

# SLEEP 2026

BALTIMORE, MD | JUNE 14-17

**THE PREMIER GLOBAL EVENT**

in Sleep Medicine, Sleep & Circadian Research, & Sleep Health



*40th Annual Meeting of the Associated Professional Sleep Societies, LLC*

For US Healthcare Professionals

## WHAT IT TAKES

Living with narcolepsy type 1



# IT TAKES

## understanding orexin science

## to explain your patients'

# NARCOLEPSY TYPE 1

Narcolepsy type 1 (NT1) is caused by a loss of orexin, a key regulator of the sleep-wake cycle. Loss of orexin also impacts cognition, mood, muscle tone, and energy, making the impact of NT1 deeper than many may realize.<sup>1-3</sup>




Learn more about the role of orexin in NT1 at [WhatNT1Takes.com/hcp](https://www.whatnt1takes.com/hcp)

Visit our booth  
to learn more

JUSTICE, living with NT1

Individual featured was compensated by Takeda.

**References:** **1.** De Luca R, Nardone S, Grace KP, et al. Orexin neurons inhibit sleep to promote arousal. *Nat Commun.* 2022;13(1):4163. **2.** Mahoney CE, Cogswell A, Korolnik IJ, Scammell TE. The neurobiological basis of narcolepsy. *Nat Rev Neurosci.* 2019;20(2):83-93. **3.** Toor B, Ray LB, Pozzobon A, Fogel SM. Sleep, orexin and cognition. *Front Neurol Neurosci.* 2021;45:38-51.

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# TIPS FOR FIRST-TIME ATTENDEES AT SLEEP 2026

Attending SLEEP for the first time is an exciting opportunity to experience the latest developments in sleep medicine, sleep and circadian research, and sleep health. With a full program of sessions, networking events, and activities, a little preparation will help you get the most out of your time at the meeting.

**Build a smart schedule.** Use the SLEEP mobile app to map out your itinerary. The app provides session details, speaker information, and poster schedules, making it easy to stay organized and avoid missing key events.



**Look ahead to SLEEP 2027.** Mark your calendar for SLEEP 2027, June 6–9 in Denver. We look forward to seeing you again!

**Chart your course.** Arrive early and purchase a ticket for a pre-meeting postgraduate course on Saturday or Sunday. Get in-depth instruction on the hottest topics in the field.



**Savor sessions on Sunday.** If you're not attending a course on Sunday afternoon, then you can enjoy general session offerings that are a part of the basic and translational science track. These sessions provide a more relaxed environment to connect and learn before the meeting reaches full speed on Monday.



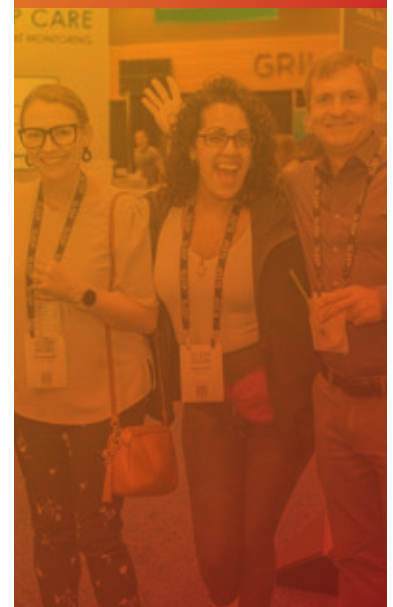
**Dive into poster discussions.** Don't miss the poster sessions, scheduled Monday through Wednesday, where you can meet presenting authors and explore the latest research. Posters remain available during exhibit hall hours, but the dedicated session times offer the best opportunities for discussion and networking.



**Make lunchtime count.** Starting on Monday, use the midday break to visit the exhibit hall, where you can talk with industry reps and buy lunch from the food kiosks. You can also purchase tickets for lunch debates and meet the professor sessions, or attend free industry product theaters, all of which include a boxed lunch.



**Explore industry-supported programs.** Set aside time for early morning and evening industry-supported events. These free sessions provide breakfast or dinner and let you dig deeper into specialized topics outside of general session hours.



## First-Time Attendee Orientation

You can attend a 30-minute orientation for first-time attendees at the Baltimore Convention Center on **Sunday, June 14.** Join us at **12:15 p.m.** or **4 p.m. in Room 333 in room 333** to maximize your meeting experience.

.....

# Fewer false-negatives

## Faster answers – Better sleep care

### AI-enabled sleep diagnostics for clinically actionable results

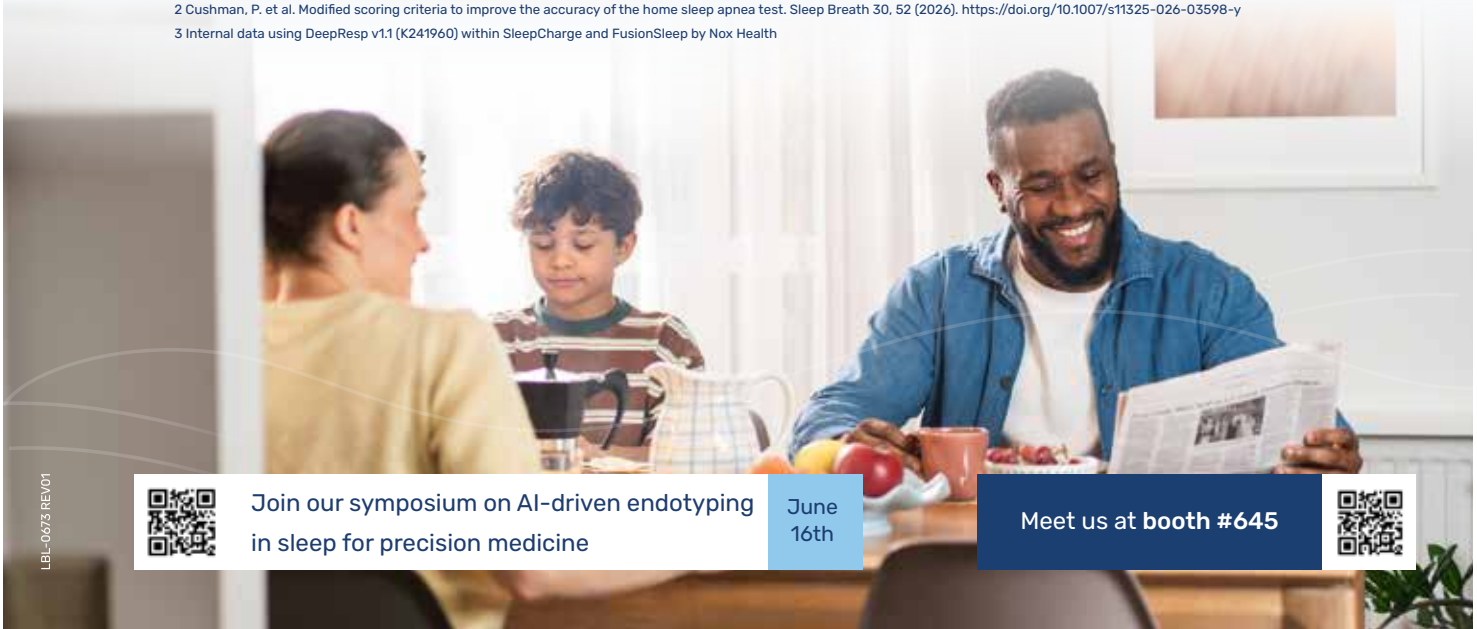
Home sleep apnea testing (HSAT) results are often inconclusive. Standard HSAT frequently misses key events, which can lead to repeat testing and delayed treatment. In many cases, it does not reliably rule out OSA or accurately assess its severity<sup>1,2</sup>.

At Nox, we are changing that, enabling home sleep apnea testing (HSAT) that delivers PSG-aligned, clinically actionable results.

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- » **Nox Connect™** – streamlining workflows and scaling diagnostics to improve efficiency across sleep operations in a fully integrated, cloud-connected platform.
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- » **DeepResp™ AI** – enabling reduced false negative results<sup>1</sup>, expanded identification of treatment-eligible patients, and improved treatment initiation<sup>3</sup>.

1 Finnsson, E. et al. Detecting arousals and sleep from respiratory inductance plethysmography. *Sleep Breath* 29, 155 (2025). <https://doi.org/10.1007/s11325-025-03325-z>  
 2 Cushman, P. et al. Modified scoring criteria to improve the accuracy of the home sleep apnea test. *Sleep Breath* 30, 52 (2026). <https://doi.org/10.1007/s11325-026-03598-y>  
 3 Internal data using DeepResp v1.1 (K241960) within SleepCharge and FusionSleep by Nox Health



LBL-0673 REV01



Join our symposium on AI-driven endotyping in sleep for precision medicine

June 16th

Meet us at booth #645



Tips for First-Time Attendees .....	03	In Memoriam.....	25
General Information .....	08	SRS Trainee Symposia Series .....	27
Convention Map .....	10	40 Years of Advancing the Sleep Field Together .....	31
AASM Kickoff to SLEEP .....	12	Schedule at a Glance .....	33
Keynote Spotlight .....	14	Hot Topics for SLEEP 2026.....	34
Exploring Baltimore .....	18	Industry Schedules .....	51
AASM in Focus .....	20	APSS Inclusive Leadership Award.....	59
AASM Awards.....	21	Exhibitor Listing.....	60
SRS in Focus .....	22		
SRS Awards .....	23		

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Enhance your experience



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# SLEEP2026

## SLEEP WALKING

Visit all SLEEP Walking sponsors and scan their QR code through the SLEEP 2026 mobile app to be eligible to win one of these great prizes!



### SLEEP Walking is sponsored by:



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Booth #1032



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Booth #323 & 633



Booth #525



Booth #707



Booth #724



Pratt Street Lobby



Booth # 307

\*Participants must visit all SLEEP Walking locations by June 17 at 11:00 a.m. Winners will be drawn in the Exhibit Hall at 12:30 p.m. on June 17. 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

## ON-SITE REGISTRATION HOURS

Fri., June 12..... 4:30 p.m. – 6:00 p.m.  
Sat., June 13.....7:00 a.m. – 5:30 p.m.  
Sun., June 14.....7:00 a.m. – 5:30 p.m.  
Mon., June 15..... 7:00 a.m. – 5:30 p.m.  
Tue., June 16..... 7:30 a.m. – 5:30 p.m.  
Wed., June 17..... 7:30 a.m. – 5:30 p.m.

## BADGES

All meeting participants and guests must wear a badge. Attendee badges allow entrance to the SLEEP sessions, poster hall, and exhibit hall, as well as the AAST annual meeting.

## RIBBONS

Badge ribbons are available on the self-serve ribbon wall near the registration desk.

## TICKETED SESSIONS

Tickets must be purchased for entry to postgraduate courses, meet the professor sessions, lunch debate sessions, and the AAST session, “Level Up: Essential Approaches to Modern Day Scoring and Titration.” Tickets for sessions that have not sold out are available for purchase at the on-site registration desk. Your badge will be scanned at the door of your ticketed session to allow entry.

## LUNCH SESSIONS

Make the most of your lunch break by purchasing a ticket for a meet the professor session or lunch debate. You can also attend free industry product theaters, where sponsoring companies will showcase their latest products and services. See page 51 for details.

## SESSION RECORDINGS

Are you unable to attend all of the sessions that interest you? Registered attendees receive a discount on the purchase of postgraduate course recordings and general session recordings. Visit the registration desk for more information. Non-attendees will be able to purchase recordings at the full price after the meeting concludes. The AAST annual meeting is not included in the SLEEP 2026 recordings.

## GUEST PASSES

Registered attendees may purchase a guest pass, which is exclusively for immediate family members and allows entrance to the exhibit hall, poster hall, and industry-sponsored events only. Guests are not permitted to attend any general sessions or ticketed sessions. No strollers are permitted in the exhibit hall, poster sessions, or session rooms.

## EXHIBIT HALL

Interact with industry representatives and learn about the latest products and services in the exhibit hall! Guests must have a badge and be 12 years of age or older to enter the exhibit hall.

