX 77010
- (713) 577-6115
- 0.2 miles | 4 min walk, 1 min drive

2. Biggio's

Lively sports bar offering elevated pub fare and an extensive beer selection

- 1777 Walker Street Marriott Marquis, Houston, TX 77010
- (346) 229-2577
- 433 feet | 2 min walk, 1 min drive

3. Brasserie du Parc

Authentic French brasserie with a sophisticated atmosphere near Discovery Green

- 1440 Lamar Street, Houston, TX 77010
- (832) 879-2802
- 0.2 miles | 5 min walk, 3 min drive

4. Grotto Downtown

Upscale Italian dining with a modern twist in downtown Houston

- 1001 Avenida de las Americas, Suite A, Houston, TX 77010
- (713) 658-0752
- 0.1 mile | 3 min walk, 1 min drive

5. The Grove

Contemporary American cuisine with panoramic views of Discovery Green Park

- 1611 Lamar Street, Houston, TX 77010
- (713) 337-7321
- 0.2 miles | 4 min walk, 3 min drive

6. Kulture

Urban southern comfort kitchen showcasing Houston's diverse culinary heritage

- 701 Avenida de Las Americas, Houston, TX 77010
- (713) 357-9697
- 0.1 miles | 3 min walk, 2 min drive

7. The Lake House

Lakeside restaurant offering seafood and American classics in a relaxed setting

- 1600 McKinney Street, Houston, TX 77010
- (713) 337-7320
- 0.2 miles | 4 min walk, 3 min drive

8. Saltgrass Steak House

Texas-style steakhouse known for its chargrilled flavors and Western ambiance

- 1001 Avenida de las Americas, Suite B, Houston, TX 77010
- (713) 277-7375
- 233 feet | 1 min walk, 1 min drive

9. Xochi

Acclaimed Oaxacan-inspired restaurant highlighting the flavors of southern Mexico

- Address: 1777 Walker Street, Suite A, Houston, TX 77010
- Phone: (713) 400-3330
- 0.2 miles | 4 min walk, 2 min drive



NEARBY RESTAURANTS

From five-star restaurants to bistros and breweries, there are countless dining options in downtown Houston. These eateries are located within walking distance of the George R. Brown Convention Center.

1. Flying Saucer

Eclectic beer bar with a vast selection of brews and hearty pub grub

- 705 Main Street, Houston, TX 77002
- (713) 228-PINT
- 0.7 miles | 15 min walk, 5 min drive

2. Hearsay on the Green

Modern eatery serving Southern style takes on New American dishes

- 1515 Dallas Street, Houston, TX 77010
- (832) 377-3362
- 0.3 miles | 6 min walk, 3 min drive

3. Huynh Restaurant

Family-owned Vietnamese restaurant known for its fresh and flavorful dishes and vast menu

- Address: 912 Saint Emanuel Street, Houston, TX 77003
- Phone: (713) 224-8964
- 0.4 miles | 9 min walk, 3 min drive

4. Pappas Bros. Steakhouse

Houston institution offering top-tier steaks and fine dining experience

- 1200 McKinney Street, Houston, TX 77010
- (713) 658-1995
- 0.5 miles | 10 min walk, 5 min drive

5. Rodeo Goat

Creative burger joint with an extensive craft beer selection and lively atmosphere

- 2105 Dallas Street, Houston, TX 77003
- (281) 853-9480
- 0.5 miles | 11 min walk, 4 min drive

SLEEP 2024 RESTAURANT GUIDE

As you immerse yourself in the latest research and innovations in sleep medicine, don't forget to savor the culinary delights Houston has to offer. Whether you're craving Tex-Mex, barbecue, or international cuisine, our restaurant guide will ensure you make the most of your dining experiences during your stay.



In memoriam

The American Academy of Sleep Medicine and Sleep Research Society remember the mentors, colleagues, and friends who have passed away in the time since we met last June for SLEEP 2023. We are grateful for their many contributions to sleep medicine, sleep and circadian research, and sleep health. Among the colleagues we lost are these five inspirational leaders.

JIM HORNE, PHD

Dr. Horne was a sleep neuroscientist who established the Loughborough Sleep Research Centre and served as founding editor-in-chief of the Journal of Sleep Research. He was emeritus professor at Loughborough University and honorary professor at Leicester University. Renowned as a pioneer in sleep and circadian science, his research on driver sleepiness revolutionized road safety. With over 200 publications and books, including "Sleepfaring" and "Why We Sleep," his influence remains profound in the field.

MONIQUE LEBOURGEOIS, PHD

Dr. LeBourgeois was known for her expertise in pediatric sleep and circadian physiology. An associate professor of integrative physiology at the University of Colorado Boulder, she pioneered methods for assessing circadian rhythms and sleep in toddlers at home. Her research illuminated the impact of light and electronic screen time on children. Dr. LeBourgeois, a dedicated mentor and researcher, received several recognitions, including the American Academy of Sleep Medicine's Young Investigator Award.

CLAUDE LENFANT, MD

Dr. Lenfant, former National Heart, Lung and Blood Institute (NHLBI) director, was the organization's longest-serving leader from 1982 to 2003. He led the institute in landmark initiatives, including the NIH's first gene therapy protocol, and expanded the NHLBI's focus with the establishment of the National Center on Sleep Disorders Research. Dr. Lenfant emphasized education and balanced research with patient care, contributing to over 350 publications and serving in global chronic disease control initiatives.

GERALD "JERRY" E. MCGINNIS, MS

McGinnis, a bio-engineering pioneer, inventor and entrepreneur, was the founder of Respironics and creator of the first mass-produced CPAP and BiPAP machines. He began his career at Westinghouse before founding his first company, Lanz Medical Products, where he developed a ceramic anesthesia mask and a tracheotomy tube. He later established Respironics, revolutionizing sleep apnea therapy. McGinnis left an indelible mark on the sleep and respiratory field, prioritizing patient comfort and scientific integrity.

RUSSELL ROSENBERG, PHD

Dr. Rosenberg served as the chief science officer and CEO of NeuroTrials Research, Inc., and was the director of the Atlanta School of Sleep Medicine and Technology. With a doctorate in clinical psychology from The Ohio State University, he specialized in sleep medicine, boasting 30 years of experience. Dr. Rosenberg focused his research on narcolepsy and insomnia, presenting globally and contributing to numerous publications. He was a past chairman of the National Sleep Foundation's board of directors.

SLEEP 2024

EXPLORE THE UNIVERSE OF SLEEP

Save big on AASM and SRS products at the SLEEP 2024 Society Booth. Purchase on-demand learning modules, textbooks, brochures, and more at a discounted price.

SAVE ON EVERYTHING! 10% DISCOUNT AVAILABLE

*Discounts do not apply to membership, event registration or services. Discount is valid at the time of purchase only and cannot be combined with previous or future purchases. Other exclusions may apply.



Double Your **Connections,** *Double Your* **Impact**

Join the AASM and SRS today for unparalleled access to resources, networking opportunities, and professional development in the field of sleep medicine and research.

Stop by the Member Resource Booth to discover how you can join one or both societies at a discounted dues rate for the remainder of 2024.

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Research
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AASM IN FOCUS

In the past year, the American Academy of Sleep Medicine (AASM) has launched and continued a variety of initiatives to support our members, advance sleep care, and address ongoing challenges in the sleep field.

New AASM strategic plan

The AASM Board of Directors approved a new strategic plan that will be unveiled at SLEEP 2024. The new AASM vision, "Sleep and circadian care is fundamental to health care," will be supported by strategic goals focusing on sleep medicine awareness, practice success, and technology integration.

JCSM strategic plan & editor

The AASM Board of Directors also approved a strategic plan for the Journal of Clinical Sleep Medicine (JCSM) and appointed a search committee to evaluate candidates to be the next editor, who will be responsible for elevating JCSM's reputation as the premier scientific journal for human sleep and circadian science.

New accreditation model

In response to the evolution of practice models in sleep medicine, the AASM is introducing a new, modular accreditation system based on services. It allows for greater flexibility by accommodating all practice types and enabling the easy addition or removal of services within a network.

Sleep tech shortage

The AASM created a Sleep Technologist Shortage Presidential Committee to identify barriers that contributed to the national shortage. This joint committee comprises

representatives from the AASM, American Association of Sleep Technologists, Board of Registered Polysomnographic Technologists, and the Committee on Accreditation for Polysomnographic Technologist Education.

Payer advocacy

The AASM continued collaborating with the AMA to urge Medicare physician payment reform. The AASM also launched the "Act on Actigraphy" campaign to advocate for reimbursement of this service. Alert the AASM about improper payer policies by sending an email to coding@aasm.org.

Standardized APP training

To promote standardized training and onboarding for advanced practice providers (APPs) in sleep medicine, the AASM developed the ASTEP Introduction to Clinical Sleep Medicine for APPs. This certificate program provides an intensive review of the essentials of sleep medicine, guiding APPs in launching a career in the sleep field.

Autoscoring software certification

The AASM Autoscoring Certification program is independently evaluating the real-world performance of autoscoring software that provides adult sleep stage scoring from the analysis of data gathered by polysomnography. In March, Sleepware G3 with Somnolyzer v4.0.2.0 by Philips RS North America LLC became the first software to earn stage-specific certification through the pilot program.

New standard time coalition

The AASM formed a new Coalition for Permanent Standard Time to advocate for the introduction and adoption of federal legislation making standard

time permanent across the U.S. The founding organizational members are the AASM, National Sleep Foundation, Save Standard Time, Sleep Research Society, and Society for Research on Biological Rhythms. Get more details at www.ditchDST.com.

Standard time position

The AASM developed an updated position statement describing the benefits of permanent standard time and examining the acute and chronic effects of daylight saving time. It updates the AASM's 2020 statement on DST. View the statement at <https://doi.org/10.5664/jcsm.10898>.

Commentary on AHRQ report

The AASM and several other societies published a joint commentary in response to the CPAP technology assessment posted by the Agency for Healthcare Research and Quality. View the commentary at <https://doi.org/10.5664/jcsm.10832>.

Protocols for MSLT in children

In December, the AASM published recommended protocols for the Multiple Sleep Latency Test (MSLT) in children. View the paper at <https://doi.org/10.5664/jcsm.10974>.

AASM Foundation support

The AASM Board of Directors approved a \$10 million block grant to provide \$2 million per year over five years in support of the programs and activities of the AASM Foundation.

Sleep Medicine Trends 2025

Make plans to attend Sleep Medicine Trends 2025, which will be held Feb. 7 – 9 at the Sheraton Sand Key Resort in Clearwater Beach, Florida

AASM 50th anniversary in 2025

Established in 1975, the AASM will celebrate its 50th anniversary in 2025. Become a member and join the celebration! Learn more at www.aasm.org/membership.

MEET THE 2024 AASM AWARD RECIPIENTS

Several leaders in the field of sleep medicine are recipients of the 2024 American Academy of Sleep Medicine awards, which will be presented Monday, June 3, during the plenary session of SLEEP 2024.

MICHAEL LITTNER, MD, FAASM

The Distinguished Leadership Award

Dr. Littner graduated from the University of Toronto Medical School and trained in pulmonary medicine at UCLA. He is professor emeritus of medicine at the David Geffen School of Medicine at UCLA. During his career at the VA Greater Los Angeles Healthcare System, he co-founded the UCLA Sleep Medicine Training Program. Dr. Littner represented the VA on the National Commission on Sleep Disorders Research and chaired the AASM Standards of Practice Committee. He also initiated and chaired the AASM Board Review Course and served on various committees within the field of sleep medicine.

SHAHROKH JAVAHERI, MD, FAASM

The Excellence in Research Award

Dr. Javaheri is a sleep physician in the division of pulmonary and sleep medicine at Bethesda North Hospital in Cincinnati, professor emeritus of medicine in the division of pulmonary, critical care and sleep medicine at University of Cincinnati

College of Medicine, and adjunct professor of medicine in the division of cardiology at The Ohio State University. With extensive research in sleep disorders, particularly sleep apnea and cardiovascular diseases, Dr. Javaheri's work is internationally recognized. He established a sleep lab at the VA Medical Center, published in many peer-reviewed journals and presented over 300 lectures globally.