## EXHIBIT HALL HOURS

The exhibit hall will be open during the following hours:  
Mon., June 15.....10 a.m. – 4 p.m.  
Tue., June 16..... 10 a.m. – 4 p.m.  
Wed., June 17.... 10 a.m. – 1:30 p.m.

## SOCIETY BOOTH

Visit the society booth to purchase AASM, SRS, and AAST products! Take advantage of exclusive product bundles and discounts for meeting attendees.

## SPEAKER READY ROOM

Speakers participating in postgraduate courses, clinical workshops, discussion groups, invited lectures, lunch debates, oral presentations, rapid-fire symposia, symposia, and the AAST annual meeting are required to use the Speaker Ready Room to upload a PowerPoint presentation onto the central server. Visit Room 330 in the Baltimore Convention Center. Speakers must upload their presentation at least 24 hours in advance of their scheduled session time. On-site technicians will be available to provide assistance.

## Speaker Ready Room Hours

Fri., June 12..... 4:30 p.m. – 6:00 p.m.  
Sat., June 13.....7:00 a.m. – 5:30 p.m.  
Sun., June 14.....7:00 a.m. – 5:30 p.m.  
Mon., June 15..... 7:00 a.m. – 5:30 p.m.  
Tue., June 16..... 7:30 a.m. – 5:30 p.m.  
Wed., June 17..... 7:30 a.m. – 5:30 p.m.

## **PRESS ROOM**

Members of the press are encouraged to utilize the press room in Room 330 of the Baltimore Convention Center during meeting registration hours from Sunday, June 14, at noon through Wednesday, June 17, at noon.

## **ABSTRACT SUPPLEMENT**

Abstracts presented at the SLEEP meeting are published in an online supplement of the journal *Sleep*. You can view and download the abstract book at <https://www.sleepmeeting.org/abstract-supplements>.

## **JOB BOARDS**

Attendees may post job openings on the job boards. Postings must be no larger than 8.5" x 11" and will be removed if deemed inappropriate. The APSS assumes no responsibility for these postings.

## **AASM FOUNDATION OASIS**

Visit the AASM Foundation Oasis in Room 308 of the Baltimore Convention Center to network, relax, and enjoy refreshments. It's open throughout the meeting for all attendees, including AASM Foundation volunteers, grant recipients, and donors, as well as AASM student and resident members, sleep medicine fellows, and early career physicians.

## **LUGGAGE STORAGE**

A self-serve luggage storage area will be available on Wednesday as a courtesy to attendees. Visit Room 333 at the Baltimore Convention Center. You will be required to show an attendee badge to drop off or retrieve luggage. Items are stored at your own risk. APSS is not responsible for lost, stolen, or damaged belongings.

## **CREDITS**

To claim credits after the meeting, visit [www.sleepmeeting.org/credits](http://www.sleepmeeting.org/credits). The deadline for psychologists to claim CE credit is Aug. 1, 2026. The deadline to claim CME, a letter of attendance, and CECs is April 22, 2027.

## **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. It applies to events and activities in any venue associated with the SLEEP meeting, including ancillary events, social gatherings, and online forums and discussions. You can find the full APSS Code of Conduct Policy at <https://www.sleepmeeting.org/about/code-of-conduct/>.

## **PHOTOGRAPHY/RECORDING POLICY**

Only the APSS, its contractors, and news media with an approved press pass 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 presenters and other attendees. Violation of this policy may result in removal from SLEEP.

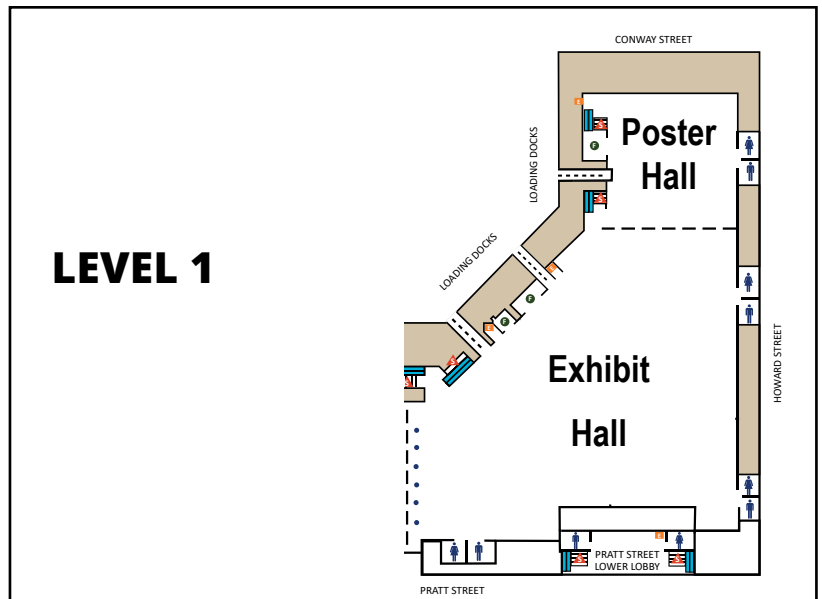
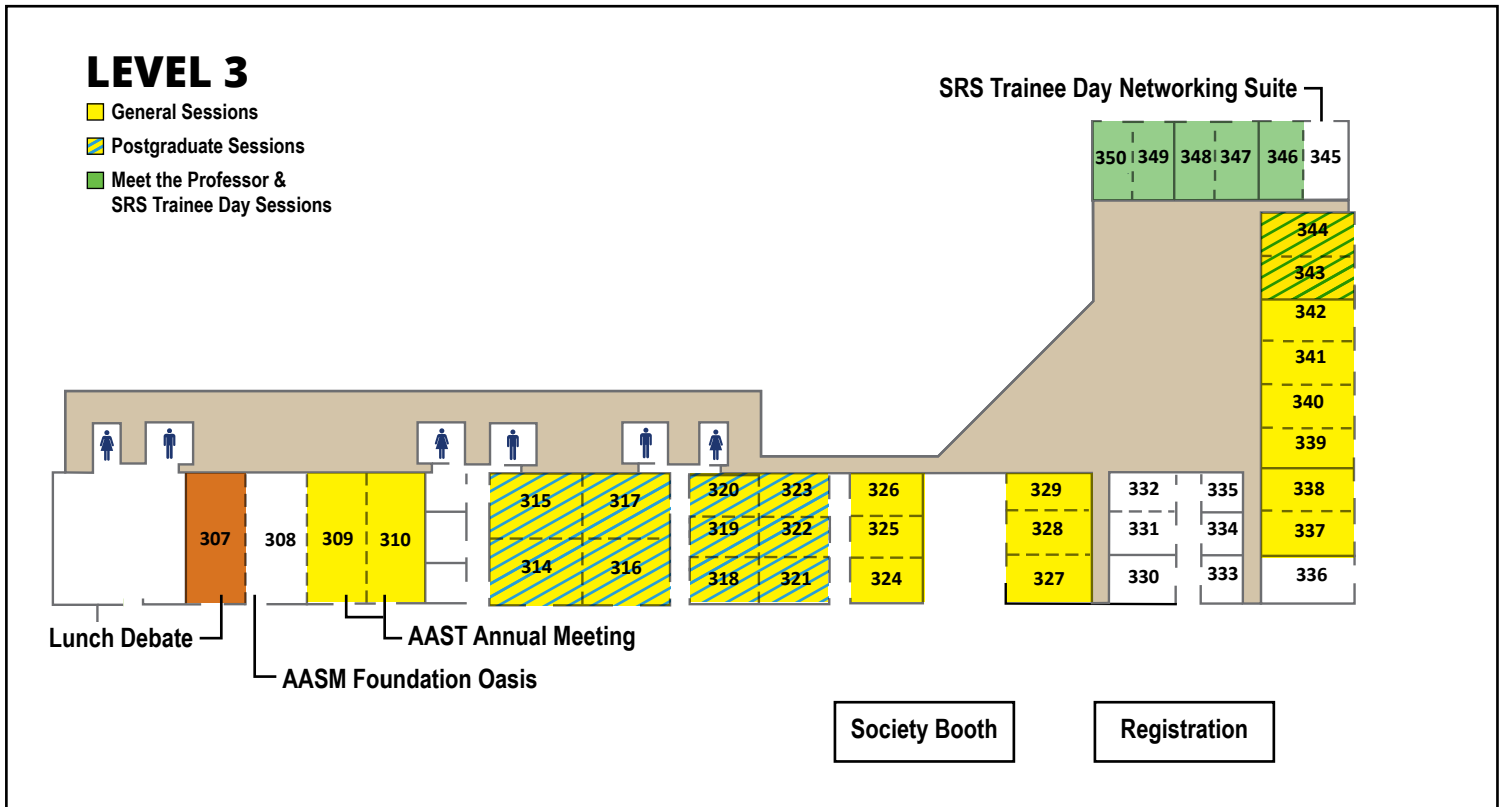
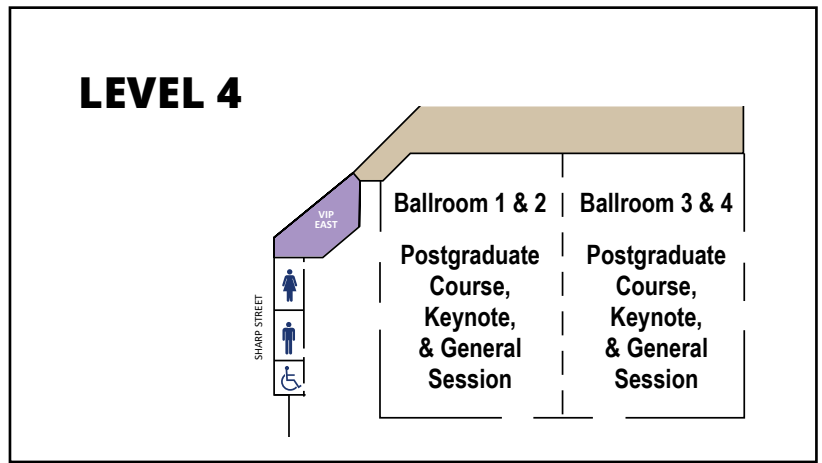
## **PARTICIPATION DISCLAIMER**

The APSS, its contractors, and attending news media may be taking photographs or recording video during SLEEP sessions and events and the AAST annual meeting. By attending SLEEP 2026, attendees acknowledge these activities and agree to allow their image to be used by the APSS in publications, on the SLEEP meeting website, and in marketing and promotional materials. Attendees at SLEEP 2026 waive all claims against the APSS for any liability resulting from these uses.

## **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.

# Convention Map



# Restoring Function Targeting Orexin Deficiency in Narcolepsy Type 1



WEDNESDAY, JUNE 17, 2026 | 6:30 AM – 8:00 AM ET

HILTON BALTIMORE INNER HARBOR  
BALTIMORE, MARYLAND | **ROOM:** HOLIDAY BALLROOM 1-3

HYBRID

## MODERATOR



**Nancy Foldvary-Schaefer, DO, MS**  
Professor of Neurology  
Cleveland Clinic Lerner  
College of Medicine  
Cleveland, Ohio, United States

## PANELIST



**Jacob Hatmaker**  
Individual with Narcolepsy  
Ohio, United States

## SPEAKERS



**Richard K. Bogan, MD, FCCP, FAASM**  
Associate Clinical Professor  
University of South Carolina  
School of Medicine  
Medical University of South Carolina  
President  
Bogan Sleep Consultants, LLC  
Columbia, South Carolina, United States



**Emmanuel Mignot, MD, PhD**  
Craig Reynolds Professor  
of Sleep Medicine  
Stanford University  
Palo Alto, California, United States



## Register Now!

For more information and to register, visit:

[www.medscape.org/sympo/restoring-function-in-narcolepsy](http://www.medscape.org/sympo/restoring-function-in-narcolepsy)

# INTRODUCING THE AASM Kickoff to SLEEP

SUNDAY, JUNE 14, 2026 | HILTON BALTIMORE

Gather with colleagues and start SLEEP on a high note at the new AASM Kickoff to SLEEP, an opening-night event built around connection and conversation. Held Sunday, June 14, at 5 p.m., the networking reception brings AASM members together to reconnect over drinks, meet new faces, and enjoy an inspiring start to the meeting experience.