IRIS PEREZ, MD

The Excellence in Education Award

Dr. Perez is an associate professor of clinical pediatrics at the Keck School of Medicine at the University of Southern California. She is a pediatric pulmonologist and sleep medicine specialist at Children's Hospital Los Angeles, where she also serves as the director of the Congenital Central Hypoventilation Syndrome and Diaphragm Pacing Program. She is the program director of the Sleep Medicine Fellowship Program at USC+LA General Medical Center. Dr. Perez is devoted to mentoring undergraduates, medical students, trainees and early career faculty, many of whom are carving out a career in sleep medicine.

LYNNE LAMBERG, MA

The Sleep Health Advocate Award

Lynne Lamberg, a medical journalist, embarked on her journey into sleep

science after an encounter with alligators during an observation at the University of Chicago sleep lab in the early 1970s. Since then, she's written five books and hundreds of articles and book reviews. Her contributions earned her awards, including the National Sleep Foundation's Communications Career Leadership Award and an outstanding book award from the American Society of Journalists and Authors. Currently, Lamberg is writing a book with Mary Carskadon on adolescent sleep and continues her role as book editor for the National Association of Science Writers.

LISA WOLFE, MD

The Clinical Achievement Award

Dr. Wolfe attended medical school at The Ohio State University and trained in internal medicine, pulmonary, critical care and sleep medicine at Northwestern University, where she now serves as faculty. Dr. Wolfe is a professor of medicine and neurology, serving as faculty for pulmonary, sleep and neuromuscular medicine. She also serves as the medical director of respiratory care at the Shirley Ryan Ability Lab. Her clinical and academic focus is concentrated on advanced home ventilation. Dr. Wolfe advocates for policy updates to improve access to home ventilation and embraces innovative technologies in health care.



IN FOCUS

The Sleep Research Society (SRS) is thrilled to connect with friends and colleagues at SLEEP 2024. Here, we highlight some of the most recent initiatives reflecting the priorities of the SRS strategic plan.

Prioritizing diversity, equity and inclusion

Dedicated to fostering diversity, equity and inclusion (DEI), the SRS has developed new guidelines to ensure diverse representation among speakers. Recognizing the importance of embracing a wide array of perspectives and backgrounds within the sleep research community, the SRS created these new guidelines to ensure speakers at SRS events represent the diversity present within our membership. By prioritizing DEI in speaker selection, the SRS is committed to cultivating an environment where all voices are heard, fostering innovation and collaboration in sleep and circadian science.

Empowering learning and trainee support

Discover the newly launched SRS Learning Center, an online resource providing a comprehensive educational experience. This user-friendly platform offers access to a wealth of resources, including recordings, webinars and educational materials designed to enhance a user's understanding of sleep and circadian science.

Furthermore, our expanded programming for the Trainee Symposia Series at SLEEP 2024 offers invaluable opportunities for networking and staying abreast of sleep and circadian research trends. Designed to support the next generation of sleep researchers and clinicians, this series provides trainees with a platform to showcase their research, connect with peers and mentors, and gain insights from leaders in the field.

Advocating for sleep health and public education

In March 2024, our Advocacy Task Force convened in Washington, DC, advocating for policies prioritizing sleep health and research funding. This critical initiative included a congressional briefing focusing on recent advancements and emerging opportunities in sleep, circadian and sleep disorders research. By engaging with policymakers and advocating for policies that support sleep health and research, the SRS continues to play a crucial role in shaping the future of sleep and circadian science.

Additionally, our podcast and public education briefs serve as essential tools for disseminating information and raising awareness about sleep-related topics. Through these platforms, the SRS delivers accessible and informative content, offering insights from leading experts in sleep and circadian research.

Innovative initiatives from the SRS Foundation

The SRS Foundation is spearheading efforts to support and grow the pipeline of sleep and circadian researchers. With initiatives like

the SRSF Career Development Award and the SRSF Small Research Grant, we are nurturing promising early-career investigators and facilitating collaborations to drive impactful research. The SRSF Career Development Award provides critical support to early-career investigators, enabling them to pursue groundbreaking research in the field of sleep and circadian science. Additionally, the SRSF Small Research Grant provides early support to trainees and early career investigators, allowing them to develop preliminary data that will allow them to successfully apply for external funding. Furthermore, the SRS Foundation continues to explore corporate collaboration opportunities and partnership initiatives, leveraging resources and expertise to maximize the impact of our efforts.

Looking forward: advancing sleep and circadian science

Save the date for the Advances in Sleep and Circadian Science conference, where global experts convene to discuss the latest developments in sleep and circadian research. Join us Feb. 14-17, 2025, at the Sheraton Sand Key Resort in Clearwater Beach, Florida. Registration opens in August.

The SRS remains committed to advancing sleep and circadian science through conferences, advocacy and educational initiatives. Explore more at our annual membership meeting Tuesday, June 4 at 11:45 a.m., and join us in our mission to advance sleep and circadian science to cultivate knowledge and optimize health and well-being.

MEET THE 2024 SRS AWARD RECIPIENTS

Several leaders in the fields of sleep and circadian science are recipients of the 2024 Sleep Research Society awards, which will be presented Monday, June 3, during the plenary session of SLEEP 2024.

ELIZABETH KLERMAN, MD, PHD

Distinguished Scientist Award

Dr. Klerman is a professor of neurology at Massachusetts General Hospital and Harvard Medical School, also serving as a physician at Brigham and Women's Hospital. Her research focuses on applying circadian and sleep principles to normal and pathophysiologic states, mathematical analysis, and modeling of human circadian rhythms and sleep. She led the National Space Biomedical Research Institute Human Factors and Performance Team and has received continuous funding from NIH and other organizations. Dr. Klerman mentors a diverse group of researchers who have received prestigious grants and hold faculty positions worldwide. As director of student engagement in clinical and translational research at Harvard Catalyst/HMS, she fosters the next generation of medical researchers. Dr. Klerman will present an invited lecture at SLEEP 2024, "Adding Sleep and Circadian Rhythms to Medicine," Monday, June 3, at 2:15 p.m.

DAVID M. RAIZEN, MD, PHD

Outstanding Scientific Achievement Award

Dr. Raizen is a professor of neurology, medicine, and genetics and the associate director of the Chronobiology and Sleep Institute at the University of Pennsylvania Perelman School of Medicine. His research focuses on the fundamental mechanisms regulating sleep and fatigue. Dr. Raizen established a *C. elegans* (nematode) model for sleep research, demonstrating that *C. elegans* sleep is similar to mammalian sleep at the molecular level, indicating that sleep evolved about a half billion years earlier than previously thought. He is the senior author of the publication, "Lethargus is a *Caenorhabditis elegans* sleep-like state" (Nature, 2008), which has been accessed nearly 10,000 times.

MICHAEL L. PERLIS, PHD

Mary A. Carskadon Outstanding Educator Award

Dr. Perlis is internationally known for his work in behavioral sleep medicine (BSM). He is co-author of the first textbook in the field and is the senior author of a published CBT-I treatment manual and a comprehensive text summarizing all BSM treatments. He conducts two CBT-I training workshops annually and offers mini-fellowship BSM practica and supervision at Penn. His workshops have attracted over 3,000 clinicians and trainees worldwide. Dr. Perlis's

commitment to education is evident through his service on the editorial boards of Sleep, the Journal of Sleep Research, Sleep Medicine Research, and Behavioral Sleep Medicine. He has served on committees and task forces for the Sleep Research Society and American Academy of Sleep Medicine and as a founding member and first president of the Society of Behavioral Sleep Medicine.

JULIE FLYGARE, JD

Public Service Award

Julie Flygare is the president and CEO of Project Sleep, recognized globally as a patient-perspective leader and a prominent voice in sleep advocacy. She is the award-winning author of "Wide Awake and Dreaming: A Memoir of Narcolepsy." Her TEDx Talk, "What Can You Learn from a Professional Dreamer?" underscores her influence. Since her diagnosis of narcolepsy with cataplexy in 2007, Flygare has championed awareness through speaking engagements, publications, collaborations and awareness initiatives. She served as president of Project Sleep's board of directors and on the National Institutes of Health's Sleep Disorders Research Advisory Board. She earned her bachelor's degree from Brown University and her juris doctor from Boston College Law School, focusing on health law, policy and rare disease drug development. Flygare's impactful work amplifies patient voices worldwide and raises awareness of sleep disorders.

SLEEP 2024 HOT TOPICS

Hot topics at SLEEP 2024 include artificial intelligence, consumer wearables, cardiovascular disease, and climate change. Here are sessions that address some of the hottest topics in the field.

Mon. June 3

Challenges with Wearables for Sleep: Strategies for Addressing Incomplete Data

Aarti Sathyanarayana; Christopher Depner; Orsolya Kiss; Vadim Zipunnikov

2:15 p.m. – 3:15 p.m. | Basic track

Severe Sleep-Related Anxiety in New Onset Insomnia

Leisha Cuddihy; Michael Grandner; Sara Nowakowski

2:15 p.m. – 3:15 p.m. | Clinical track

The Impact of Sleep Disturbances on the Immune System: The Modulating Role of Sex and Implications for Long COVID

Monika Haack; Larissa Engert; Sairam Parthasarathy; Aric Prather

3:30 p.m. – 5:30 p.m. | Basic track

Artificial Intelligence and Big Data in Sleep Medicine

Carlos Schenck; Melissa Jones; Arash Maghsoudi; Javad Razjouyan; Amir Sharafkhaneh

3:30 p.m. – 5:30 p.m. | Clinical track

Tues. June 4

Advancements in Restless Legs Syndrome: From Opioid Management to Impact on Alzheimer's Disease

John Winkelman; Elias Karroum; Matheus Lima Diniz Araujo; Kathy Richards

2:15 p.m. – 3:15 p.m. | Clinical track

Genetics of Sleep Disturbance and Sleep Loss

Hilary Uyhelji; Mariana Moyses-Oliveira; Tariq Faquih; Sara Mithani

2:15 p.m. – 3:15 p.m. | Basic track

Practical Management of Sleep Disorders in Patients with Psychiatric Illnesses

Amit Chopra; Bhanu Prakash Kolla; David Plante; Louisa Sylvia

3:30 p.m. – 5:30 p.m. | Clinical track

The World Outside of the Sleeper is Changing: Climate-Related Factors that Affect Sleep and Circadian Health

Joon Chung; Chandra Jackson; Jose (Memo) Laurent; Azizi Seixas

3:30 p.m. – 5:30 p.m. | Basic track

Wed. June 5

Sleep Health Inequities: Sleep Deserts and Beyond

Hrayr Attarian; Ronald Gavidia Romero; Lauren Robinson; Caroline Skolnik

8:00 a.m. – 10:00 a.m. | Basic track

Sleep and Cardiometabolic Health: Thinking Beyond OSA

Christopher Kaufmann; Stacey Simon; Nan Zhang; Ghada Abu Irsheed

1:00 p.m. – 2:00 p.m. | Clinical track

Cardiovascular Health and Performance: Daily Behaviors and Their Interaction with the Circadian System

Saurabh Thosar; Allison Brager; Leandro Brito; Katharine Currie; Joshua Gonzalez; Jingyi Qian

1:00 p.m. – 2:00 p.m. | Basic track

Sleep's Influence on Post-Traumatic Stress Disorder and Depression Across Age Groups

Maya Schenker; Kelly Kim; Ari Shechter; Joseph Dzierzewski

2:15 p.m. – 3:15 p.m. | Clinical track



Sleep Research Society®

29th Annual Trainee Symposia Series

Saturday & Sunday, June 1-2

The 29th Annual Sleep Research Society Trainee Symposia Series programming has been expanded to a 2-day event. On Saturday, June 1, trainees will attend a welcome reception, hear from the SRS President, network with their peers, and more! On Sunday, June 2, trainees will have the opportunity to choose from 15 educational sessions to attend followed by a networking hour.

The event is free to SRS and AASM student members who are registered for SLEEP 2024. On-site registration for this program is NOT available.

VIEW THE FULL SCHEDULE:

[sleepmeeting.org/schedule/
highlights/srs-trainee-day/](https://sleepmeeting.org/schedule/highlights/srs-trainee-day/)

Trainee Networking Development Suite

ROOM 322AB

The SRS Trainee Networking Development Suite offers trainee members an opportunity to network and learn with other trainees, experienced researchers and mentors in sleep and circadian science throughout SLEEP 2024. Lunch will be provided to the first 30 trainees each day.