You'll also hear from Angela Duckworth, PhD, a psychologist whose work on perseverance and motivation has shaped how people think about long-term success. Best known for her research on "grit," Dr. Duckworth draws on her experience as a researcher, educator, and former public school teacher to explore what sustains passion and commitment over time.

Dr. Duckworth is the author of the best-selling book "Grit: The Power of Passion and Perseverance" and one of the most widely viewed TED speakers of all time. Her remarks pair evidence with real-world stories, offering ideas you can sit with as the meeting unfolds.

A premium ticket option includes front-row seating, a signed copy of "Grit," and exclusive access to a meet-and-greet with Dr. Duckworth.



**PRE-REGISTRATION IS REQUIRED**  
**GENERAL ADMISSION:**

**5:00 p.m. – 7:15 p.m.**

**PREMIUM ADMISSION:**

**5:00 p.m. – 8:00 p.m.**

THANK YOU TO OUR SPONSORS:



BOOTH #506 & #907



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# SUCCESSING UNDER PRESSURE

Understanding and Reducing Cardiovascular and Cardiometabolic Risk in

# NARCOLEPSY

MONDAY <sup>2026</sup>  
JUNE 15

6:15 PM–8:15 PM

 DINNER WILL BE PROVIDED.

Hilton Baltimore Inner Harbor  
**KEY BALLROOM 1-4  
(SECOND FLOOR)**



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TODAY!**

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Bring your **MOBILE DEVICE\*** and **HEADPHONES\*** to immerse yourself in a dynamic, three-part educational experience designed to engage, inform, and inspire clinical practice change.



Begin with an **expert-guided poster tour** that highlights emerging insights into the epidemiologic and pathophysiologic connections between narcolepsy and cardiovascular and cardiometabolic risk.

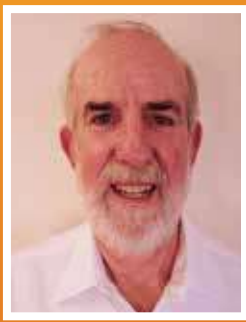


Next, participate in a **live faculty-led session** where experts will translate these findings into clinical context, discussing their practical implications alongside the latest clinical trial data to inform evidence-based evaluation and management of both adult and pediatric patients with narcolepsy.



Conclude with an **interactive case-based activity**, where you will apply newly acquired knowledge to real-time clinical decision-making in a highly engaging, learner-centered environment.

\*A limited number of mobile phones and headphones will be available for loan if needed.



# In Conversation with Dr. Carlos Schenck, SLEEP 2026 KEYNOTE SPEAKER

Few figures have shaped the modern understanding of parasomnias as profoundly as Carlos H. Schenck, MD. His work on REM sleep behavior disorder (RBD) changed how clinicians recognize the condition and understand its long-term implications. At SLEEP 2026, he brings that perspective to the keynote address, "REM Sleep Behavior Disorder: A 40-Year Perspective."

## Looking back across four decades since the initial identification of RBD, what research developments have most surprised you?

Since our initial series of five patients with RBD published in 1986 in Sleep, which mainly involved older men with violent dream-enacting behaviors, there has been an explosion of knowledge about the vast array of disorders across the lifespan that can cause RBD by interfering with the normal and protective muscle paralysis of REM sleep, known as REM atonia. These disorders include narcolepsy, stroke, neurodegenerative disorders, and virtually all other neurological

disorders that can disrupt REM atonia, along with SSRI and SNRI antidepressants that can trigger or aggravate RBD.

Community-based epidemiologic studies using polysomnography have found a prevalence of more than 1% and comparable male-female ratios, indicating a referral bias to sleep centers of men with more aggressive and violent RBD than women. This finding is especially important because it is not the severity of RBD that promotes the eventual conversion of isolated RBD in middle-aged or older adults to a parkinsonian disorder, but rather the presence of REM without atonia, which signals a high risk for eventual phenoconversion. Therefore, a concerted effort should be made to identify women in primary care, geriatric medicine, neurology, and other clinics with suspected RBD so referrals can be made to sleep centers experienced in parasomnia evaluation and management.

*RBD is now known to affect all age groups, including children with narcolepsy, other neurologic disorders, and neurodevelopmental disorders.*

A new frontier involves RBD emerging with post-traumatic stress disorder, either alone or combined with traumatic brain injury, referred to as combined "neurotrauma."

In 1997 our group published a series of 33 patients with RBD comorbid with non-REM sleep parasomnias, which we named Parasomnia Overlap Disorder. This highlighted more complex RBD scenarios, later expanded to include sexsomnia and sleep-related eating disorder. Some patients have up to six parasomnias, with or without comorbid obstructive sleep apnea.

RBD is situated at a strategic and busy crossroads of sleep medicine and neuroscience. In my keynote at SLEEP 2026, I plan to show a new graphic demonstrating the impressive range of clinical and basic science research intersections with RBD, including actigraphy, wearable devices, experimental animal models, and the growing role of artificial intelligence and machine learning.

## How has our understanding of dream content and motor activation during RBD evolved?

In our 1993 study of 96 patients with RBD, we reported that 87.5% of patients described vivid, intense, and action-filled dreams at onset of their RBD, often experienced as nightmares

during dream enactment. Typical scenarios involved being attacked by unfamiliar people, animals, or insects. These were not post-traumatic stress disorder nightmares, which involve reexperiencing traumatic events with the people and settings involved in the trauma.

What was especially fascinating was that successful treatment of dream enactments — most often with bedtime clonazepam — also controlled the abnormal dreaming in 90% of patients. When patients forgot to bring clonazepam while traveling, they usually experienced a prompt relapse of both abnormal behaviors and dreaming. This strongly suggested a shared pathophysiology.

The underlying mechanisms appear to reside in the brainstem, where the nuclei responsible for REM atonia are located and where early pathology occurs in parkinsonism. RBD may therefore represent an early clinical signal in this process.

This linkage may be best understood through the Hobson and McCarley activation-synthesis model of dreaming, which proposed that dreaming sleep is physiologically determined by brainstem mechanisms. Disturbed neural function in these regions can result in the tandem manifestations of abnormal behaviors and abnormal dreaming, with both responding to the same therapy.

More recent work by Mark Blumberg has further emphasized the brainstem as a key site for dream enactment, suggesting that sensory feedback from moving limbs may influence dream content. Together,

these findings support a tightly linked brainstem-based mechanism underlying both motor activation and dream mentation in RBD.

### **What have you learned about other disorders that can manifest with dream-enacting behaviors, besides RBD?**

The RBD journey has revealed that other disorders can present with dream-enacting behaviors, posing diagnostic challenges and underscoring the importance of careful patient and bed partner interviews, along with detailed review of in-lab video polysomnography that includes the arm and leg EMG channels.

Severe obstructive sleep apnea and severe periodic limb movement disorder can produce “pseudo-RBD,” with dream enactment but without loss of REM atonia. Studies have shown that treating the underlying disorder — using CPAP for sleep apnea or pramipexole for periodic limb movements — also controls the dream enactment, confirming the true etiology.

In addition, high-density EEG studies of adult non-REM parasomnias have demonstrated high rates of dream recall and perceptual disturbances immediately following episodes. This work has opened new avenues in dream research and broadened understanding of dream enactment across sleep disorders. Dream-enacting behaviors can also be associated with post-traumatic stress disorder, representing another important clinical research domain.

### **How has recognition of RBD as a prodromal marker influenced clinical practice and research?**

The now universally recognized finding that isolated RBD in patients aged 50 and older is a very strong predictor of evolving alpha-synucleinopathies — primarily Parkinson’s disease and Lewy body dementia — has dramatically influenced both clinical practice and research priorities.

Clinically, prognostic disclosure has become a central ethical issue. Expert consensus holds that at least some disclosure is necessary, given the availability of information online, but that clinical acumen and interpersonal sensitivity are essential. How much to disclose, over what time frame, and with whom should be considered on a case-by-case basis, taking into account patient preferences, health literacy, and shared decision-making.

From a management perspective, the growing view that isolated RBD represents prodromal parkinsonism supports various lifestyle interventions. Early rehabilitation, including regular exercise, may help preserve function, independence, and quality of life, should such neurodegenerative disorders develop.

### **What biomarkers are most promising for predicting phenoconversion?**

A critical research priority is identifying a group of biomarkers

that can predict phenoconversion from isolated RBD within two to three years in at least 50% of patients.

.....

*There are now scores of biomarkers reported in the more than 4,200 RBD publications, but key questions remain regarding their predictive accuracy and time course.*

.....

Major biomarker domains include cognitive and motor function, autonomic function, olfaction, color vision discrimination, brain imaging — particularly dopamine transporter scans — and progression of REM sleep without atonia, which are among the strongest predictors of imminent phenoconversion.

Sleep clinicians should regularly monitor cognitive status using screening tools such as the Mini-Mental State Examination or Montreal Cognitive Assessment and consider periodic referral to a neurologist for focused evaluation of emerging signs of parkinsonism and dementia.

## What key takeaways do you hope clinicians carry forward from SLEEP 2026?

First, REM atonia status should be considered a “vital sign” with clinical polysomnography. Loss of REM atonia is a marker of brainstem dysfunction and is too often overlooked or omitted from PSG reports.

Second, diagnosis of RBD requires PSG documentation of REM sleep without atonia, as specified in the ICSD-3-TR criteria. When dream enactment is identified without PSG confirmation, the appropriate term is “probable RBD.”

Finally, clinicians should strive to appreciate the first-person experiences of patients and their bed partners, including injuries and psychological consequences. Empathy is essential in establishing an optimal therapeutic relationship, particularly because RBD in middle-aged and older adults is a strong signal of evolving neurodegenerative disease and requires ongoing support and guidance.

# VISIT *the* SLEEP 2026 SOCIETY BOOTH

# SLEEP 2026

*Purchase clinical resources, on-demand modules, merchandise and much more!*

Visit the Society Booth to explore discounts on select products and exclusive bundle offers.



# Visit the APSS Pavilion

Located in the Exhibit Hall

Mon., June 15: 10 a.m. – 4 p.m. | Tues., June 16: 10 a.m. – 4 p.m. | Wed., June 17: 10 a.m. – 1:30 p.m.



The APSS Pavilion is a place to relax, recharge, enjoy refreshments during breaks, ask experts questions, and visit the SRS Foundation, AASM Foundation, AASM Accreditation and AASM Advocacy, Quality and Health Policy desks.

Featuring our “Ask an Expert” Booth



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<sup>1</sup> Alvarado et al. American Journal of Clinical and Medical Research. 2025, 5(12):e247.



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# SLEEP 2026 VISITOR'S GUIDE: Exploring Baltimore

Fondly known as "Charm City," Baltimore blends history, a thriving arts scene, and a lively waterfront. While attending SLEEP 2026, take the opportunity to explore the city's vibrant attractions beyond the conference.

## Cultural Attractions

### National Aquarium

The city's iconic aquarium houses thousands of sea creatures (from sharks to playful dolphins) in award-winning habitats. Wander through a tropical rainforest and a towering coral reef while experiencing the magic of the underwater world right in the Inner Harbor.

### American Visionary Art Museum

Baltimore's most delightfully offbeat museum celebrates "outsider art" with whimsical, thought-provoking works by self-taught artists. From giant mirrored sculptures to eccentric inventions, AVAM's colorful galleries will ignite your imagination and redefine what you think a museum can be.

### Historic Ships in the Inner Harbor

Step back in time aboard the Historic Ships, a floating museum fleet docked in the harbor. You can tour the USS Constellation, a Civil War-era sailing ship, and even a WWII submarine, gaining a hands-on glimpse into Baltimore's rich maritime history.

## Outdoor Escapes

### Inner Harbor Promenade

Enjoy a scenic stroll along the bustling waterfront promenade, where street performers, open air cafés, and historic ships create a lively atmosphere. By evening, the harbor's lights sparkle on the water, making this the perfect spot to unwind after a day of sessions as the sun sets over the city.

### Federal Hill Park

Take a short walk (or harbor ferry ride) to this historic hilltop park, which offers panoramic views of Baltimore's skyline and Inner Harbor. It's a local favorite for sunsets and picnics — picture yourself relaxing on the grass as the city lights twinkle to life below you.

### Harbor Cruises

For a memorable twist, set sail at dusk on a harbor cruise or hop on the Baltimore Water Taxi. Feel the Chesapeake breeze as you glide past lit-up skyscrapers and Fort McHenry in the distance. Some cruises even feature dinner or live music, turning the waterfront skyline into the backdrop for an unforgettable evening.

## Entertainment and Nightlife

### Bars and Nightlife

Start your evening with cocktails and a view at a chic rooftop lounge (the 19<sup>th</sup>-floor LB Skybar offers craft drinks with stunning skyline panoramas). When you're ready for more action, head to Power Plant Live!, a one-stop hub of bars, pubs, and clubs just a few blocks from the Inner Harbor. By week's end, you'll find live music, dancing, and plenty of local flavor energizing the night.

### Live Music and Sports

Baltimore knows how to entertain. On Sunday, June 14, join local fans at Oriole Park at Camden Yards to cheer on the Orioles at their beautiful retro ballpark. Later in the week, catch a live show at Baltimore Soundstage, where national acts and local bands keep the music scene buzzing.

### Performing Arts and Comedy

In the mood for a show? See what's playing at the grand Hippodrome Theatre, a restored 1920s venue known for Broadway tours and big-name performances. Alternatively, unwind with some laughs at a local comedy night. Venues like Illusions Magic Bar in Federal Hill host quirky magic-comedy shows, and other clubs feature stand-up or improv that will give you a true taste of Baltimore's humor and hospitality. From world-class attractions and museums to scenic harbor walks and evenings filled with music and fun, Baltimore offers a wealth of experiences to complement your time at SLEEP 2026. Enjoy your stay and the unforgettable sights, sounds, and flavors of Baltimore.

# Dining & Drink Picks

The area near the conference hotels offers a diverse mix of dining options for quick lunches, sit-down dinners, and after-hours drinks. Whether you're fitting in a meal between sessions or winding down in the evening, there are plenty of options for your consideration.

## Quick Bites

Short on time but craving something satisfying? These nearby spots deliver quick, high-quality meals to enjoy between sessions.

### Faidley's Seafood

A Baltimore institution famous for its crab cakes, fresh oysters, and classic seafood dishes served in a bustling market setting.

119 N Paca St, Baltimore, MD 21201  
(410) 727-4898

Walking distance: 9 minutes

### Pratt Street Ale House

A laid-back brewpub offering house-brewed beers alongside sandwiches, burgers, and hearty pub fare.

206 W Pratt St, Baltimore, MD 21201  
(410) 244-8900

Walking distance: 4 minutes

### R&R Taqueria

A casual spot serving street-style tacos, burritos, and bold Mexican flavors, ideal for a quick and satisfying lunch.

2 E Lombard St, Baltimore, MD 21201  
(410) 244-7260

Walking distance: 10 minutes

## Dinner Favorites

Seafood takes center stage at these nearby dinner spots, alongside modern American flavors and classic Baltimore favorites.

### B&O American Brasserie

A stylish brasserie offering small season plates and New American cuisine with regional ingredients and classic cocktails.

2 N Charles St, Baltimore, MD 21201

(443) 692-6172

Walking distance: 13 minutes

### Luna Del Sea

A restaurant offering a sophisticated dining room and casual patio options, serving steak and fresh seafood from local fisheries.

300 W Pratt St, Baltimore, MD 21201

(410) 752-8383

Walking distance: 2 minutes

### Phillips Seafood

A longtime favorite known for Maryland crab cakes, seafood platters, and harbor-inspired classics.

601 E Pratt St, Baltimore, MD 21202  
(410) 685-6600

Walking distance: 17 minutes

## Bars and Pubs

When sessions wrap up, head to these lively bars and gathering spots for cocktails, local brews, and an easygoing way to connect and recharge.

### Clock Restoration Bar & Kitchen

A speakeasy-inspired cocktail bar and restaurant featuring comfort food and prohibition-style handcrafted drinks.

31 S Calvert St, Baltimore, MD 21202  
(443) 203-1888

Walking distance: 12 minutes

### Pickles Pub

A lively sports bar popular for its pub food, drinks, and energetic game-day atmosphere, located across from Oriole Park.

520 Washington Blvd, Baltimore, MD 21230

(410) 752-1784

Walking distance: 3 minutes

## Nearby Hotels

For maximum convenience, these hotel-adjacent spots make it easy to grab a meal or drink without straying far from the convention center.

### Pendulum 401

This modern bar and restaurant in the Hilton Baltimore Inner Harbor serves creative cocktails and contemporary American dishes in a stylish, upbeat setting.

### Pratt & Perk Café and Market

This casual café and market in the Hilton Baltimore Inner Harbor is perfect for morning coffee, light bites, and grab-and-go options throughout the day.

### The Yard

This relaxed gathering spot in the Baltimore Marriott Inner Harbor offers American comfort food, local beers, and cocktails, ideal for casual meals or a low-key evening.



## IN FOCUS

The American Academy of Sleep Medicine continues to advance initiatives that support members, strengthen clinical practice, and position sleep medicine for the future. Recent updates highlight progress across clinical guidance, advocacy, education, practice-focused tools, workforce development, and opportunities for engagement.

### HSAT Code Modernization

AASM submitted to the American Medical Association CPT Editorial Panel a proposal to update the home sleep apnea test (HSAT) code set to better reflect the range of diagnostic technologies used in current practice. The proposal has been forwarded to the Centers for Medicare & Medicaid Services for potential implementation in 2027, with the goal of supporting appropriate valuation and reimbursement for sleep medicine services. Full details are expected to be available to members in July, following the release by CMS of the physician fee schedule proposed rule.

### Women's Sleep Health

AASM launched a focused initiative to advance women's sleep health, including the formation of a task force to examine sex- and gender-related differences in sleep disorders across the lifespan. The task force convened a Women's Sleep Health Summit to identify gaps in care and priorities for progress. Findings from the summit will inform future research directions, clinical guidance, advocacy efforts, and a webinar series to support member education.

### Obesity & Sleep Health

Following the FDA approval of tirzepatide for adults with obesity and moderate to severe obstructive sleep apnea, AASM expanded

educational programming and convened a task force to develop practical guidance for members. This work reflects a growing pipeline of novel oral therapies under investigation for obstructive sleep apnea and the need for clinical resources as treatment options and care models continue to evolve.

### Beyond the AHI

AASM continues work to move beyond sole reliance on the apnea-hypopnea index for characterizing adult obstructive sleep apnea. A new steering committee is advancing a broader framework that incorporates additional clinical factors to support research, diagnosis, and more patient-centered care.

### New Clinical Guidelines

AASM published clinical practice guidelines addressing central sleep apnea, sleep-disordered breathing in hospitalized adults, shift work disorder, and combination therapy for chronic insomnia. Together, these updates reflect the increasing complexity of patient care and the need for clear, evidence-based guidance across care settings.

### JCSM Impact

The Journal of Clinical Sleep Medicine entered a new chapter with a publishing services agreement with Springer Nature, a global leader in research publishing. This transition positions the journal for long-term growth and even greater impact. Members will continue to receive full access to JCSM as a benefit of membership.

### Access to Sleep Care

Advocacy efforts focused on engagement with federal agencies, payers, and professional organizations on issues including research investment, telehealth flexibility, reimbursement, and prior authorization. These efforts elevated the role of sleep health in national policy discussions, including pediatric and women's sleep health.

### Launch of PLATO

AASM launched PLATO, a patient-

reported outcome tool for obstructive sleep apnea. PLATO includes 11 questions that assess patients' sleep-related experiences over the prior seven days and nights. The tool is for use in a clinical setting to monitor treatment response and longitudinal symptom progression in adults who have sleep apnea. PLATO is available for free licensing for use in clinical practice.

### AASM Link

AASM expanded AASM Link, an AI-powered assistant that helps members quickly access AASM guidelines, standards, and references, with additional enhancements and broader language support underway.

### Record Fellowship Match

Match Day for the 2026 appointment year marked a milestone for the specialty, with the highest number of physicians matching into sleep medicine fellowship programs. These results reflect growing interest in the field and reinforce the importance of supporting fellows, training programs, and sustainable career pathways.

### Trends 2027 in Vegas

Sleep Medicine Trends 2027 will take place Feb. 5–7 near Las Vegas, offering an opportunity to explore developments shaping the future of sleep medicine.

### AASM Kickoff to SLEEP

Connect with colleagues on Sunday evening at the AASM Kickoff to SLEEP, a new networking reception and opening session, featuring psychologist Angela Duckworth, PhD, bestselling author of "Grit."

## Membership Meeting

Members are invited to attend the AASM membership meeting on Monday, June 15, at 10:30 a.m., to learn more about current initiatives and priorities.

# MEET THE 2026 AASM AWARD RECIPIENTS

The 2026 American Academy of Sleep Medicine awards will be presented Monday, June 15, during the plenary session of SLEEP 2026, recognizing several distinguished leaders in the field of sleep medicine.

## The Distinguished Leadership Award

### Susan Redline, MD, MPH

Dr. Susan Redline is the Farrell Professor of Sleep Medicine at Harvard Medical School, a professor of epidemiology at Harvard T.H. Chan School of Public Health, and director of the programs in sleep and cardiovascular medicine and sleep medicine epidemiology at Brigham and Women's Hospital. Dr. Redline has led major epidemiologic studies and clinical trials examining sociodemographic, environmental, and genetic risk factors for sleep apnea and the impact of sleep interventions on health. Her research focuses on sleep apnea heterogeneity related to sex, gender, and social determinants of health as a lens for precision medicine. She founded and co-directs the National Sleep Research Resource, advancing accessible sleep data sharing, and she works with patient advocates to improve education and support.

## The Excellence in Research Award

### Danny Eckert, PhD

Dr. Danny Eckert is the Matthew Flinders Professor at Flinders University, a National Health and Medical Research Council of Australia Leadership Fellow, and a lead investigator at Brigham and Women's Hospital, Harvard Medical School. He serves as director of

the Flagship Sleep Health Program at Flinders University, where he leads a large multidisciplinary basic and translational research program in sleep health. Dr. Eckert has published approximately 250 publications in leading sleep, respiratory, and medical journals. He is internationally recognized for pioneering work in sleep apnea mechanistic endophenotyping, which has driven new precision medicine approaches, including novel pharmacotherapies. His broader sleep health research and advocacy efforts include leading the award-winning television series, "Australia's Sleep Revolution with Dr. Michael Mosley."

## The Excellence in Education Award

### Douglas Kirsch, MD

Dr. Douglas Kirsch is a board-certified sleep medicine physician and past president of the American Academy of Sleep Medicine. He serves as medical director of Atrium Health Sleep Medicine, overseeing the sleep medicine service line for a multi-state health system, and he is a professor of neurology at Wake Forest School of Medicine. An accomplished scholar and researcher, Dr. Kirsch was first author of a 2025 study validating PLATO, the patient-reported longitudinal assessment tool for obstructive sleep apnea. He is a prolific author and editor of several textbooks, most recently serving as lead editor of the second edition of "Sleep Medicine." His national education leadership includes serving as program chair for the SLEEP annual meeting and chair of the AASM Sleep Medicine Trends course.

## The Sleep Health Advocate Award

### Beth Malow, MD, MS

Dr. Beth Malow is a professor of neurology and pediatrics at Vanderbilt University Medical Center, where she holds the Burry Endowed Chair in Cognitive Childhood Development. She serves on the AASM Advocacy Committee and the Sleep Research Society Advocacy Task Force. Dr. Malow is committed to communicating science to the public and policymakers and completed a graduate certificate in science and health communication at the Alan Alda Center for Communicating Science. Her advocacy efforts focus on year-round standard time, later school start times, and the effectiveness and safety of melatonin use in children with autism. She also works to bridge partisan divides as a Braver Angels workshop moderator and is a co-author of "Beyond the Politics of Contempt."