MONDAY, JUNE 3

11:45 A.M. – 12:45 P.M.

Life Skills to Thrive as a Sleep Researcher

Sonia Ancoli-Israel, PhD
Raj Dedhia, MD, MSCR
Jared Saletin, PhD

TUESDAY, JUNE 4

11:45 A.M. – 12:45 P.M.

Science Communication, Outreach, and Community Engagement

Judite Blanc, PhD
Michael Scullin, PhD

WEDNESDAY, JUNE 5

11:45 A.M. – 12:45 P.M.

Navigating a Career in Sleep Research

Daniel Buysse, MD
Mary Carskadon, PhD
Darlynn Rojo-Wissar, PhD, MPH
Lauren Whitehurst, PhD

SCHEDULE

All session types, with the exception of Postgraduate Courses, Meet the Professor Sessions, and Lunch Debates are open to all attendees registered for the General Session.

Schedule and speakers are subject to change without notice.

- C** Postgraduate Courses
- L** Lunch Debates
Lunch is provided.
- P** Poster Presentations
- D** Discussion Groups
- M** Meet the Professors
Lunch is provided.
- R** Trainee Case Reports
- F** Rapid-Fire Symposia
- O** Oral Presentations
- S** Symposia
- I** Invited Lectures
- T** Technologist Track
- W** Clinical Workshops

Basic & Translational Sleep and Circadian Science

Clinical Sleep Science & Practice




Technologist

SATURDAY

SAT SUN MON TUE WED

Session # Title Room Speakers

POSTGRADUATE COURSES | 8:00 A.M. - 5:00 P.M.

 C-01	Year in Review	Grand Ballroom A	Romy Hoque, MD, Co-Chair; Iris Perez, MD, Co-Chair; Sara Aton, PhD, Co-Chair; Jimmy Fraigne, PhD; Bhanu Prakash Kolla, MBBS, MD; Adi Lador, MD; Octavian Ioachimescu, MD, PhD; Naresh Punjabi MD, PhD; Douglas Wallace, MD; David Zielinski, MD
 C-02	Bridging Sleep Research-Practice Gaps: A (Gentle) Introduction to Implementation Science	Grand Ballroom B	Suzanne Bertisch, MD, Co-Chair; Ariel Williamson, PhD, Co-Chair; Carmela Alcántara, PhD; Adam Bramoweth, PhD; Alicia Chung, EdD; Jessica Levenson, PhD; Rebecca Robbins, PhD; Jason Sico, MD
 C-03	Navigating Novel and Emerging Consumer, Diagnostic, and Therapeutic Sleep Technologies	Grand Ballroom C	Seema Khosla, MD, Co-Chair; Sharon Schutte-Rodin, MD, Co-Chair; Anuja Bandyopadhyay, MBBS, MD; Ambrose Chiang, MD; Cathy Goldstein, MD; Steven Holfinger, MD; Clete Kushida, MD, PhD; Shalini Paruthi, MD

POSTGRADUATE COURSE | 8:00 A.M. - 12:00 P.M.

 C-04	Update and Review on RLS During Pregnancy, RLS in Childhood, RLS in Dementia, and Iron Supplementation in RLS	320	Christopher Earley, MBBCh, PhD, Chair; Mauro Manconi, MD, PhD; Shalini Paruthi, MD; Kathy Richards, PhD
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POSTGRADUATE COURSE | 1:00 P.M. - 5:00 P.M.

 C-05	Making a Transition from Pediatric to Adult Care in Children with Chronic Sleep Disorders	320	Narong Simakajornboon, MD, Chair; Lourdes DelRosso, MD, PhD; Thomas Dye, MD; Neepa Gurbani, DO; Umakanth Katwa, MD
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REGISTRATION OPEN | 7:00 a.m. - 5:30 p.m.

VIBE FUSION FITNESS6:00 a.m. - 9:00 a.m.
DISCOVERY GREEN PARK**REGISTRATION**7:00 a.m. - 5:30 p.m.
3RD FLOOR NEAR ROOM 350**SRS CLUB HYPNOS**6:00 p.m. - 8:00 p.m.
BALLROOM OF THE AMERICAS



Session #	Title	Room	Speakers
POSTGRADUATE COURSES 8:00 A.M. - 5:00 P.M.			

 C-06	Advances in Clinical Sleep Medicine	Grand Ballroom A	Rebecca Spencer, PhD, Co-Chair; Robert Stansbury, MD, Co-Chair; Alberto Ramos, MD, Co-Chair; Amber Allen, RPSGT, RST, CCSH; Rakesh Bhattacharjee, MD; Michael Howell, MD; Atul Malhotra, MD; Kiran Maski, MD; Michael Silber, MBChB; Nicole Stout, DPT; Patrick Strollo Jr., MD
 C-07	A Journey into the Center of the Sleeping Brain	Grand Ballroom B	Alon Avidan, MD, Co-Chair; Lourdes DelRosso, MD, PhD, Co-Chair; Tiffany Braley, MD; Devin Brown, MD; Romy Hoque, MD; Lynn Marie Trotti, MD; Aleksandar Videnovic, MD; Nathaniel Watson, MD
 C-08	PedSleep 2024 Next Level: Climate Change, Exposome, and Diversity Impact on Sleep and Circadian Rhythms in Children	Grand Ballroom C	Madeleine Grigg-Damberger, MD, Chair; Vlad Ianus, MD; Seyni Gueye-Ndiaye, MD; Umakanth Katwa, MD; Sanjeev Kothare, MD; Anne Morse, DO; Susan Muraida, MD; Vaishal Shah, MD




POSTGRADUATE COURSES | 8:00 A.M. - 12:00 P.M.

 C-09	When and Why to Consider Surgery for Sleep Apnea?	320	Edward M. Weaver, MD, Chair; Ofer Jacobowitz, MD, PhD; David Kent, MD
 C-11	Human and Artificial Intelligence to Maximize Sleep Data	330	Robert Thomas, MD, Chair; Danny Eckert, PhD; Cathy Goldstein, MD; Haoqi Sun, PhD

POSTGRADUATE COURSES | 1:00 P.M. - 5:00 P.M.

 C-10	Advancing Hospital Sleep Medicine: Integrative Approaches and New Frontiers	320	Edward Rojas, MD, Chair; Karin Johnson, MD; Ashima Sahni, MD; Sunil Sharma, MD
 C-12	Mindful of Sleep: Using Mindfulness Techniques to Improve Patient Care and Provider Well-Being	330	Daniel Lewin, PhD, Chair; Michael Irwin, PhD; Heather Rusch, PhD; Erica Sharpe, PhD

GENERAL SESSIONS | 1:00 P.M. - 3:00 P.M.

 O-01	Examining Sleep and Behavior, Performance, and Fatigue in the Laboratory and in the Real World	340	Takashi Abe, PhD; Katherine Bay, PhD; Corinne Fitzsimmons; Cassie Hilditch, PhD; Orsolya Kiss, PhD; Jeongok Logan, PhD, RN; Rachel Muck; Mikaela Owen, PhD
 S-01	Sleep and Circadian Rhythms in Pregnancy: Fetal and Neonatal Outcomes	342ABC	Marishka Brown, PhD, Chair; Tracy Baker, PhD; Ghada Bourjeily, MD; Sarah England, PhD; Christina Park, PhD
 S-02	Functional Consequences of Circadian and Sleep-Related Genetic Factors in Humans and Model Organisms	342DEF	Richa Saxena, PhD, Chair; Samuel Jones, PhD; Torrey Mandigo, PhD; Girish Melkani, PhD; Christiane Wrann, DVM, PhD

REFRESHMENT BREAK | 3:00 P.M. - 3:15 P.M.

GENERAL SESSIONS | 3:15 P.M. - 5:15 P.M.

F-01	The Future of Families Sleep Cohort: Disparities in Sleep and Wellbeing from Adolescence to Young Adulthood	342ABC	<i>Lauren Hale, PhD, Chair; Anne-Marie Chang, PhD; Adwoa Dadzie; Lindsay Master; Gina Marie Mathew, PhD; David Reichenberger, PhD</i>
O-02	Healthy and Disordered Sleep Physiology	342DEF	<i>Mohammad Badran, PhD; Nicholas Harris, MD, PhD; Lenise Kim, PhD; Trung Le, PhD; Kathleen O'Hara; Caitlin Paquet, PhD; Anjana Subramoniam; Nils Yang, PhD</i>
S-03	Sleeping at the Wrong Time: Mechanisms Underlying Internal Desynchrony and Long-Term Health Risks in Shift Workers	340	<i>Allison Brager, PhD, Chair; Christopher Davis, PhD; Chathuri Kombala, PhD; Mikaela Owen, PhD; Hans Van Dongen, PhD</i>

ASK THE EXPERTS

Monday (6/3)

Topics

10:00am to 11:00am	How to Become an ASTEP Course Provider
11:00am to 12:00pm	Sleep ISR - Improvements & Enhancements
12:00pm to 1:00pm	SRS Professional Development Resources
1:00pm to 2:00pm	Coding & Reimbursement
2:00pm to 3:00pm	New Model of Accreditation
3:00pm to 4:00pm	SRS/SRSF Awards and Grants

Tuesday (6/4)

Topics

10:00am to 11:00am	SRS Member Benefits You Never Knew You Had
11:00am to 12:00pm	New Model of Accreditation
12:00pm to 1:00pm	How Can I Advocate for Sleep with My Legislators?
1:00pm to 2:00pm	AASM Membership - Fellow Membership, Mentor Program, Benefits & Resources
2:00pm to 3:00pm	Tech Workforce Development Options (A-STEP / Scoring Course / CCSH)
3:00pm to 4:00pm	Clinical Practice Guidelines

Wednesday (6/5)

Topics

10:00am to 11:00am	AASM Membership - Volunteering & Engagement Opportunities
11:00am to 12:00pm	SRS Member Benefits You Never Knew You Had
12:00pm to 1:30pm	AI Implementation in the Modern Sleep Center (AASM Autoscored Certification)

REGISTRATION

7:00 a.m. - 5:30 p.m.
3RD FLOOR NEAR ROOM 350

EXHIBIT HALL

10:00 a.m. - 4:00 p.m.
HALL A3 & B3

POSTER HALL

10:00 a.m. - 4:00 p.m.
HALL A3

Session #	Title	Room	Speakers
PLENARY SESSION AND KEYNOTE ADDRESS 8:00 A.M. - 10:00 A.M.			

I-01	Essential Sleep Features for Brain Remodeling - Importance for Cognition and Emotional Health	General Assembly	<i>Gina Poe, PhD</i>
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POSTER PRESENTATIONS

10:00 A.M. - 10:45 A.M. | 11:00 A.M. - 11:45 A.M. | HALL A3

AASM ANNUAL MEMBERSHIP MEETING 10:30 a.m. - 11:45 a.m.	330
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LUNCH BREAK | 11:45 A.M. - 1:00 P.M.