## The Clinical Achievement Award

### Robert Stansbury, MD

Dr. Robert Stansbury is a professor in the division of pulmonary, critical care, and sleep medicine at West Virginia University. He serves as director of the West Virginia Sleep Evaluation Center, the largest sleep center in the state, and founded West Virginia's first sleep medicine fellowship, serving as its inaugural program director. Dr. Stansbury has chaired and served on multiple committees for the AASM and serves on the editorial board of the Journal of Clinical Sleep Medicine. He is chair of the American Board of Internal Medicine Sleep Medicine Advisory Committee, overseeing physician certification in sleep medicine. His National Institutes of Health-funded work led to the West Virginia Obstructive Sleep Apnea Academic Mentoring Partnership, expanding access to evidence-based care for obstructive sleep apnea in rural communities.



## IN FOCUS

The Sleep Research Society continues to advance sleep and circadian science through education, advocacy, global collaboration, and strategic planning. Over the past year, the SRS has made meaningful progress across these efforts.

### Educational Resources

Education remains a core priority for the SRS. Following the spring 2025 release of "Fundamentals of Sleep and Circadian Science," the society is focused on expanding the textbook's impact in 2026. Developed as a modern replacement for the long-standing "Basics of Sleep Guide," the textbook provides a comprehensive foundation in sleep and circadian rhythms for trainees and experienced researchers alike.

To support broader adoption, the SRS is developing companion teaching aids, including chapter-based PowerPoint slides and test questions. These resources will assist instructors in integrating the textbook into coursework and training programs, strengthening education across institutions and career stages.

### Scholarly Publishing

In 2026, the SRS initiated a new process for developing society white papers, providing authoritative guidance on emerging topics in sleep and circadian science. These white papers will be produced on a regular basis and published in *SLEEP* and *SLEEP Advances*, reinforcing the SRS's role as a trusted scientific voice.

The society's journals continue to evolve as well. *SLEEP Advances* recently completed its first year under its current editor-in-chief, emphasizing submissions across a range of article types, including protocol papers, pilot studies and preliminary findings, clinical trials, and manuscript transfers from *SLEEP*. At the same time, the search is underway for the next editor-in-chief of *SLEEP*, with a five-year term beginning Jan. 1, 2027.

### Advocacy Engagement

Advocacy continues to be a vital pillar of the SRS mission. This spring, the society hosted a Capitol Hill visit, engaging with policymakers to elevate the role of sleep and circadian science in public health and biomedical research.

In parallel, the SRS has revamped the advocacy section of its website to improve accessibility and transparency. The updated platform provides more consistent updates on advocacy activities and introduces new tools that make it easier for members to communicate directly with their elected representatives on issues important to the field.

### Global Partnerships

The SRS continues to strengthen global partnerships that expand scientific exchange and collaboration. Ongoing webinar initiatives with the European Sleep Research Society are being extended in 2026 through a new partnership with the Canadian Sleep Society.

Additional collaborative efforts include co-chairing a session with the Society for Research on Biological Rhythms at its 2026 biennial meeting and building closer ties with the Australasian Sleep Association through participation in journal editorial leadership. These efforts support a more connected global research community.

### Strategic Planning

The SRS is also taking a forward-looking approach through a review and revision of its strategic plan beginning this summer. This process will guide SRS initiatives from 2027 through 2032, helping ensure alignment with emerging priorities and the evolving needs of the community.

By reassessing goals related to research advancement, education, and engagement, the SRS aims to position itself for continued impact and leadership in sleep and circadian science.

### ASCS 2027 in Austin

The biennial Advances in Sleep and Circadian Science conference remains a cornerstone of the SRS scientific program. Known for its single-track format, the meeting fosters in-depth discussion and collaboration around cutting-edge research topics.

The next ASCS conference will take place Feb. 18-22, 2027, in Austin, Texas. Planning is underway to deliver a program that encourages cross-disciplinary dialogue and meaningful engagement among trainees and established investigators.

### Membership Meeting

SRS members are encouraged to attend the annual membership meeting on Tuesday, June 16, at 11:45 a.m. to learn more about ongoing initiatives and plans.

As the SRS looks beyond *SLEEP* 2026, it remains committed to advancing discovery, supporting researchers at every career stage, and strengthening the impact of sleep and circadian science.

# Meet the 2026 SRS Award Recipients

Several leaders in the fields of sleep and circadian science are recipients of the 2026 Sleep Research Society awards, which will be presented Monday, June 15, during the plenary session of SLEEP 2026.

## Distinguished Scientist Award

### H. Craig Heller, PhD

Dr. H. Craig Heller is the Lorry I. Lokey/Business Wire Professor of Biology and Human Biology at Stanford University. After earning his doctorate from Yale and completing a postdoctoral fellowship at the Scripps Institution of Oceanography, he joined Stanford in 1972. His research centers on the neurobiology of sleep, circadian rhythms, and thermoregulation. His lab has extensively studied mammalian hibernation and the roles of sleep and circadian systems in that process. His current work explores how sleep and circadian rhythms influence learning and memory, including efforts to better understand and mitigate intellectual disability in Down syndrome. He also developed a technology for rapid, noninvasive temperature regulation.

Dr. Heller will present an invited lecture at SLEEP 2026, "The Roles of Circadian Rhythms and Sleep in the Cognitive Disabilities Associated with Down Syndrome," Monday June 15, at 2:15 p.m.

## Outstanding Scientific Achievement Award

### Kamran Diba, PhD

Dr. Kamran Diba is an associate professor of anesthesiology at the University of Michigan Medical School, where he is also a faculty member of the Neuroscience Graduate Program. His groundbreaking discoveries reveal how sleep actively reshapes memory at the cellular and network levels. His studies show that sharp-wave ripples during sleep not only replay past experiences but also predict future changes in hippocampal maps, providing evidence that sleep reorganizes memory rather than merely stabilizing it. He has demonstrated that while sleep deprivation preserves the quantity of these ripple events, it severely disrupts their quality, uncovering why lost sleep cannot be fully recovered from a memory standpoint. His pioneering work establishes sleep-dependent neural activity as a decisive factor in memory durability and positions sharp-wave ripples as a powerful biomarker for learning.

## Mary A. Carskadon Outstanding Educator Award

### Michael Scullin, PhD

Dr. Michael Scullin is a professor of psychology and neuroscience at Baylor University whose work explores the intersections of sleep,

cognition, and learning. He earned his bachelor's degree at Furman University and his doctorate at Washington University in St. Louis, followed by a sleep-focused postdoctoral fellowship at Emory University. He has advanced education-focused programming at the SLEEP meeting, served on multiple Sleep Research Society committees, and is vice chair of its Communications Committee. Dr. Scullin has taught thousands of students through classroom instruction and community programs, and his team has introduced families to sleep science through interactive pop-up exhibits and a permanent museum installation, Sleep Lab: The Exhibit.

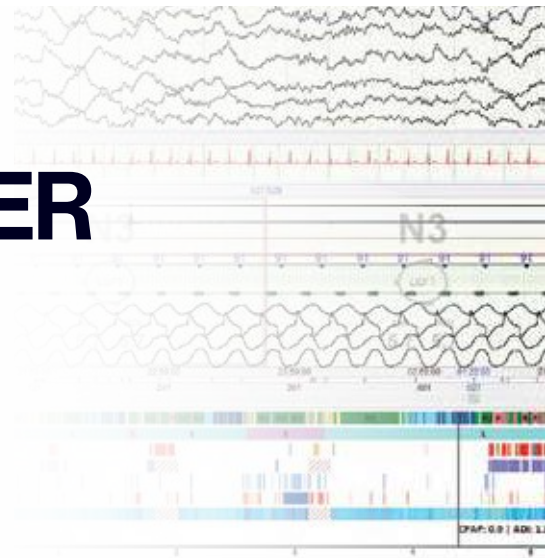
## Public Service Award

### Brigadier General Deydre Teyhen, DPT, PhD, FAPTA

Brig. Gen. Deydre Teyhen serves as the commanding general of Medical Readiness Command, Pacific, and director of the Defense Health Network Indo-Pacific. A physical therapist and clinician scientist, she has dedicated her career to improving the holistic health of soldiers through public health initiatives. As deputy chief of staff for Public Health at the Office of the Surgeon General, she helped develop several Army-wide health programs, including the Performance Triad, which emphasizes sleep, activity, and nutrition, and advanced efforts that shaped today's Holistic Health and Fitness system. Her research focuses on optimizing human performance and preventing musculoskeletal injury, and she has authored hundreds of publications and delivered more than 200 invited lectures.

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# In Memoriam

The American Academy of Sleep Medicine and Sleep Research Society remember the mentors, colleagues, and friends who have died in the past year. We are grateful for their many contributions to sleep medicine, sleep and circadian research, and sleep health. Among the colleagues we lost are these eight inspirational leaders.

## **Cornelius Bachmann, MD, PhD**

Dr. Bachmann founded the SomnoDiagnostics therapy center for neurology, pain therapy, and sleep medicine in Osnabrück, Germany. He was involved with the European and International RLS Study Groups.

## **Daniel G. Glaze, MD**

Dr. Glaze was a pediatric neurologist and sleep researcher at Baylor College of Medicine who founded the Texas Children's Sleep Center and directed the Blue Bird Circle Rett Center. His work advanced understanding of sleep disturbances in neurodevelopmental conditions, including Rett syndrome, improving diagnosis, care, and long-term management of pediatric sleep disorders.

## **Jacqueline M. Lane, PhD**

Dr. Lane was an assistant professor of medicine at Harvard Medical School and an associate geneticist at Brigham and Women's Hospital. Her research advanced knowledge of the human circadian system and its relationship to neuropsychiatric conditions, and she was a dedicated mentor to trainees in sleep and circadian science.

## **Stephen R. Lloyd, PhD**

Dr. Lloyd was a clinician, educator, and researcher who collaborated with Rosalind Cartwright on early advances in clinical sleep medicine and psychological sleep science. He co-invented devices to monitor sleep posture, detect REM sleep, and assess sleep apnea, and later advanced objective measures of daytime sleepiness through pupillometry research.

## **James Maas, PhD**

Dr. Maas was a social psychologist, professor at Cornell University, and bestselling author whose work highlighted the role of sleep in health and performance. He popularized the term "power nap," taught psychology for decades, and brought sleep science to broad public audiences through writing and advocacy.

## **Dennis J. McGinty, PhD**

Dr. McGinty was a sleep neuroscientist whose work analyzed hypothalamic and brainstem mechanisms controlling sleep. At UCLA and the VA Medical Center, he led neurophysiology research and mentored generations of scientists.

## **John E. Remmers, MD**

Dr. Remmers was a clinical professor at the University of Calgary and a sleep researcher whose work clarified the mechanisms of obstructive sleep apnea. He helped develop auto-titrating CPAP machines and one of the first home sleep apnea tests, contributing to lasting advances in the diagnosis and treatment of sleep-disordered breathing.

## **Timothy A. Roehrs, PhD**

Dr. Roehrs was a sleep researcher whose work advanced understanding of sleepiness, insomnia, and the effects of drugs and alcohol on sleep and alertness. A senior scientist at Henry Ford Health, he published hundreds of studies, served as president of the Sleep Research Society, and received the National Sleep Foundation's Lifetime Achievement Award.

# Innovation never rests.

At SLEEP 2026, ZOLL Itamar will introduce the next step in a more connected, scalable approach to sleep testing.

**Be ready for what's next  
in home sleep diagnostics.**

See the newest addition to the WatchPAT family at the ZOLL Booth, #315 at SLEEP 2026

**ZOLL** itamar®

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Sleep Research Society®

# SRS Annual Trainee Symposia Series

**Saturday & Sunday, June 13 - 14**

On Saturday, June 13, trainees will attend events specifically for them, hear from the SRS President-Elect, network with their peers, and more! On Sunday, June 14, 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 2026. On-site registration for this program is NOT available.

## Trainee Networking Development Suite

ROOM 345

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 2026. Lunch will be offered during the Monday and Wednesday sessions, with breakfast provided on Tuesday, all available on a first-come, first-served basis.

View the full  
schedule:



### MONDAY, JUNE 15

11:45 A.M. – 12:45 P.M.

**From Frustration to Fulfillment  
Making Mentorship Work for  
You: A Forum for Trainees to  
Share, Learn, and Build Better  
Mentoring Relationships**

Michael Grandner, PhD, MTR, DBSM

Phil Cheng, PhD

Katie Sharkey MD, PhD, FAASM, FACP

### TUESDAY, JUNE 16

7:00 A.M. – 8:00 A.M.

**Transition From Graduate  
School Opportunities and  
Strategies to Find the  
Best Fit: Navigating the  
Academic Job Market**

Alexandria Reynolds, PhD

Christine Spadola, PhD, LMHC, MS

Miranda Chappel-Farley, PhD

### WEDNESDAY, JUNE 17

11:45 A.M. – 12:45 P.M.

**Funding Beyond Federal  
Agencies: Securing Research  
Funding Within Federal  
Agencies in the Current  
Political Climate**

Dane Christiansen, MBA

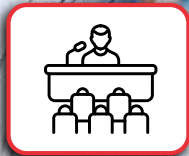
Dayna Johnson, PhD



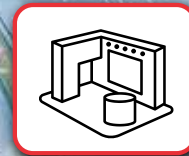
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# Redefining NT1



**Medical Symposium**  
Join the Takeda-sponsored symposium on June 15<sup>th</sup>, at 7 am at the Hilton Baltimore, Key Ballroom 5-6



**Medical Exhibit**  
Visit the Takeda booth #307 and learn more about Takeda's Leadership in Orexin Science



**Explore more at SLEEP 2026: Booth #307**



**Scientific Publications**  
Attend Takeda's data presentations on June 15<sup>th</sup> & 17<sup>th</sup>, 2026

## Redefining NT1: A 24-Hour Disorder Driven by Orexin Deficiency

### MEDICAL SYMPOSIUM

15 June 2026, 7:00 AM • Hilton Baltimore, Key Ballroom 5-6



Kiran Maski\*, MD MPH (Chair)



Lucie Barateau\*, MD, PhD



David Plante\*, MD, PhD

\*Speakers are paid consultants for Takeda.

**NT1: Narcolepsy Type 1**

The medical symposium is initiated, organized, and funded by Takeda and is not affiliated with SLEEP 2026 (the annual meeting of APSS). Speakers will be paid an honorarium by Takeda for their participation. This is a non-CME (Continuing Medical Education) event. Takeda does not have any approved therapies for narcolepsy. This symposium is intended healthcare professionals registered for SLEEP 2026 only.

The material presented at the booth were developed by Takeda for healthcare professionals registered for SLEEP 2026 only. The investigational compounds listed in the Medical Affairs Booth have not been approved for use or validated by the U.S. Food and Drug Administration, the European Commission/European Medicines Agency or any other regulatory authority.

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VV-MEDMAT-136072 | April 2026

# **SLEEP**<sup>20</sup><sub>26</sub>

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# REM SLEEP BEHAVIOR DISORDER (RBD) MORE THAN DREAM ENACTMENT

## Pathological Insights From the Skin With the Syn-One Test

### Beyond Sleep: An Early Warning Sign

Risk stratification in RBD can be challenging when relying on sleep studies alone. A diagnosis of RBD may have broader implications in serving as an early indicator of an underlying synucleinopathy. In a study of 1,280 patients with idiopathic RBD (iRBD), 73.5% converted to a synucleinopathy within 12 years.<sup>1</sup>

### A Reliable Biomarker for Synucleinopathies<sup>2</sup>

The Syn-One Test is an anatomic pathology test that uses three minimally invasive 3-mm skin punch biopsies to detect phosphorylated alpha-synuclein (P-SYN), providing objective evidence of underlying synuclein pathology.

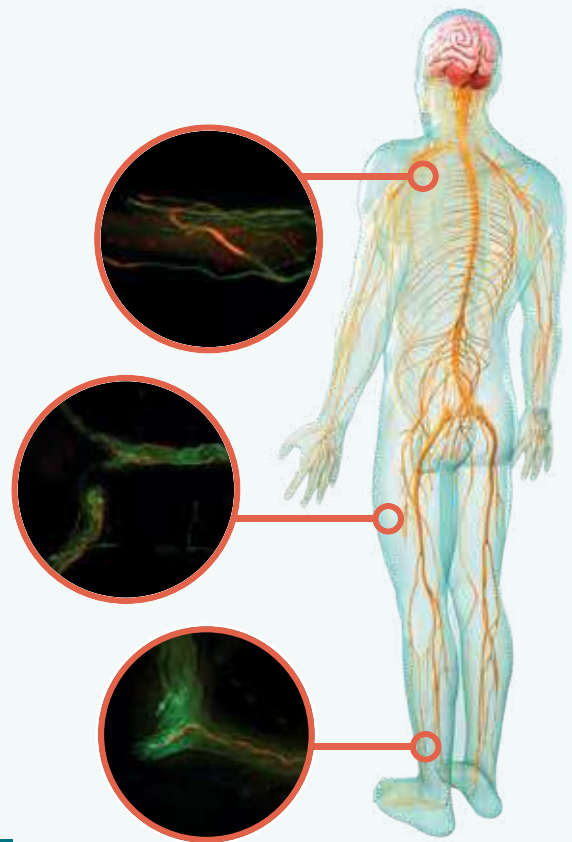
In CND's NIH-sponsored Syn-Sleep Study, the Syn-One Test detected P-SYN in 75% of iRBD patients.<sup>3</sup>

### Support Earlier, More Informed Care

For patients with RBD, evidence of underlying synuclein pathology from the Syn-One Test may help clinicians in:

- Informing risk discussions and monitoring strategies
- Supporting lifestyle modification efforts<sup>4</sup>
- Enabling proactive clinical decision-making

## Syn-One Test<sup>®</sup>



Join us for **The Syn-Sleep Study: Detection of Cutaneous Phosphorylated Alpha-Synuclein in REM Sleep Behavior Disorder**  
Presented by Todd Levine, MD  
Poster Session: June 17, 2026, 10:00 AM – 11:45 AM  
Oral Presentation: June 17, 2026, 4:00 PM – 4:15 PM

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# 40

## *Years of Advancing the Sleep Field Together*

This year marks the 40<sup>th</sup> anniversary of the SLEEP annual meeting, a milestone that reflects both the growth of a conference and the evolution of an entire field.

The SLEEP annual meeting began in 1986, when the newly formed Association of Professional Sleep Societies (APSS) brought clinicians, researchers, and technologists together for a dedicated conference on sleep medicine and science. Hosted by Ohio State University's Division of Sleep Medicine in Columbus, Ohio, and chaired by Dr. Helmut Schmidt, that first meeting welcomed 739 attendees and 32 exhibitors. It set the stage for a national, and eventually international, gathering.

Momentum followed quickly. By 1988, attendance had surpassed 1,000 when the meeting convened in San Diego. From the beginning, SLEEP was built on collaboration among organizations representing every corner of the field: the Sleep Research Society, the American Academy of Sleep Medicine, and what is now the American Association of Sleep Technologists. Their partnership created a unified forum where science, clinical care, and technology could advance together.

That vision was captured early on by Dr. William Dement, who wrote in 1986 that clinicians, scientists, and technologists could “come now to just one meeting a year and stay current in all aspects of the field.”

Over four decades, SLEEP has traveled across the country, convening the sleep community in cities such as Boston, Chicago, Nashville, New Orleans, Las Vegas, Washington, D.C., and Salt Lake City, among many others. In 2025, the meeting returned to Seattle, welcoming a record-breaking attendance of more than 6,000 people and featuring more than 100 sessions for clinicians, scientists, and technologists.

Since 1986, SLEEP has welcomed more than 154,000 attendees, hosted nearly 4,000 exhibitors, and received over 33,000 abstract submissions. As the meeting marks its 40<sup>th</sup> year, it continues to serve as a central gathering place for the sleep field, connecting generations of professionals through shared discovery, collaboration, and progress.

**154,000**  
ATTENDEES

**4,000**  
EXHIBITORS

**33,000**  
ABSTRACT  
SUBMISSIONS

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# Schedule

**A** AAST Annual Meeting

**B** Bench to Bedside

**C** Postgraduate Courses

**D** Discussion Groups

**F** Rapid-Fire Symposia

**I** Invited Lectures

**L** Lunch Debates  
*Lunch is provided.*

**M** Meet the Professors  
*Lunch is provided.*

**O** Oral Presentations

**P** Poster Presentations

**R** Brown Bag Reports

**S** Symposia

**W** Clinical Workshops

**SAT | JUNE 13**

**SLEEP 2026**

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

Session #	Title	Room	Speakers
<b>POSTGRADUATE COURSES   8:00 A.M. - 5:00 P.M.</b>			
<b>C-01</b>	Year in Review 2026	Ballroom I/II	<i>Elda Arrigoni, PhD (Chair); Romy Hoque (Chair); Ali Azarbarzin, PhD; Cathy Goldstein, MD, MS; David White, MD; Domenica Rubino, MD; Judith Owens, MD; Lynn Marie Trotti, MD, MSc; Ruth Benca, MD, PhD; Susheel Patil, MD, PhD</i>
<b>C-02</b>	Obesity and Sleep: Emerging Insights and Integrated Approaches	314	<i>Brian Wojeck, MD (Chair); Rafael Sepulveda, MD (Chair); Atul Malhotra, MD; Brandon Nokes, MD; Lindsay Stager, PhD; Mira Tadros, DO; Nathan Nowalk, MD, MS; Raed Hawa, MD; Safia Khan, MD; Xinhang Tu, BM</i>
<b>C-03</b>	AI Essentials for Sleep Medicine: from Basics to the Future	Ballroom III/IV	<i>Subaila Zia, MD, MBA (Chair); Aatif Husain, MD; Ankit Parekh, PhD; Maninder Kalra, MD, PhD; Margarita Oks, MD; Mattina Davenport, PhD; Ramesh Sachdeva, MD, PhD; Vidya Krishnan, MD, MHS</i>
<b>POSTGRADUATE COURSE   8:00 A.M. - 12:00 P.M.</b>			
<b>C-04</b>	Current Perspectives and New Directions in OSA: Updates for 2026	321	<i>Douglas Kirsch, MD (Chair); Chris Gouveia, MD; David White, MD; Shalini Paruthi, MD</i>
<b>POSTGRADUATE COURSES   1:00 P.M. - 5:00 P.M.</b>			
<b>C-05</b>	This Just Isn't Working: Adaptations of Behavioral Sleep Medicine Interventions for Real-World Children and Adolescents	321	<i>Valerie Crabtree, PhD (Chair); Candice Alfano, PhD; Lisa Meltzer, PhD; Melissa Xanthopoulos, PhD</i>
<b>C-06</b>	Flexible Laryngoscopy for Sleep Clinicians: A Practical, Hands-On Workshop	343	<i>Susheel Patil, MD, PhD (Chair); Kevin Motz, MD; Lex Rakowski, MS; Scott Howard, MD; Thomaz Fleury Curado, MD; Vasiliki Triantafyllou, MD</i>

# SLEEP 2026 Hot Topics

Hot topics at SLEEP 2026 showcase emerging science and innovation in the sleep field.

## CLINICAL SLEEP SCIENCE AND PRACTICE

### OSA Endotyping and Translation into Targeted Care

Monday | 1:00 p.m. – 2:00 p.m.

### Optimizing Insomnia Treatment: Safety, Deprescribing, Digital CBT-I, and Clinical Outcomes

Monday | 2:15 p.m. – 3:15 p.m.

### From Biomarkers to Bedside: (Re) Defining Clinical Phenotypes in Restless Legs Syndrome

Tuesday | 1:00 p.m. – 2:00 p.m.

### Integrating Obesity Care into Sleep Medicine Practice

Tuesday | 3:30 p.m. – 5:30 p.m.

### Transforming Pediatric Sleep Care: Innovative Strategies for Real-World Impact

Wednesday | 8:00 a.m. – 10:00 a.m.

### Underdiagnosed OSA in Women: Phenotypes, Bias, and New Screening Models

Wednesday | 1:00 p.m. – 2:00 p.m.

## BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

### Sex Differences in Sleep and Circadian Biology: Implications for Cardiometabolic Outcomes and Women's Health

Monday | 2:15 p.m. – 3:15 p.m.

### REM's Role in Memory Consolidation: From Synapse to Systems

Monday | 3:30 p.m. – 5:30 p.m.

### Sleep, Emotional Memory, and Mental Health: Clinical and Developmental Perspectives

Tuesday | 8:00 a.m. – 10:00 a.m.

### Circadian Disruption, Sleep, and the Gut Microbiome: Novel Chronotherapeutic Strategies for Metabolic Health

Tuesday | 1:00 p.m. – 2:00 p.m.

### Media Training Workshop: Communicating Sleep and Circadian Science to the Public, the Media, and Journalists

Wednesday | 8:00 a.m. – 10:00 a.m.

### Cannabis, the Endocannabinoid System, and the Brain-Heart-Gut Axis: Multisystem Pathways Influencing Sleep Health

Wednesday | 3:30 p.m. – 5:30 p.m.

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AAST



**REGISTRATION**

7:00 a.m. - 5:30 p.m.  
LEVEL 300 | PRATT STREET LOBBY

**AASM KICKOFF TO SLEEP**

GA: 5:00 p.m - 7:15 p.m.  
Premium: 5:00 p.m - 8:00 p.m.

**HILTON BALTIMORE**  
KEY BALLROOM

**SRS CLUB HYPNOS**

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

**HILTON BALTIMORE**  
HOLIDAY BALLROOM

**Session # Title Room Speakers**

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

<b>C-07</b>	Advances in Clinical Sleep Medicine	<b>Ballroom I/II</b>	<i>Omonigho Michael Bubu, MD, PhD (Chair); Romy Hoque, MD (Chair); Robert Stansbury, MD (Chair); Emily Gillett, MD, PhD; Thomas Kaffenberger, MD; Reena Mehra, MD, MS; Brienne Miner, MD; Sanjay Patel, MD; Rafael Sepulveda, MD; David White, MD; Emerson Wickwire, PhD</i>
<b>C-08</b>	PedSleep 2026: Smooth Moves for Transitioning Pediatric Sleep Patients to Adult Sleep Medicine Care	<b>314</b>	<i>Madeleine Grigg-Damberger, MD (Chair); Ajay Kasi, MD; Umakanth Katwa, MD; Sanjeev Kothare, MD; Anne Morse, DO; Susan Muraida, MD; Althea Robinson Shelton, DO; Kathy Wolfe, DO</i>
<b>C-09</b>	Integration of New Clinical Guidelines and Technologies in Your Sleep Practice	<b>Ballroom III/IV</b>	<i>Shalini Paruthi, MD (Chair); Dennis Auckley, MD; Kelly Baron, PhD; Ambrose Chiang, MD; Steven Holfinger, MD; Michael Mak, MD; Rutwik Patel, DO; Susheel Patil, MD, PhD</i>

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

<b>C-10</b>	Update and Review of the Treatment and Management of Restless Legs Syndrome	<b>321</b>	<i>Christopher Earley, MBBCh, PhD (Chair); Diego Garcia-Borreguero, MD, PhD; Zhikui Wei MD, PhD Wei, MD, PhD</i>
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**POSTGRADUATE COURSE | 1:00 P.M. - 5:00 P.M.**

<b>C-11</b>	Raising the Bar: Advanced Tools and Treatments for Advanced Practice Providers to Deliver High-Quality Sleep Care	<b>321</b>	<i>Lacie Petitto, APRN, DNP (Chair); Ann Cartwright, PA-C; Loretta Colvin, DNP, CNP; Gina Mauldin, MHS, PA-C</i>
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**GENERAL SESSIONS | 1:00 P.M. - 3:00 P.M.**

<b>O-01</b>	Developmental Sleep Across Childhood and Adolescence: Physiology, Environment, and Functional Outcomes	<b>324</b>	<i>Lu Dong, PhD; Julio Fernandez-Mendoza, PhD, DBSM; Zoe Meredith, MS; Allison Monterastelli, MS; Lindsey Mooney, PhD; Lindsay Nye, MAS; Lauren Philbrook, PhD; Elaine Poole</i>
<b>F-01</b>	Frontier Methods in Human Sleep Neurodynamics: From Neural Oscillations to Glymphatic Flow	<b>337</b>	<i>Bryce Mander, PhD (Chair); Shuqiang Chen, PhD; Abhishek Dave, MS; Habiba Noamany; Matthew Reid, PhD; Erin Schaeffer; J. Kent Werner, MD, PhD</i>
<b>D-01</b>	Banking Sleep: A PRO/CON Debate	<b>327</b>	<i>David Raizen, MD, PhD (Chair); Thomas Balkin, PhD; Daniel Cohen, MD; Elizabeth Klerman, MD, PhD; Tracy Rupp, PhD; Mark Wu, MD, PhD</i>

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

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

O-02	Behavioral, Cognitive, and Health Consequences of Sleep Deprivation Across Individuals and Communities	324	Angus Burns, PhD; Rebecca Essien; Namni Goel, PhD; Samantha Riedy, PhD; PhD; Megan Tran, DO; Isabella Wright, MS
S-01	Advances in Neurodevelopmental Sleep Science	327	Adriane Soehner, PhD (Chair); Michelle Bridi, PhD; Graham Diering, PhD; Rebecca Spencer, PhD
F-02	Hormones, Heat, and The Sleeping Brain: Mechanisms of Emotional Processing in Women	337	Katrina Rodheim, MS (Chair); Leilah Grant, PhD; Kathryn Kennedy, PhD; Sara Mednick, PhD; Negin Sattari Barabadi, PhD; Tracy Uzoigwe

Schedule and speakers are subject to change without notice.

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**REGISTRATION**

7:00 a.m. - 5:30 p.m.  
LEVEL 300 | PRATT STREET LOBBY

**EXHIBIT HALL**

10:00 a.m. - 4:00 p.m.  
LEVEL 100 | EXHIBIT HALL EF

**POSTER HALL**

10:00 a.m. - 4:00 p.m.  
LEVEL 100 | EXHIBIT HALL G

Session #	Title	Room	Speakers
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ADVANCED PRACTICE PROVIDER BREAKFAST | 7:00 A.M.- 8:00 A.M. | 307  
SPONSORED BY HARMONY BIOSCIENCES

PLENARY SESSION AND KEYNOTE ADDRESS | 8:00 A.M. - 10:00 A.M.

I-01	REM Sleep Behavior Disorder: 40 Year Perspective	Ballroom I-IV	Carlos Schenck, MD
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EXHIBIT HALL | 10:00 A.M. – 4:00 P.M. | EXHIBIT HALL EF

POSTER PRESENTATIONS






10:00 A.M. - 10:45 A.M. | 11:00 A.M. - 11:45 A.M. | EXHIBIT HALL G

AASM ANNUAL MEMBERSHIP MEETING 10:30 a.m. - 11:45 a.m.		343	
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LBA-01 (NON-CME)	Late-Breaking Abstracts 11:30 a.m. - 12:30 p.m.	341	Omonigho Michael Bubu, MD, PhD (Chair); Jieun Jung, PhD; Jaekyung Kim, PhD; Guadalupe Rodriguez Ferrante, PhD; Ching Xie, MD
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LUNCH BREAK | 11:45 A.M. - 1:00 P.M. (FOOD AVAILABLE FOR PURCHASE IN THE EXHIBIT HALL)

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

 L-01	Can Technology Replace the Sleep Lab?	307	Sabra Abbott, MD, PhD (Moderator); Cathy Goldstein, MD, MS; Lisa Wolfe, MD
 M-01	It's Not the time of the Clock but the Time of Your Clock: The Influence of Circadian Rhythms in Cardiometabolic Health	346	Andrew McHill, PhD
 M-02	Implementing the Updated Guideline on Management of Central Sleep Apnea	349	M. Safwan Badr, MD
 M-03	Sleep Problems in Children with Autism and other Neurodevelopmental Disorders	347	Beth Malow, MD
 M-04	Treatment of Narcolepsy and Idiopathic Hypersomnia: Integrating Orexin Receptor Agonists into Your Clinical Practice	350	Thomas Scammell, MD

M-05	Management of Complex Restless Legs Syndrome	348	John Winkelman, MD, PhD
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**GENERAL SESSIONS | 1:00 P.M. - 2:00 P.M.**

I-02	OSA Endotyping and Translation into Targeted Care	Ballroom I/II	Danny Eckert, PhD
S-02	About Time: Updated Guideline for the Management of Shift Work Disorder	314	Sabra Abbott, MD, PhD (Chair); Liza Ashbrook, MD; Erin Flynn-Evans, PhD
B-01	Talking Sleep Live!	Ballroom III/IV	Seema Khosla, MD (Chair); Sanjay Patel, MD
S-03	Wearables and OSA: A Discussion on Clinical Implementation	321	Robson Capasso, MD (Chair); Cathy Goldstein, MD, MS; Clete Kushida, MD, PhD
O-03	Precision Diagnostics and Risk Stratification in Pediatric Sleep-Disordered Breathing	343	Hasnaa Jalou, MD; Mahalakshmi Somayaji, PhD; Jia Ju Wang, MD; Yunyun Zhang, PhD
O-04	Sleep and Aging: Cognitive, Functional, and Biological Correlates in Older Adults	341	Jesse Cook, PhD; Brittany Larsen, PhD; Justin Liao; Ruiyi Liu
I-03	Daily Reconfiguration of Inhibitory Circuits	327	Alfredo Kirkwood, PhD
S-04	Sleep at the Museum: Education, Interactive Exhibits, and Artwork	337	Michael Scullin, PhD (Chair); Daniel Kay, PhD; Marcia Olga Larios Morales
O-05	Sleep and Circadian Disruption and Peripheral Physiological Health Across Systems	324	Carol Everson, PhD; Brooke Shafer, PhD; Donghan Su; Shirleen Xu

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

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

I-04	Advancing Women's Sleep Health in Midlife: A Call to Action	Ballroom I/II	Suzanne Bertisch, MD, MPH
S-05	Treatment of Central Sleep Apnea: Current State and Future Directions	Ballroom III/IV	M. Safwan Badr, MD (Chair); Rami Khayat, MD; Grace Pien, MD; Christine Won, MD
O-06	Sleep and Non-Cardiovascular Comorbidities: Pain, Immune/Respiratory Links, and Real-World Outcomes	343	Heather Altier, PhD, DBSM; Nikolaos Athanasiou, MD, PhD; Randa Elzein, MBBS; Matthew Jennings, PhD
W-01	When AI Backfires: Global, Legal, and Training Pitfalls in Sleep Medicine Implementation	314	Aatif Husain, MD (Chair); Margarita Oks, MD; Ramesh Sachdeva, MD, PhD
O-07	Optimizing Insomnia Treatment: Safety, Deprescribing, Digital CBT-I, and Clinical Outcomes	321	Anaëlle Charles, PhD; Constance Fung, MD; Bhanu Kolla, MD; Shimin Ooi
S-06	Controversies in Sleep-Related Ventilation: Dogma, Data, and the Next Paradigm Shift	341	Kathleen Sarmiento, MD, MPH (Chair); Alejandra Lastra, MD; Jorge Mora, MD; Nathan Nowalk, MD, MS
I-05	The Roles of Circadian Rhythms and Sleep in the Cognitive Disabilities Associated with Down Syndrome	327	H. Craig Heller, PhD