LUNCH SESSIONS 11:45 A.M. - 12:45 P.M.			
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LBA	Late-Breaking Abstracts	360	<i>Si-Jing Chen; Tyler Kudlak; Sue Hyun Lee; Bryce Manger, PhD</i>
 L-01	Hypoxic Burden Should Replace AHI as Marker for Apnea Severity	320	<i>Atul Malhotra, MD & Patrick Strollo, MD</i>
 M-01	What Parts of Us Sleep? Why? And How Do We Measure It?	371A	<i>Gina Poe, PhD</i>
 M-02	Sex-Specific Differences in Obstructive Sleep Apnea--Why it Matters	371B	<i>Reena Mehra, MD</i>
 M-03	Leveraging Implementation Science to Promote Sleep Health, Equitably	371C	<i>Suzanne Bertisch, MD</i>
 M-04	A Digital Health Equity Model for Sleep and Circadian Health	371F	<i>Azizi Seixas, MD</i>
 M-05	Management of REM Sleep Behavior Disorder	371E	<i>Alon Avidan, MD</i>

GENERAL SESSIONS 1:00 P.M. - 2:00 P.M.			
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D-01	Exploring Treatment Options for PLMS and Sleep-Related Movements: A Comprehensive Discussion	372	<i>Raffaele Ferri, MD, Chair; Lourdes DelRosso, MD, PhD; Maria Paola Mogavero, MD; Arthur Walters, MD</i>
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I-02	New Developments in Narcolepsy	Grand Ballroom C	<i>Emmanuel Mignot, MD, PhD</i>
I-03	Maternal/Fetal Circadian Synchrony and Birth Outcomes	342ABC	<i>Erik Herzog, PhD</i>
O-03	Comorbid Sleep Apnea and Insomnia (COMISA): Impact and Novel Assessment Tools	360	<i>Matthew Epstein, MD; Xiru Lyu; Javad Razjouyan, PhD; Thomas Speer, PhD</i>
O-04	Physiological Responses to Sleep Loss	342DEF	<i>Larissa Engert, PhD; Namni Goel, PhD; Mannivannan Subramaniyan, PhD</i>
S-04	FDA Regulation of Sleep Devices: From Concept to Market and Beyond	362	<i>Rachana Visaria, PhD, Chair; Mahadevappa Hunasikatti, MD; Binoy Mathews</i>
S-05	Considerations for Implementing Sleep and Circadian Interventions in Real-World Occupational Settings	370	<i>Philip Cheng, PhD, Chair; Michael Wasik; Imela Wong, PhD</i>
S-06	Trauma REMedy: The Complex Interaction of REM Sleep, PTSD Mechanisms, and PTSD Symptoms	340	<i>Laura Straus, PhD, Chair; Sean Drummond, PhD; Edward Pace-Schott, PhD; Maya Schenker, PhD</i>
T-01	AI in Polysomnography: Ready for Clinical Deployment or Still in Beta?	361	<i>Dennis Hwang, MD, Chair; T. Massey Arrington, RST, RPSGT, CCSH; Octavian Ioachimescu, MD, PhD</i>

BREAK | 2:00 P.M. - 2:15 P.M.

GENERAL SESSIONS | 2:15 P.M. - 3:15 P.M.

D-02	Unveiling the Secrets of Adolescents' Sleep and Circadian Rhythms: Laboratory vs. Home Measurements	360	<i>Reut Gruber, PhD, Chair; Helen Burgess, PhD; Merrill Wise, MD</i>
F-02	The Interplay of Faith and Sleep: Strategies for Muslim Patients	370	<i>Bilal Irfan, Chair; Hrayr Attarian, MD; Meena Khan, MD</i>
F-03	Sleep Health in Pregnancy, Infancy, Childhood, and Early Adolescence: Implications for Brain Structure and Function	340	<i>Melissa Nevarez-Brewster, Chair; Sanna Lokhandwala; Gina Mason, PhD; Katharina Pittner, PhD</i>
I-04	Low-Dose Opioids in Augmented Restless Legs Syndrome: Data from the National RLS Opioid Registry	Grand Ballroom C	<i>John Winkelman, MD, PhD</i>
I-05	Adding Sleep and Circadian Rhythms to Medicine	342DEF	<i>Elizabeth Klerman, MD, PhD</i>
O-05	Sleep-Related Breathing Disorders in Ethnic Groups and Socioeconomic Considerations in Disparity of Outcomes	362	<i>Justin Oliver Cesar; Dennis Hwang, MD; Nicole Molin, MD; Itzel Vazquez, MD</i>

S-07	Challenges with Wearables for Sleep: Strategies for Addressing Incomplete Data	342ABC	Aarti Sathyanarayana, PhD, Chair; Christopher Depner, PhD; Orsolya Kiss, PhD; Vadim Zipunnikov, PhD
W-01	Severe Sleep-Related Anxiety in New Onset Insomnia	372	Leisha Cuddihy, PhD, Chair; Michael Grandner, PhD; Sara Nowakowski, PhD
T-02	Neurostimulation Therapy in the Lab: Challenging Cases in Non-PAP Titration Studies	361	Kirat Gill, MD, Chair; Shahrokh Javaheri, MD
REFRESHMENT BREAK 3:15 P.M. - 3:30 P.M.			
GENERAL SESSIONS 3:30 P.M. - 5:30 P.M.			
D-03	Legal Issues in Sleep Medicine	360	Ramesh Sachdeva, MD, PhD, Chair; Matthew Horsnell; Seema Khosla, MD; Emmanuel Mignot, MD, PhD; Muhammad Adeel Rishi, MBBS; Lynn Marie Trotti, MD
O-06	Sleep in Adolescence: Determinants, Measurements of Sleep Health, and Outcome of Interventions	362	Jordan Davidson; Brant Hasler, PhD; Jeremy Landeo-Gutierrez, MD; Jessica Lunsford-Avery, PhD; Marie-Rachelle Narcisse, PhD; Casandra Nyhuis; Emily Ricketts, PhD
O-07	Addressing the Challenges of Insomnia Treatment: CBT-I Augmentations and Alternatives	370	Caitlin Cheruka, PhD; Constance Fung, MD; Anne Germain, PhD; Allison Herens; Camilla Hoyos, PhD; Jacques Le Bouthillier; Lisa Olson, PhD; Margeaux Schade, PhD
O-08	Sleep in Aging and Alzheimer's Disease	340	Korey Kam, PhD; Ksenia Kastanenko; Clarence Locklear; Cássia Maués; Chooza Moon, PhD, RN; Negin Sattari Barabadi, PhD; Charlotte Sørensen; Danielle Wallace, PhD
S-08	Artificial Intelligence and Big Data in Sleep Medicine	372	Carlos Schenck, MD, Chair; Melissa Jones, MD; Arash Maghsoudi, PhD; Javad Razjouyan, PhD; Amir Sharafkhaneh, MD, PhD
S-09	Giving Weight to Incretin-Based Pharmacotherapy for Obesity-Related Sleep Apnea	Grand Ballroom C	Camilla Hoyos, PhD, Chair; Ariana Chao, PhD; Ronald Grunstein, MD, PhD; Atul Malhotra, MD
S-10	The Impact of Sleep Disturbances on the Immune System: The Modulating Role of Sex and Implications for Long COVID	342ABC	Monika Haack, PhD, Chair; Larissa Engert, PhD; Sairam Parthasarathy, MD; Aric Prather, PhD
S-11	Sleep, Circadian Rhythms, and Bipolar Disorder: From the Lab to the Clinic	342DEF	Jennifer Goldschmied, PhD, Chair; Helen Burgess, PhD; Lovemore Kunorozva, PhD; Michael McCarty, MD, PhD
T-03	Navigating Respiratory Physiology in the Sleep Lab (3:30 p.m. - 4:30 p.m.)	361	Ashima Sahni, MD, Chair; Babak Mokhlesi, MD; Bernardo Selim, MD; Lisa Wolfe, MD
T-03	Under Pressure: Responding to Urgent Scenarios in the Sleep Lab (4:30 p.m. - 5:30 p.m.)	361	Hrayr Attarian, MD; Nancy Collop, MD

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REGISTRATION

7:30 a.m. - 5:30 p.m.
3RD FLOOR NEAR ROOM 350

EXHIBIT HALL

10:00 a.m. - 4:00 p.m.
HALL A3 & B3

POSTER HALL

10:00 a.m. - 4:00 p.m.
HALL A3

Session #	Title	Room	Speakers
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GENERAL SESSIONS | 8:00 A.M. - 10:00 A.M.

F-04	Meal Timing and Cardiometabolic Health: Consequences to Mechanisms	342ABC	Shadab Rahman, PhD, Chair; Josiane Broussard, PhD; Leilah Grant, PhD; Andrew McHill, PhD; Jingyi Qian, PhD; Frank Scheer, PhD
O-09	How Sleep Technology, Light Therapy, and Medications Affect Stroke, Cognition, and Neurodegeneration	360	Kimberly Honn, PhD; Sasha Milton; Cynthia Okamoto; Hyo Jin Park, MD, PhD; Jacob Sindorf, PhD; Hans Van Dongen, PhD; Sajila Wickramaratne, PhD; Li Zhou, PhD
O-10	Sleep and Emotion Processing	342DEF	Raegan Atha; Rebecca Campbell, PhD; Steven Carlson; Karen Jakubowski, PhD; Zlatan Krizan, PhD; Olusola Omisakin; Darlynn Rojo-Wissar, PhD; Mallory Wells
S-12	The AB and CO2s of Pediatric Neuromuscular Disorders and Sleep-Disordered Breathing	362	Rakesh Bhattacharjee, MD, Chair; Reshma Amin, MD; Maida Chen, MD; Refika Ersu, MD; Iris Perez, MD; Lisa Wolfe, MD
S-13	Advances in Narcolepsy and Idiopathic Hypersomnia Diagnosis and Management	Grand Ballroom C	Kiran Maski, MD, Chair; Lucie Barateau, MD, PhD; Julie Flygare; David Plante, MD, PhD
S-14	Maximizing the Benefits of CBT-I for Each Individual: Factors Improving CBT-I Treatment Outcomes	370	Sean Drummond, PhD, Chair; Bei Bei, PhD; Celyne Bastien, PhD; Jennifer Martin, PhD; Michael Perlis, PhD
S-15	Mechanisms of Sleep-Mediated Brain Health Outcomes in Socially Disadvantaged Adults	340	Benji Baran, PhD, Chair; Kristen Knutson, PhD; Ellen Lee, MD; Bryce Mander, PhD; Lauren Whitehurst, PhD
W-02	REM Sleep Behavior Disorder (RBD): The Patient Experience and Bioethics of Disclosure	372	Joyce Lee-Iannotti, MD, Chair; Alon Avidan, MD; Nicholas Dorazio; Leslie Eaton; Roger Eaton; Carlos Schenck, MD
T-04	The ABCs to XYZs of PAP Titration: A Case-Based Exploration	361	Saiprakash Venkateshiah, MBBS, MD, Chair; Dave Balachandran, MD; Nancy Collop, MD; Timothy Morgenthaler, MD; Jordan Rusk, RPSGT

POSTER PRESENTATIONS

10:00 A.M. - 10:45 A.M. | 11:00 A.M. - 11:45 A.M. | HALL A3

SRS ANNUAL MEMBERSHIP MEETING
11:45 a.m. - 12:45 p.m.

330

LUNCH BREAK | 11:45 A.M. - 1:00 P.M.

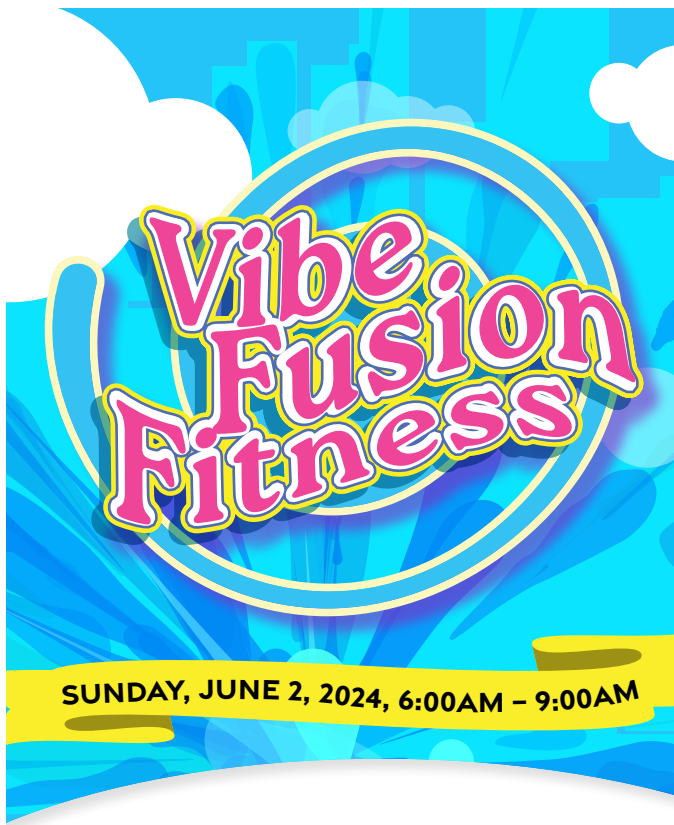
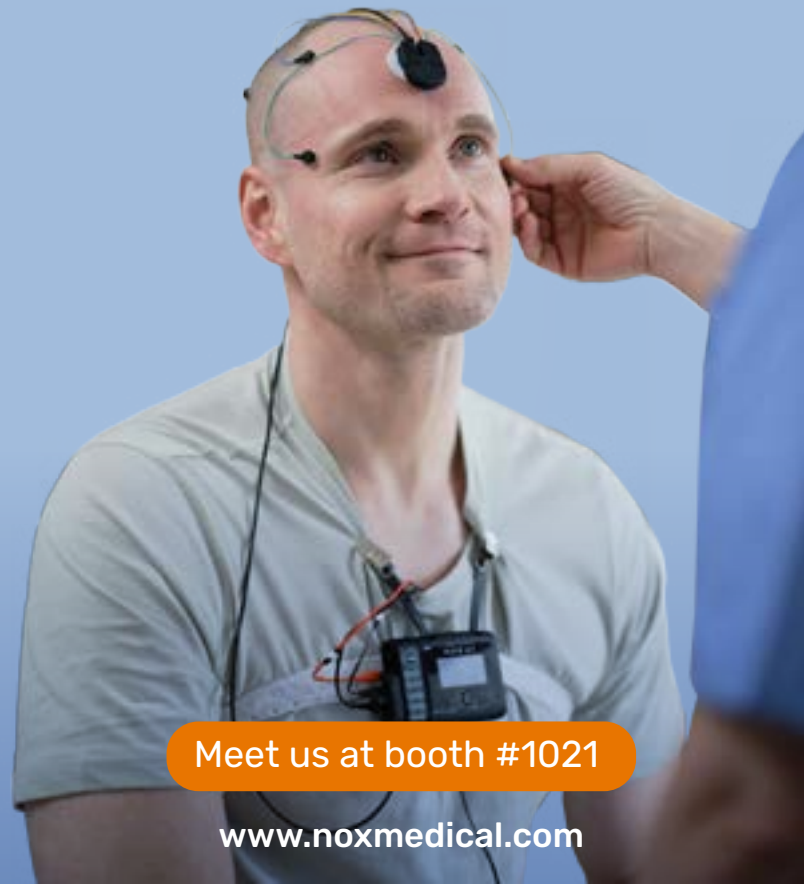
LUNCH SESSIONS | 11:45 A.M. - 12:45 P.M.

R-01	Trainee Case Reports	360	Melissa Jordan, MD; Anjali Kewalramani, MD; Naila Manahil, MD; Abira Usman, MD
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**Enjoy the 9th annual
SRS Club Hypnos
and Data Blitz!**

*The most anticipated SRS
event is back with a new
order of events for 2024!*

- 6:00 pm** Doors Open
- 6:10 pm** Find a Seat
- 6:15 pm** Welcome
- 6:20 pm** Remarks from SRS and SRSF Presidents
- 6:35 pm** Data Blitz
- 7:00 pm** Reception:
Networking | Appetizers | Drinks
- 8:00 pm** Closing Remarks

We look forward to seeing you there!




Sunday, June 2 | 6:00 PM – 8:00 PM

Hilton Americas-Houston - Ballroom of the Americas

Pre-registration for SRS Club Hypnos is required

Meet us at booth #1021

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 L-02	Does CBT-I Need to Involve a Human to be Effective?	320	Philip Cheng, PhD & Jessica Dietch, PhD
 M-06	Interesting Patient Cases for Hypoglossal Nerve and Phrenic Nerve Stimulation Therapies	371B	Kunal Agarwal, MD
 M-07	Craniofacial and Dental Sleep Medicine	371A	Dave Singh, DMD, PhD
 M-08	Sleep and Neurodevelopmental Disorders	371C	Temitayo Oyegbile-Chidi, MD, PhD
 M-09	Management of Persistent OSA in Children	371F	Refika Ersu, MD
 M-10	The Appropriate Use of Opiates in the Treatment of RLS	371E	Michael Silber, MBChB

GENERAL SESSIONS | 1:00 P.M. - 2:00 P.M.

D-04	Understanding the Patient Lexicon Regarding Brain Fog in the Central Disorders of Hypersomnolence Population	370	Jennifer Mundt, PhD, Chair; Frederik Ascencion; Matthew Horsnell; Diana Kimmel
D-05	Helping Elite Athletes Optimize Sleep for Peak Performance	372	Scott Kutscher, MD, Chair; Amy Bender, PhD; Jesse Cook, PhD; Cheri Mah, MD
I-06	Home Sleep Home: Pediatric HSAT in 2024	Grand Ballroom C	Shannon Sullivan, MD
I-07	Does One Size Fit All? Understanding Sleep Health Inequities in Latinx Populations	342ABC	Carmela Alcántara, PhD
O-11	Obstructive Sleep Apnea: Effect on Cardiovascular, Metabolic, and Health Outcomes	360	Samer Bou Jawde, PhD; Cosmo Fowler, MD; Yun Li, MD; Tue Te, MD
O-12	Sleep in the Aging	362	Julia Boyle, PsyD; Abhishek Dave; Jing Huang; Takuya Yoshiike, PhD
O-13	Sleep and Child and Adolescent Health	340	Augusto César De Moraes, PhD; Sophia Choubai; Daphne Koinis-Mitchell, PhD; Natasha Morales-Ghinaglia
S-16	Portable Real Time Electroencephalography: New Possibilities for Sleep Research and Clinical Applications	342DEF	Rebecca Robillard, PhD, Chair; Emily Coffey, PhD; Erika Yamazaki
T-05	Pediatrics Update	361	Caroline Okorie, MD, Chair; Auburne Hutchins, PhD, RPSGT; Binal Kancherla, MD

BREAK | 2:00 P.M. - 2:15 P.M.

GENERAL SESSIONS | 2:15 P.M. - 3:15 P.M.

D-06	Updates from "Count on Sleep": An OSA Awareness Project	362	Jennifer Martin, PhD, Chair; Lourdes DelRosso, MD, PhD; John Park, MD; Alcibiades Rodriguez, MD
D-07	The Widening Opioid Crisis - At the Intersection of Insomnia and Opioid Use Disorder	372	Andrew Huhn, PhD, Chair; Michael Grandner, PhD; David Neubauer, MD; Henry Yaggi, MD
F-05	Screens and Sleep: New Insights and the 2024 National Sleep Foundation Consensus Panel Recommendations	342ABC	Lauren Hale, PhD, Chair; Joseph Dzierzewski, PhD; Gina Marie Mathew, PhD; David Reichenberger, PhD
I-08	On the Heterogeneity of Pediatric OSA: Inroads to Precision	Grand Ballroom C	David Gozal, MD
I-09	The Human Sleep Paradox: How Social Sleep Made Us Human	342DEF	David Samson, PhD
O-14	Advancements in Restless Legs Syndrome: From Opioid Management to Impact on Alzheimer's Disease	370	Matheus Araujo, PhD; Elias Karroum, MD, PhD; Kathy Richards, PhD; John Winkelman, MD, PhD
O-15	Hypersomnia: New Research, New Understanding	360	Xindi Chen; Alex Farris, MD; Brendan Lucey, MD; Han Yan, MD, PhD
O-16	Genetics of Sleep Disturbance and Sleep Loss	340	Tariq Faquih, PhD; Sara Mithani, PhD; Mariana Moyses-Oliveira, PhD; Hilary Uyhelji, PhD
T-06	ISR: Adults and Pediatric Gold Standard Panel	361	Anuja Bandyopadhyay, MBBS, MD, Co-Chair; Scott Williams, MD, Co-Chair; Claud Albertario, RST, RPSGT; Matthew Balog, RPSGT, CCSH; Faye Burnette, RPSGT; Ameet Daftary, MBBS; Christopher Hope, MD; Kevin Kaplan, MD; Michael Zachek, MD

REFRESHMENT BREAK | 3:15 P.M. - 3:30 P.M.

GENERAL SESSIONS | 3:30 P.M. - 5:30 P.M.

O-17	Outcomes in Patients with Sleep-Related Breathing Disorders	362	Wendy Cardenas, DNP; Younghoon Kwon, MD; Hyejin Moon, PhD; Yuenan Ni, PhD; Jean-Louis Pépin, MD; Pierre Philip, MD, PhD; Thomas Tolbert, MD; Alexandros Vgontzas, MD
O-18	New Pharmacology Research in Hypersomnia	372	Yves Dauvilliers, MD, PhD; Amee Revana, DO; Virend Somers, MD, PhD; Michael Thorpy, MD; Lynn Marie Trotti, MD; Martina Vendrame, MD, PhD; Nathaniel Watson, MD; Yaroslav Winter, MD
S-17	Sleepiness and Fatigue in Aeronautics and Aerospace: Impact on Safety and Risk Mitigation Strategies	370	Michael Berneking, MD, Chair; Jennifer Creamer, MD; Erin Flynn-Evans, PhD; Muhammed Adeel Rishi, MBSS; April Wright, MD
S-18	Beyond the Night: Circadian Rhythms, Sleep and Neurocognitive Health in Aging Adults	340	Christina McCrae, PhD, Chair; Ashley Curtis, PhD; Soomi Lee, PhD; Brendan Lucey, MD; Spencer Nielson

S-19	The World Outside of the Sleeper is Changing: Climate-Related Factors that Affect Sleep and Circadian Health	342ABC	<i>Joon Chung, PhD, Chair; Chandra Jackson, PhD; Azizi Seixas, PhD</i>
S-20	Transitioning to Shift Work: The Impact of Beginning Shift Work on New Worker's Health and Wellbeing	342DEF	<i>Alexander Wolkow, PhD, Chair; Philip Cheng, PhD; Meagan Crowther, PhD; Rachael Harris; Heidi Lammers-van der Holst, PhD</i>
W-03	Infant Obstructive and Central Sleep Apnea: Who, When, Why, and How to Treat	360	<i>Madeleine Grigg-Damberger, MD, Chair; Anuja Bandyopadhyay, MD; Vlad Ianus, MD; Eliot Katz, MD; Kathy Wolfe, MD</i>
W-04	Practical Management of Sleep Disorders in Patients with Psychiatric Illnesses	Grand Ballroom C	<i>Amit Chopra, MD, Chair; Bhanu Prakash Kolla, MBBS, MD; David Plante, MD, PhD; Louisa Sylvia, PhD</i>
T-07	Current Issues in Sleep Center Management (3:30 p.m. - 4:30 p.m.)	361	<i>Amber Allen, RPSGT, RST, CCSH, Chair; Brendan Duffy, RPSGT, CCSH; Kelly Gladden, RRT, RPSGT, CCSH</i>
T-07	Tools for Building a Technologist Workforce (4:30 p.m. - 5:30 p.m.)	361	<i>Lawrence Epstein, MD, Chair; Christopher Hope, MD; Sherri Hanson, RPSGT, RST, CCSH</i>

MEET THE 2024 APSS DIVERSITY, EQUITY AND INCLUSION LEADERSHIP AWARD RECIPIENT

MICHAEL A. GRANDNER, PHD, MTR



Dr. Grandner is a licensed clinical psychologist, director of the sleep and health research program at the University of Arizona, and director of the behavioral sleep medicine clinic at the Banner-University Medical Center in Tucson, Arizona.

His work focuses on translational sleep research and behavioral sleep medicine, including studies of sleep as a domain of health behavior and the development and implementation of behavioral interventions for insufficient sleep and sleep disorders. He also serves on the editorial boards of several journals, and he is a past president of the Society of Behavioral Sleep Medicine.

Dr. Grandner's work includes reducing sleep disparities at the U.S.-Mexico border through initiatives such as the Nogales Cardiometabolic Health and

Sleep (NoChES) study. By collaborating with community health care workers and partnering with local organizations, he promotes culturally responsive care and strives to improve health outcomes. Additionally, Dr. Grandner translates lab findings into real-world contexts, advocating for wearable sleep trackers to enhance understanding, especially in underrepresented populations.

REGISTRATION

7:30 a.m. - 5:30 p.m.
3RD FLOOR NEAR ROOM 350

EXHIBIT HALL

10:00 a.m. - 1:30 p.m.
HALL A3 & B3

POSTER HALL

10:00 a.m. - 1:30 p.m.
HALL A3

Session #	Title	Room	Speakers
REGISTRATION OPEN 7:30 a.m. - 5:30 p.m.			

GENERAL SESSIONS | 8:00 A.M. - 10:00 A.M.



O-19	New Considerations in Sleep-Related Breathing Disorders	362	Erin Creighton, MD; Evan Hodge, DO; Amy Jordan, PhD; Faith Luyster, PhD; Sulimar Morales, MD; Soo Ryun Park; Xinhang Tu, MD; Betty Hai Ka Young, MBBS
O-20	Advances in Understanding of Sleep and Cognition	342ABC	Miranda G. Chappel-Farley, PhD; Tony Cunningham, PhD; Elizabeth McDevitt, PhD; Amanda Mosini, PhD; Anne Richards, MD; Tzu-An Song, PhD; Lindsay Stager; Shengzi Zeng, PhD
S-21	Tailoring Behavioral Insomnia Interventions for Diverse Populations: AASM Foundation-Funded Implementation Efforts	372	Jessica Dietch, PhD, Chair; Suzanne Bertisch, MD; Sarah Honaker, PhD; Traci Speed, MD, PhD
S-22	Interacting with the Media: What Hurts/ Helps with Sleep Education and Advocacy?	360	Karin Johnson, MD, Chair; Funke Afolabi-Brown, MD; Julie Flygare; Lynne Lamberg
S-23	Disrupted Sleep and Menopause: Impact on Cardiometabolic Health	340	Brooke Aggarwal, EdD; Hadine Joffe, MD, Chair; Leilah Grant, PhD; Shadab Rahman, PhD; Prachi Singh, PhD
S-24	Sleep Health Inequities: Sleep Deserts and Beyond	342DEF	Hrayr Attarian, MD, Chair; Ronald Gavidia Romero, MD; Lauren Robinson, MD; Caroline Skolnik, MD
W-05	Safety and Quality Considerations in Pediatric and Adult Sleep Labs: One Size Does Not Fit All!	370	Umakanth Katwa, MD, Chair; Maida Chen, MD; Rafael Pelayo, MD; Narong Simakajornboon, MD
W-06	Augmentation in Restless Legs Syndrome: How to Identify It, Treat It, and Guide the Patient to Safety	361	Brian Koo, MD, Chair; Joseph Andrew Berkowski, MD; Christopher Earley, MBBCh, PhD; John Winkelman, MD, PhD





POSTER PRESENTATIONS

10:00 A.M. - 10:45 A.M. | 11:00 A.M. - 11:45 A.M. | HALL A3

LUNCH BREAK | 11:45 A.M. - 1:00 P.M.

LUNCH SESSIONS | 11:45 A.M. - 12:45 P.M.

 M-11	CPAP Adherence in Women with Sleep Apnea	371A	Jennifer Martin, PhD
 M-12	Novel Treatments for Central Sleep Apnea	371B	M. Safwan Badr, MD

 M-13	Understanding the Complex Relationship Between Obstructive Sleep Apnea and Cardiovascular Disease	371E	<i>Neomi Shah, MD</i>
 M-14	Unusual Approaches to Treating Unusual Leg Sensations	371C	<i>Joseph Andrew Berkowski, MD</i>
 M-15	Psychosocial Aspects of Pediatric Narcolepsy	371D	<i>Judith Owens, MD</i>
 M-16	Diagnosing Sleep Apnea in Hospitalized Patients	371F	<i>Sunil Sharma, MD</i>

GENERAL SESSIONS | 1:00 P.M. - 2:00 P.M.

I-10	Leveraging Clinical Biobanks and Genetics to Understand Sleep Apnea and Related Comorbidities	361	<i>Brian Cade, PhD</i>
O-21	Sleep Problems in Infants and Young Children: Role of Parental Characteristics, Beliefs, and the Sleep Environment	370	<i>Lauren Hartstein, PhD; Maristella Lucchini, PhD; Lisa Meltzer, PhD; David O'Grady, PhD</i>
O-22	Investigating the Roles of Stress and Hyperarousal in Insomnia	362	<i>Stessie Elvariste; Julio Fernandez-Mendoza, PhD; Ran Wang, PhD; Takashi Yamada, MD, PhD</i>
O-23	Sleep and Cardiometabolic Health: Thinking Beyond OSA	360	<i>Ghada Abu Irsheed, PhD; Christopher Kaufmann, PhD, PhD; Stacey Simon, PhD; Nan Zhang, PhD</i>
O-24	Sleep Response to Trauma and Stress	340	<i>Adwoa Dadzie; Idiatou Diallo; Mairead Moloney, PhD; Jillian Silva-Jones</i>

GENERAL SESSIONS | 1:00 P.M. - 3:00 P.M.

F-06 (NON-CME)	Phylogeny of Sleep and Glymphatic Function	342ABC	<i>Miranda Lim, MD, PhD, Chair; Dea Garic, PhD; Natalie Haugland, PhD; Jeffrey Iliff, PhD; Gianina Ungurean, PhD; Alison Weis, PhD</i>
F-07	Cardiovascular Health and Performance: Daily Behaviors and Their Interaction with the Circadian System	342DEF	<i>Saurabh Thosar, PhD, Chair; Allison Brager, PhD; Leandro Brito, PhD; Katharine Currie, PhD; Joshua Gonzalez, PhD; Jingyi Qian, PhD</i>
S-25	AADSM Consensus on Evolving Dental Therapies for Snoring and OSA	372	<i>Jean-Francois Masse, DDS, Chair; Ghizlane Aarab, DDS, PhD; Maria Therese Galang-Boquiren, DMD; Michael Simmons, DMD; Jacy Stauffer, DMD</i>

GENERAL SESSIONS | 2:15 P.M. - 3:15 P.M.

O-25	Sleep's Influence on Post-Traumatic Stress Disorder and Depression Across Age Groups	360	<i>Joseph Dzierzewski, PhD; Kelly Kim; Ari Shechter, PhD; Maya Schenker, PhD</i>
O-26	Updates on Non-PAP Therapy for Sleep-Related Breathing Disorders	362	<i>Atqiya Aishah, PhD; Clete Kushida, MD, PhD; Patrick Strollo, Jr., MD; Robyn Woidtke, RN</i>

O-27	Advances in Technologies: Wearables and Other Sensors	340	<i>Evan Chinoy, PhD; Jasleen Kaur, PhD; Ilene Rosen, MD; Boyu Zhang</i>
S-26	Community-Based Efforts to Disseminate Sleep Information to Underserved Pediatric Audiences: Lessons from the Field	370	<i>Rebecca Robbins, PhD, Chair; Candice Alfano, PhD; Michael Scullin, PhD</i>
W-07	Exploring the Shades of HGNS Therapy - Clinical Case Scenarios	361	<i>Lindsay McCullough, MD, Chair; Michael Hutz, MD; Ashesha Mechineni, MD; Maria Suurna, MD</i>

GENERAL SESSIONS | 3:30 P.M. - 5:30 P.M.

D-08 (Non-CME)	Are Hypnotics Addictive?	372	<i>John Winkelman, MD, PhD, Chair; Suzanne Bertisch, MD; Andrew Krystal, MD; Charles Morin, PhD; Thomas Roth, PhD; Ty Schepis, PhD; Norah Simpson, PhD</i>
O-28	Achieving Quality Sleep Across Childhood: Addressing Barriers, Interventions, and Their Outcomes	370	<i>Daniel Combs, MD; Thomas Dye, MD; Diana Grigsby-Toussaint, PhD, PhD; David Ingram, MD; Daphne Koinis-Mitchell, PhD, PhD; Megan Rech; Alyssa Vieira</i>
O-29	New Sleep Research with Focus on Gender Considerations	362	<i>Matthew Gratton; Gonzalo Labarca, MD; Kelley LaFleur, APRN, FNP-BC; Yue Leng, PhD; Shima Rouhi; Eunjin Tracy, PhD; Tomohiro Utusumi; Wanxin Zhang</i>
O-30	Observational and Treatment Studies on Sleep, Psychiatric Diseases, and Suicidality	361	<i>Rebecca Bernert, PhD; Helen Burgess, PhD; Jolynn Jones; Caitlin Paquet, PhD; Matthew Reid, PhD; Pranav Saravanan; Jamie Walker</i>
O-31	Circadian Rhythms - From Genes to Populations	340	<i>Chloe Afif; Kathryn Kennedy; David Negelspach, PhD; Kaitlin Potts, PhD; Weston Powell, MD, PhD; Jonathan Russell; Brooke Shafer, PhD; Katie Stone, PhD</i>
S-27	Respiratory Dysfunction in Stroke: Lessons from Animal Models, Clinical Care, Research, & Future Directions	360	<i>Sudha Tallavajhula, MD, Chair; Devin Brown, MD; Jun Li, PhD; Louise McCullough, MD, PhD</i>
S-28 (Non-CME)	Approaches to Measuring Sleep and Glymphatic Function in Clinical Populations	342ABC	<i>Jeffrey Iliff, PhD, Chair; Paul Dagum, MD, PhD; Brendan Lucey, MD; Swati Rane Levendovszky, PhD; J. Kent Werner, MD, PhD</i>
S-29 (Non-CME)	Leveraging Sleep Medications, EHR-Defined Disorders, and Sleep Health Traits to Advance Sleep and Circadian Genetics	342DEF	<i>Jacqueline Lane, PhD, Chair; Chia-Yen Chen, PhD; Claire Morrison; Lovemore Kunorozva, PhD</i>

INDUSTRY PRODUCT THEATERS

Industry Product Theaters feature presentations by our exhibitors. Boxed lunches are provided for attendees (limited to 200 attendees per program); CME is not provided for these events. Please see below and/or visit the exhibitors' booths for additional information about the event.

Industry Product Theaters will be held at either the George R. Brown Convention Center (1001 Avenida De Las Americas, Houston, TX 77010) or the Hilton Americas-Houston Hotel (1600 Lamar St, Houston, TX 77010). The Hilton Americas-Houston Hotel is connected to the convention center via skywalk. Check the individual listing below for locations.

MON., June 3

11:45 A.M. – 12:45 P.M.

Experts Discuss Patient Perspectives on a Treatment for Narcolepsy and Idiopathic Hypersomnia

Speakers: Logan Schneider, MD and Kevin Trice, MD

Location: George R. Brown Convention Center; Grand Ballroom A

Presented by Jazz Pharmaceuticals, Inc.

Revolutionize Your Sleep Practice Using Today's Latest Technologies

Speakers: Neomi Shah, MD (Moderator), Matthew Schmitt, MD, and Timothy I. Morgenthaler, MD

Location: George R. Brown Convention Center; Grand Ballroom B

Presented by ZOLL

Dream Valley® x Outlast® Cooling Comforter: Enhancing Deep Sleep with NASA-grade Technology

Speaker: Shadow Wang

Location: George R. Brown Convention Center; Meeting Room 351

Presented by Dream Valley

Philips Sleep and Respiratory Care: Transparency, Truth, and Trust

Speakers: Jennifer Mattingley, MD and Teofilo Lee-Chiong, MD

Location: Hilton Americas-Houston; Grand Ballroom DEF

Presented by Philips

Medical Symposium - Beyond the Pentad: Uncovering the Burden of Illness in Narcolepsy

Speakers: Phyllis Zee, MD, PhD Anne Marie Morse, DO, and Chad Ruoff, MD

Location: Hilton Americas-Houston; Grand Ballroom GHI

Presented by Takeda Pharmaceuticals

TUES., June 4

11:45 A.M. – 12:45 P.M.

Clinician and Patient Perspectives on the Symptoms and Impact of Idiopathic Hypersomnia (IH)

Speaker: Abhinav Singh, MD

Location: George R. Brown Convention Center; Grand Ballroom A

Presented by Jazz Pharmaceuticals, Inc.

Avadel Industry Product Theater

Speakers: Maggie Lavender, MSN, RN and Michael J. Thorpy, MD

Location: George R. Brown Convention Center; Grand Ballroom B

Presented by Avadel Pharmaceuticals

Maximizing Patient Outcomes with Inspire Therapy

Speakers: Attie Vatanapradith, MD, Maggie Hovda, MD, Thomas Heineman, MD, and Scott Geisler, MD

Location: George R. Brown Convention Center; Meeting Room 351

Presented by Inspire Medical Systems

A New Era in Sleep Medicine with At-home PSG

Speakers: Emerson Kerr, RRT (Chair), Heidi Riney, MD (Co-Chair), Christopher Cielo, DO, and Henry Klar Yaggi, MD

Location: Hilton Americas-Houston; Grand Ballroom DEF

Presented by Nox Medical

Clinical Considerations for Sleep Specialists on the Improvement of Wakefulness in Patients with Excessive Daytime Sleepiness

Speaker: Richard K. Bogan, MD

Location: Hilton Americas-Houston; Grand Ballroom GHI

Presented by Axsome Therapeutics

INDUSTRY SUPPORTED EVENTS

Industry Supported Events are educational programs hosted by members of industry in the morning before SLEEP 2024 begins or in the evening after SLEEP 2024 has finished for the day. See below for a listing of all available Industry Supported Events at SLEEP 2024.

SUN., June 2

Sleep, Heart, Brain: What Promotes and How to Reduce Cardiovascular Risk in Patients with Narcolepsy

Time: 6:45 p.m.-8:15 p.m.

Speakers: Phyllis Zee, MD, PhD, Barbara Hutchinson, MD, PhD, and Michael Grandner, PhD

Location: Hilton Americas-Houston; Grand Ballroom DEF

Presented by PeerVoice America Limited, supported by Jazz Pharmaceuticals, Inc.

MON., June 3

When Sleep Is Exhausting: Improving Diagnosis and Outcomes in Patients with Idiopathic Hypersomnia

Time: 6:45 p.m.-8:15 p.m.

Speakers: Michael Thorpy, MD, Thomas Scammell, MD, PhD, and Caitlin Kindberg, Patient Advocate

Location: Hilton Americas-Houston; Grand Ballroom DEF

Presented by PeerVoice America Limited, supported by Jazz Pharmaceuticals, Inc.

Cases in Practice: Prioritizing Weight Loss for People With Sleep Disorders and Overweight or Obesity

Time: 6:15 p.m.-8:00 p.m.

Speakers: Jaime Almandoz, MD and Safia Khan, MD

Location: Hilton Americas-Houston; Grand Ballroom GHI

Presented by PeerView Institute for Medical Education, supported by Eli Lilly & Company

Matching Patients with the Right Treatment: A Patients Speak Activity

Time: 6:30 p.m.-8:30 p.m.

Speakers: Anne Marie Morse, DO (Chair), Yves Dauvilliers, MD, PhD, and Phyllis Zee, MD, PhD

Location: Marriott Marquis Houston; Texas Ballroom, Salon D

Presented by Haymarket Medical Education, supported by Avadel Pharmaceuticals & Harmony Biosciences, LLC

TUES., June 4

The Evolving Role of Technology: Addressing the Clinical Challenges of PAP Masks

Time: 7:00 a.m. – 8:00 a.m.

Speakers: Laura Herpel, MD and Matthew L. Uhles, RPSGT

Location: Hilton Americas-Houston; Grand Ballroom JK

Presented by Fisher & Paykel Healthcare

Achieving Holistic Care in Narcolepsy: Treatment Considerations to Minimize Cardiovascular Risk

Time: 6:30 p.m.-8:30 p.m.

Speakers: Virend Somers, MBChB, DPhil and Richard K. Bogan, MD

Location: Hilton Americas-Houston; Grand Ballroom DEF

Presented by Clinical Care Options, LLC

More Than Just Sleepiness: Differentiating the Unique Features of Narcolepsy

Time: 6:15 p.m.-8:15 p.m.

Speakers: Emmanuel Mignot, MD, PhD, Lois Krahn, MD, and David Plante, MD, PhD

Location: Hilton Americas-Houston; Grand Ballroom JKL

Presented by MedScape Live, supported by Takeda Pharmaceuticals

Shining a Light on Living with Sleep Apnea

Time: 6:15 p.m.-8:30 p.m.

Panel Discussion: George Nierenberg (Out of Breath film director), Alissa Mendoza, Luigi Taranto Montemurro, MD, and stars from the film "Out of Breath"

Location: Marriott Marquis Houston; Texas Ballroom Salon AB

Presented by Apnimed

WED., June 5

From Mechanisms to Management: How Scientific Breakthroughs Are Transforming Our Future in Sleep Medicine

Time: 6:30 a.m.-7:30 a.m.

Speakers: Anne Marie Morse, DO, Atul Malhotra, MD, and Emmanuel Mignot, MD, PhD

Location: Marriott Marquis Houston; Houston Ballroom Salon II-III

Presented by Haymarket Medical Education, supported by Takeda Pharmaceuticals

When Sleep Is Exhausting:

Improving Diagnosis and Outcomes in Patients With Idiopathic Hypersomnia

Course Director

Michael Thorpy, MD
Albert Einstein College of Medicine
New York, New York

Faculty

Thomas Scammell, MD
Harvard Medical School
Beth Israel Deaconess Medical Center
Boston, Massachusetts

Patient Advocate

Caitlin Kindberg
Nashville, Tennessee

Monday, June 3, 2024 | 6:45 – 8:15 PM CDT

Dinner available from 6:15 PM

Grand Ballroom DEF, Fourth Floor | Hilton Americas-Houston

This Industry Supported Event is offered in conjunction with SLEEP 2024. This event is not part of the official SLEEP 2024 meeting programming and is planned solely by the organizing company.

This program is supported by an independent medical education grant from Jazz Pharmaceuticals. © 2010–2024, PeerVoice

JOIN US FOR AN INDUSTRY PRODUCT THEATER WHERE EXPERTS WILL DISCUSS

Patient Perspectives on a Treatment for Narcolepsy and Idiopathic Hypersomnia

MONDAY, JUNE 3, 2024 | 11:45 AM - 12:45 PM

George R. Brown Convention Center | Grand Ballroom A

Presented by

LOGAN SCHNEIDER, MD
Clinical Assistant Professor of
Sleep Medicine
Stanford University School of
Medicine



KEVIN TRICE, MD
Director
Better Sleep Health, LLC

Faculty are paid speakers presenting on behalf of Jazz Pharmaceuticals, Inc.

**Participation is available for
conference registrants only.**

**Sign-in with your conference
badge at the program entrance
starting at 11:30 AM.**

Attendance is permitted on a
first-come, first-served basis.

Visit Booth 311
for additional information.



Jazz Pharmaceuticals.

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US-SLE-2400027 REV0324

Revolutionize your sleep practice using today's latest technologies.

MODERATOR:

Neomi Shah, MD
Professor of Medicine, Icahn School of Medicine of Mount Sinai

SPEAKERS:

Path to world-class clinical and operational efficiencies in sleep practice
Matthew Schmitt, MD
Chief of Sleep Medicine, Piedmont Healthcare



Neurostimulation for CSA – A fresh perspective in light of new data and clinical experience
Timothy I. Morgenthaler, MD
Vice Chair, Professor of Medicine, Mayo Clinic College of Medicine

DATE & TIME

Monday June 3, 2024
11:45am – 12:45pm CST

LOCATION

Grand Ballroom B
at the George R. Brown
Convention Center

Sponsored by

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Join us at SLEEP 2024 Booth #629



Dream Valley **Outlast**

Booth 840 | Monday-Wednesday, June 3-5
Product Theater | 11:45 a.m. - 12:45 p.m. Monday, June 3 | Meeting Room 351
George R. Brown Convention Center

Deep Sleep, Good Health
Get an Extra Hour of Deep Sleep Every Night

Empowered by NASA-grade Outlast® Aerospace temperature-regulating technology, Dream Valley® cooling comforter provides a soothing coolness for hot sleepers by proactively regulating an optimal sleeping temperature. This is the core of our Deep Sleep Cooling Solution, designed to effectively improve sleep quality, foster blissful dreams for all.

  
 dreamvalleysleep.com



PHILIPS

Join our Industry Product Theater at SLEEP 2024

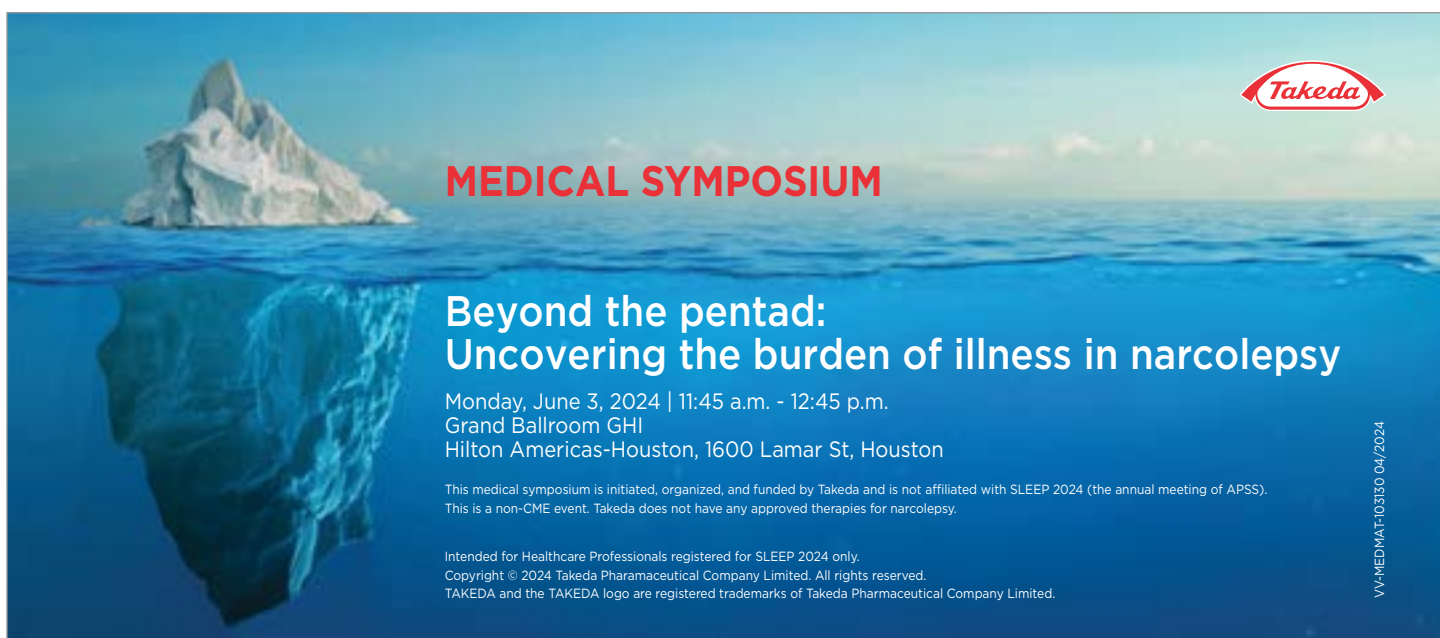
Philips Sleep and Respiratory Care: Transparency, Truth, and Trust

When: Monday, June 3, 2023
Time: 11:45 AM to 12:45 PM
Where: Hilton of the Americas

Lunch will be provided.

 **Jennifer Mattingley, MD**
 Head of Medical and Clinical Affairs
 Philips S&RC

 **Teofilo Lee-Chiong, MD**
 Medical Liaison Lead
 Philips S&RC



Takeda

MEDICAL SYMPOSIUM

**Beyond the pentad:
 Uncovering the burden of illness in narcolepsy**

Monday, June 3, 2024 | 11:45 a.m. - 12:45 p.m.
 Grand Ballroom GHI
 Hilton Americas-Houston, 1600 Lamar St, Houston

This medical symposium is initiated, organized, and funded by Takeda and is not affiliated with SLEEP 2024 (the annual meeting of APSS). This is a non-CME event. Takeda does not have any approved therapies for narcolepsy.

Intended for Healthcare Professionals registered for SLEEP 2024 only.
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VV-MEDMAT-103130 04/2024

Sleep, Heart, Brain:

What Promotes and How to Reduce Cardiovascular Risk in Patients With Narcolepsy

Course Director



Phyllis C. Zee, MD, PhD
 Northwestern University Feinberg
 School of Medicine
 Northwestern Medicine
 Chicago, Illinois

Faculty



Barbara Hutchinson, MD, PhD, FACC
 University of MD Baltimore
 Baltimore, Maryland
 Luminis Health and Anne Arundel Medical
 Annapolis, Maryland

Faculty



Michael Grandner, PhD, MTR, DBSM
 University of Arizona
 Behavioral Sleep Medicine Clinic
 Banner-University Medical Center
 Tucson, Arizona

Sunday, June 2, 2024 | 6:45 – 8:15 PM CDT

Dinner available from 6:15 PM

Grand Ballroom DEF, Fourth Floor | Hilton Americas-Houston

This Industry Supported Event is offered in conjunction with SLEEP 2024. This event is not part of the official SLEEP 2024 meeting programming and is planned solely by the organizing company.

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Cases in Practice

Prioritizing Weight Loss for People With Sleep Disorders and Overweight or Obesity

CME/MOC-Certified
 Live Activity

**Join us on Monday, June 3, 2024,
 at 6:15 PM CDT**

Hilton Americas-Houston
 Grand Ballroom GHI (Fourth Floor)



Pre-Register
 Now!



CO-CHAIR & PRESENTER
Jaime Almandoz, MD, MBA, FTOS
 University of Texas Southwestern Medical Center
 Dallas, Texas



CO-CHAIR & PRESENTER
Safia Khan, MD
 University of Texas Southwestern Medical Center
 Dallas, Texas

This CME/MOC activity is provided by PVI, PeerView Institute for Medical Education.

This activity is supported by an educational grant from Lilly.

This Industry Supported Event is offered in conjunction with SLEEP 2024. This event is not part of the official SLEEP 2024 meeting programming and is planned solely by the organizing company.

Held in conjunction with

SLEEP 2024

Please join us for a complimentary CME-certified dinner symposium

Matching Patients With the Right Treatment: A Patients Speak Activity

This dynamic, interactive, CME symposium at SLEEP 2024 will guide you through the management journeys of real people with narcolepsy. You will be challenged to select the right treatments for evidence-based and personalized management based on medication mechanisms, efficacy, safety, and dosing features and patient characteristics and goals. Internationally recognized sleep-medicine experts **Anne Marie Morse, DO, FAASM**, **Yves Dauvilliers, MD, PhD**, and **Phyllis C. Zee, MD, PhD**, and **the patients themselves** will offer their perspectives on matching specific patients with the right treatment.



Monday, June 3, 2024 / Marriott Marquis Houston

6:30 PM – 7:00 PM Registration and Dinner | 7:00 PM – 8:30 PM Scientific Session

REGISTER Online: www.mycme.com/Narcolepsy2024

Provided by
HME
 Haymarket Medical Education



Supported by educational grants from

Avadel CNS Pharmaceuticals, LLC
 and **Harmony Biosciences, LLC.**

Patient and Clinician Discussion!



SLEEP 2024: Breakfast Symposium

Sponsored by Fisher & Paykel Healthcare

Tuesday, June 4 | 7:00 am (CT) | Hilton Americas, Grand Ballroom JK

Fisher & Paykel
HEALTHCARE

The Evolving Role of Technology: Addressing the Clinical Challenges of PAP Masks

Explore the ever-changing mask landscape, from the perspective of both a physician and respiratory therapist, to discover how new mask technology is reshaping clinical care and patient management.



Matthew L. Uhles
Clayton Sleep Institute



Laura Herpel, MD
Bogan Sleep Consultants

**Register
Now**



JOIN US FOR AN INDUSTRY PRODUCT THEATER

Clinician and Patient Perspectives on the Symptoms and Impact of Idiopathic Hypersomnia (IH)

TUESDAY, JUNE 4, 2024 | 11:45 AM – 12:45 PM

George R. Brown Convention Center | Grand Ballroom A



Presented by

ABHINAV SINGH, MD, MPH, FAASM

Medical Director, Indiana Sleep Center
Associate Clinical Professor, Marian University



Mark

Real patient living with
idiopathic hypersomnia.

Physician and patient are paid speakers presenting on behalf of Jazz Pharmaceuticals, Inc.
This is one patient's experience with idiopathic hypersomnia. Symptoms and presentation of idiopathic hypersomnia may vary by person.

**Participation is available for
conference registrants only.**

**Sign in with your conference
badge at the program entrance
starting at 11:30 AM.**

Attendance is permitted on a
first-come, first-served basis.

For additional information
about IH, **visit booth #830**

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Avadel Industry Product Theater

**Featuring a Person With Narcolepsy
and Faculty Presenters:**

Maggie Lavender, MSN, RN, FNP-C
Comprehensive Sleep Medicine Associates

Michael J. Thorpy, MD
Albert Einstein College of Medicine

Tuesday, June 4, 2024

11:45 AM - 12:45 PM CT

Grand Ballroom B

George R. Brown Convention Center

Lunch will be provided.



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Maximizing Patient Outcomes with Inspire Therapy

The latest in clinical data and practical tips for patient care. Led by experts in sleep medicine with broad experience using hypoglossal nerve stimulation.

Tuesday, June 4th, 2024 | 11:45am–12:45pm
George R. Brown Convention Center, Room 351 | Lunch provided

Faculty Names:

Dr. Attie Vatanapradith | Baylor Scott & White, Dallas, TX
Dr. Maggie Hovda | Pulmonary & Sleep Medicine of Clay, Middleburg, FL
Dr. Thomas Heineman | Physicians Clinic of Iowa, Cedar Rapids, IA
Dr. Scott Geisler | Physicians Clinic of Iowa, Cedar Rapids, IA



 Inspire

nox MEDICAL

A New Era in Sleep Medicine with At-home PSG

Join us for a focused discussion on the evolution and impact of at-home polysomnography (PSG) type II testing in sleep medicine. This symposium will explore the integration of ambulatory PSG in clinical and research settings, offering insights into its benefits and challenges.

Chair:

Emerson Kerr, MBA, RRT, FAAST

Co-Chair:

Heidi Riney, MD

Speakers:

Christopher M. Cielo, DO, MS

Henry Klar Yaggi, MD, MPH

Industry Product Theater

Tuesday, June 4th, 2024

11:45 AM - 12:45 PM

Grand Ballroom DEF

Hilton Americas Hotel



Learn more



JOIN US FOR AN INDUSTRY PRODUCT THEATER DISCUSSING

Clinical Considerations for Sleep Specialists on the Improvement of Wakefulness in Patients With Excessive Daytime Sleepiness

Tuesday, June 4, 2024 | 11:45 AM - 12:45 PM | Grand Ballroom GHI | Hilton Americas-Houston

PRESENTED BY

Richard K. Bogan, MD, FCCP, FAASM

Principal, Bogan Sleep Consultants, LLC

Associate Clinical Professor

Medical University of South Carolina, Charleston, SC

University of South Carolina School of Medicine, Columbia, SC

Faculty are paid speakers presenting on behalf of Axsome Therapeutics, Inc.

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 axsome



Achieving Holistic Care in Narcolepsy


Treatment Considerations to Minimize Cardiovascular Risk

FACULTY

VIREND SOMERS,
MBCHB, DPHIL
Mayo Clinic
Rochester, Minnesota

RICHARD K. BOGAN,
MD, FCCP, FAASM
Bogan Sleep Consultants, LLC
Columbia, South Carolina

Tuesday, June 4, 2024

 **Dinner & Symposium**
6:30 PM - 8:30 PM CT

Hilton Americas
1600 Lamar St
Houston, TX 77010

 **Grand Ballroom DEF**



Scan QR code to register
or register at:
www.clinicaloptions.com/NarcolepsyHouston24

Provided by Clinical Care Options, LLC
Supported by an educational grant from Jazz Pharmaceuticals, Inc.

Medscape
EDUCATION GLOBAL

CME

More Than Just Sleepiness

Differentiating the Unique Features of Narcolepsy

TUESDAY, JUNE 4, 2024 | 6:15 PM – 8:15 PM CT

HILTON AMERICAS HOUSTON, 1600 LAMAR STREET
HOUSTON, TEXAS | **ROOM:** GRAND BALLROOM JKL

IN-PERSON 

For more information and to register, visit:
www.medscape.org/sympo/more-than-sleepy



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OUT OF BREATH



For more on the film, visit
sleepapneafilm.com

JOIN US FOR A FESTIVE EVENT AT SLEEP 2024!

Shining a Light on Living with Sleep Apnea

Watch a sneak preview of "Out of Breath," an independent film about 4 people's struggles of living with OSA, followed by a panel discussion with the film's director and stars.

TUESDAY, JUNE 4
6:15-8:30PM

Texas Salon A-B
Marriott Marquis Houston

Enjoy dinner, drinks, and learn more about how Apnimed is committed to improving the lives of patients with OSA.



Event RSVP for Attendees

Please join us for a complimentary CME-certified champagne breakfast symposium

From Mechanisms to Management: How Scientific Breakthroughs Are Transforming Our Future in Sleep Medicine

Wednesday, June 5, 2024 / Marriott Marquis Houston

6:00 AM – 6:30 AM Registration and Breakfast | 6:30 AM – 7:30 AM Scientific Session

Join sleep medicine pioneers and educators, **Drs. Anne Marie Morse, Emmanuel Mignot, and Atul Malhotra** for a champagne breakfast to toast the incredible developments in sleep-wake medicine seen at SLEEP 2024. Join this one-of-a-kind CME program that celebrates how scientific breakthroughs in sleep medicine are transforming our understanding of sleep physiology and disease pathophysiology, and providing pathways to novel diagnostic and treatment options.

REGISTER Online: myCME.com/FutureofSleep2024

Provided by



Supported by educational grant from
Takeda Pharmaceutical Company



#SLEEP2024



AASIM[®]

POLITICAL ACTION
Committee

LONE STAR
FIESTA

Saturday, June 1, 2024

6:30pm - 8:30pm

Tickets available online and onsite

Ask an

**Axsome Therapeutics
Representative** Booth #711

how to get a ticket for a*

**COMPLIMENTARY
MASSAGE**

at the Relaxation Station

(Booth #641)

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**One ticket per person.*



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Lighting the way in sleep medicine



Jazz Pharmaceuticals.

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EXHIBITOR LISTING

As of 4/1/24

Booth # Company Name


305 1st Providers Choice -
Sleep Medicine Software

341 ActiGraph

527 Activinsights Ltd.

1443 Acurable

1104 AdaptHealth

 1405 Advanced Brain
Monitoring, Inc.

223 Advocacy Pavilion
Information Booth

 1404 Agiliti

914 Airway Management

 1310 Alkermes, Inc.

228 Alliance of Sleep Apnea
Partners

1004 Ambulatory Monitoring,
Inc.

205 Apria Healthcare

 911 Avadel Pharmaceuticals

 711 Axsome Therapeutics

1304 AYO

1223 Beacon Biosignals

1239 Belun Technology
Company Limited

612 BetterNight

1342 BioMol

625 Bleep Sleep

515 Board of Registered
Polysomnographic
Technologists

813 BodyCAP

1243 BRAEBON Medical

1338 Brain Electrophysiology
Laboratory Company
(BEL)

1539 Brain Vision, LLC

1241 BreakAway Media Group

1447 BRYGGS Medical

 940 Cadwell Industries, Inc.

423 CamNtech, Inc.

517 Cerebra

230 Circadian Sleep Disorders
Network

939 CleveMed

1542 Clix Therapy

 531 Compumedics

618 Condor Instruments

513 Defense Health Agency
Civilian Medical Corps

521 Defined Research, Inc.

404 Doctor Multimedia

840 Dream Valley

1040 Dymedix Diagnostics, Inc.


1511 E2 Scientific


722 Easyform Medical Limited

 231 Eli Lilly & Company


905 Elsevier, Inc.


614 EMA-Sleep

 930 EnsoData

 721 Fisher & Paykel
Healthcare, Inc.

530 General Sleep
Corporation

 1311 Harmony Biosciences

 1139 Harmony Biosciences


330 HoneyNaps Co., Ltd.

1533 HSINER CO. LTD

1205 Huxley Medical, Inc.

 211 Idorsia Pharmaceuticals

240 Infinity Massage Chairs

 1111 Inspire Medical
Systems, Inc.

1211 InteraXon Muse

522 IOPI Medical

 311 Jazz Pharmaceuticals, Inc.

 830 Jazz Pharmaceuticals, Inc.

1321 KEGO Corporation

1204 Labfront

1323 Lucimed

621 MedBridge Healthcare

541 MonitAir, LLC

214 MVAP Medical Supplies,
Inc.

222 Narcolepsy Network, Inc.

1430 National Heart, Lung, and
Blood Institute

 241 Natus Medical

1340 Nerosleep Inc.

304 Neurotronics, LLC

540 Neurovirtual, Inc.

 331 Nihon Kohden America

 1431 Noctrix Health

1420 Nonin Medical, Inc.



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VV-MEDMAT-103131 04/2024