<b>F-03</b>	Sex Differences in Sleep and Circadian Biology: Implications for Cardiometabolic Outcomes and Women's Health	<b>337</b>	<i>Brooke Shafer, PhD (Chair); Brooke Aggarwal, EdD, MS; Leilah Grant, PhD; Jingyi Qian, PhD</i>
<b>O-08</b>	Neural Oscillations, Sleep Homeostasis, and Brain Health Across the Lifespan	<b>324</b>	<i>Abdulrahman Algantiry, MD; Julia Ma; Jared Saletin, PhD; Rina Zemann, PhD</i>
<b>REFRESHMENT BREAK   3:15 P.M. - 3:30 P.M.</b>			
<b>GENERAL SESSIONS   3:30 P.M. - 5:30 P.M.</b>			
<b>S-07</b>	Women's Sleep Health from Preconception to Postpartum: Insights from AASM Foundation Projects	<b>314</b>	<i>Melissa Nevarez-Brewster (Chair); Jennifer Goldschmied, PhD; Louise O'Brien, PhD; Leslie Swanson, PhD</i>
<b>B-02</b>	What Does it All Mean? Endophenotyping and Personalized Non-Surgical and Surgical OSA Treatment Review	<b>Ballroom I/II</b>	<i>Chris Gouveia, MD (Chair); Ali Azarbarzin, PhD; Robson Capasso, MD; Susan Redline, MD, MPH</i>
<b>S-08</b>	Cannabinoids and Sleep: Clinical Evidence, Risks, Public Safety and Policy Implications	<b>Ballroom III/IV</b>	<i>Vani Vallabhaneni, MBBS, MD (Chair); Amit Chopra, MBBS; Mark Malesker, PharmD; Anoop Narahari, MD; Stanley Thomas, DO</i>
<b>W-02</b>	Transition from Pediatric to Adult Care in Sleep Medicine: A Report from IPSA Transition Task Force	<b>341</b>	<i>Narong Simakajornboon, MD (Chair); Thomas Dye, MD; Umakanth Katwa, MD</i>
<b>O-09</b>	Sleep and It's Impact on Mood and Behaviors Across the Lifespan	<b>321</b>	<i>Velarie Ansu, PhD; Jiong Chen; Brant Hasler, PhD; Santiago Lopez Pereyra; Marie-Rachelle Narcisse, PhD; Sophie Nilsson; Jacqueline Scott; Emma Tussey, MS</i>
<b>F-04</b>	Sleep and Cardiovascular Regulation: From Nighttime Physiology to Clinical Outcomes	<b>343</b>	<i>Joshua Landvatter, PhD (Chair); Mohammad Badran, PhD; Naima Covassin, PhD; Dayna Johnson, PhD, MPH, MSW, MS; Virend Somers, MD, PhD; Stephen Thomas, PhD; Lauren Whitehurst, PhD</i>
<b>D-02</b>	NIH Sleep Research Plan Refresh	<b>327</b>	<i>Marishka Brown, PhD (Chair); Shilpy Dixit, PhD; Todd Horowitz, PhD; Shailesh Kumar, PhD; Aaron Laposky, PhD; Dana Schloesser, PhD</i>
<b>S-09</b>	REM's Role in Memory Consolidation: From Synapse to Systems	<b>324</b>	<i>Sara Mednick, PhD (Chair); Maxim Bazhenov, PhD; Janna Helfrich, MD; Niels Niethard, PhD; Yuka Sasaki, PhD; Michael Satchell; Alessandra Shuster, PhD</i>
<b>S-10</b>	On the Mechanisms of Dopamine Receptor Agonists in RLS: Insights from the Brain Iron Deficiency Rodent Model	<b>337</b>	<i>Christopher Earley, MBBCh, PhD (Chair); Stefan Clemens, PhD, HDR, MS; Sergi Ferre, MD, PhD; Yuan-Yang Lai, PhD</i>

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**REGISTRATION**

7:30 a.m. - 5:30 p.m.  
LEVEL 300 | PRATT STREET LOBBY

**EXHIBIT HALL**

10:00 a.m. - 4:00 p.m.  
LEVEL 100 | EXHIBIT HALL EF

**POSTER HALL**

10:00 a.m. - 4:00 p.m.  
LEVEL 100 | EXHIBIT HALL G

Session #	Title	Room	Speakers
<b>GENERAL SESSIONS   8:00 A.M. - 10:00 A.M.</b>			
S-11	Life's Essential 8™ Meets Sleep: What Heart and Brain Health Means for OSA, Narcolepsy, RLS, Insomnia	Ballroom I/II	Joyce Lee-Iannotti, MD (Chair); Michael Grandner, PhD; Virend Somers, MD, PhD; Andrew Spector, MD; Klar Yaggi, MD, MPH
S-12	Infant Polysomnography: The Ongoing Debate on Defining, Diagnosing, and Treating Obstructive Sleep Apnea in the First Year of Life	341	Mariana Bedoya, MD (Chair); Christopher Cielo, DO; Christine Heubi, MD; Ignacio Tapia, MD
W-03	Perioperative Management of Sleep Disorders: From Preoperative Assessment to Hospital Discharge	314	Kara Dupuy-McCauley, MD (Chair); Dennis Auckley, MD; Peter Gay, MD; Tyler Johnson, MD
D-03 (NON-CME)	Conversations and Controversies in RLS Management: Insights from the 2026 RLS Foundation Algorithm	321	Michael Silber, MBChB (Chair); Joseph Andrew Berkowski, MD; Mark Buchfuhrer, MD; Christopher Earley, MBBCh, PhD; Mauro Manconi, MD, PhD; John Winkelman, MD, PhD; Rochelle Zak, MD
S-13	Leveraging Big Sleep Data to Inform Big Advances in Targeted Sleep Interventions	Ballroom III/IV	Meredith Wallace, PhD (Chair); Adam Bramoweth, PhD; Angus Burns, PhD; Christopher Kaufmann, PhD
S-14	Sleep Impairment as a Modifiable Driver of Dementia: Neural, Glymphatic, and Clinical Pathways	337	Ksenia Kastanenka, PhD (Chair); Rashad Hussain, PhD; Bryce Mander, PhD
S-15	Sleep Research Society Rising Star Lectures	327	Tony Cunningham, PhD; Jimmy Dooley, PhD
S-16 (NON-CME)	Differentiating Torpor and Sleep: New Circuit Insights and Clinical Implications	343	Natalia Machado, PhD (Chair); Kelly Drew, PhD; H. Craig Heller, PhD; Marc Reitman, MD, PhD
S-17	Sleep, Emotional Memory, and Mental Health: Clinical and Developmental Perspectives	324	Tony Cunningham, PhD (Chair); Dan Denis, PhD; Jessica Ogden; Rebecca Spencer, PhD; Shengzi Zeng, PhD

EXHIBIT HALL | 10:00 A.M. - 4:00 P.M. | EXHIBIT HALL EF

POSTER PRESENTATIONS | 10:00 A.M. - 10:45 A.M. | 11:00 A.M. - 11:45 A.M. | EXHIBIT HALL G

## LATE-BREAKING ABSTRACTS | 10:30 A.M. – 11:30 A.M.

<b>LBA-02</b> (NON-CME)	Late-Breaking Abstracts	<b>341</b>	<i>Robert Stansbury, MD (Chair); Szymon Fedor, PhD, MSc; Sairam Parthasarathy, MD; Chad Ruoff, MD; Hannah Yang, PsyD</i>
SRS ANNUAL MEMBERSHIP MEETING 11:45 a.m. - 12:45 p.m.		<b>327</b>	

## LUNCH BREAK | 11:45 A.M. - 1:00 P.M. (FOOD AVAILABLE FOR PURCHASE IN THE EXHIBIT HALL)

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

<b>R-01</b>	Trainee Case Reports	<b>343</b>	<i>Iris Perez, MD (Chair); Teddy Ikhuorah, DO; Meng-Shan Lin, MD; Sujith Modugula, DO; Amanda Radtke, MD</i>
<b>L-02</b> (NON-CME)	Insomnia or Depression: Which Should We Treat First?	<b>307</b>	<i>Omonigho Michael Bubu, MD, PhD (Moderator); Allison Harvey, PhD; Andrew Krystal, MD, MS</i>
<b>M-06</b>	Developing a Career in Sleep and Circadian Research	<b>346</b>	<i>Mary Carskadon, PhD</i>
<b>M-07</b>	RCTs in Central Sleep Apnea: The Road to the Future	<b>347</b>	<i>Shahrokh Javaheri, MD</i>
<b>M-08</b>	Plenary Session RBD Keynote Q&A	<b>349</b>	<i>Carlos Schenck, MD</i>
<b>M-09</b>	Five Years of Restless Sleep Disorder: What Have We Learned?	<b>348</b>	<i>Daniel Picchietti, MD</i>
<b>M-10</b>	Characteristics of People with Obstructive Sleep Apnea and Pharmacotherapy Selection	<b>350</b>	<i>Andrey Zinchuk, MD</i>

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

<b>I-06</b>	From Niche to Necessity: The Transformation and Future of Pediatric Sleep Medicine	<b>Ballroom I/II</b>	<i>Carol Rosen, MD</i>
<b>D-04</b>	From Biomarkers to Bedside: (Re)Defining Clinical Phenotypes in Restless Legs Syndrome	<b>321</b>	<i>Raffaele Ferri, MD (Chair); Ki-Young Jung, MD, PhD; Elias Karroum, MD, PhD; Maria Paola Mogavero, MD, PhD</i>
<b>D-05</b>	Family Members: The Missing Piece in Clinical Care for Central Disorders of Hypersomnolence	<b>343</b>	<i>Matthew Horsnell (Chair); Kelsey Biddle, MD; Heather Lill, LPC-MHSP; Jennifer Mundt, PhD, DBSM</i>
<b>S-18</b>	Global Sleep Health: From Population Surveys to Public Health Initiatives and Policy Change	<b>341</b>	<i>Lilliana Estrada Chaverri, MD, MS (Chair); Emma Louise Gale, PhD; Mamatha Vodapally, MD</i>

S-19	Sleep in Psychiatric Populations: Treatment and Experimental Approaches	314	Mary Katherine Howell, PhD (Chair); Philip Gehrman, PhD; Elizabeth Klingaman, PhD; Laura Straus, PhD
S-20	Breathing Easy in the Hospital: Applying the New Evidence-Based Guideline	Ballroom III/IV	Sunil Sharma, MD (Chair); Dennis Auckley, MD; Karin Johnson, MD; Reena Mehra, MD, MS
I-07	Is Sleep the Key to Healthy Aging? An update for 2026	327	Adam Spira, PhD
O-10	Mechanistic Consequences of Sleep Restriction: Neurophysiology, Inflammation, and Molecular Stress Response	337	Zhiyi Chen, MS; Larissa Engert, PhD; Namni Goel, PhD; Kathleen O'Hora, PhD
S-21	Circadian Disruption, Sleep, and the Gut Microbiome: Novel Chronotherapeutic Strategies for Metabolic Health	324	Anahid Hekmat, MD (Chair); Faraz Bishehsari; Phyllis Zee, MD, PhD

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

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

I-08	Sleep for Healthspan	Ballroom I/II	Janet Mullington, PhD
S-22	Social Functioning in Idiopathic Hypersomnia and Narcolepsy: Quantitative, Qualitative, and Interventional Research	343	Jennifer Mundt, PhD, DBSM (Chair); Elena Bild; Eric Zhou, PhD
F-05	Integrated Management of Obesity in Obstructive Sleep Apnea: Case-Based Perspectives	Ballroom III/IV	Ashesha Mechineni, MD (Chair); Nathan Nowalk, MD, MS; Diana Plata, MD
S-23	Sleep Disorders Across the Cognitive Continuum: From Brain Health to Neurodegeneration	321	Olimpia Radu, MD (Chair); Chitra Lal, MD; Dominique Low, MD, MPH
D-06	Beyond CPAP: Emerging and Alternative Treatments for Adolescent OSA	341	Ruckshanda Majid, MD (Chair); Binal Kancherla, MD; Anna Wani, MD
O-11	Real-World Sleep at Scale: Validating Consumer Sensors and Revealing Determinants	314	Eric Abreu, MPH; Rafael Branco; Mason Manetta; Sameera Menon
S-24	Hippocampal Ensemble Activities from Waking to Sleep	327	Kamran Diba, PhD
S-25	Sleep, Rhythms, and Substance Use Disorder: Neurobiological and Translational Perspectives	337	Sunila Nair, PhD (Chair); Lais Berro, PhD; Yanhua Huang, PhD; Jozsef Vigh, PhD
O-12	Operational Sleep Risks: First Responders, Military On-Call Schedules, and Shift-Work Vulnerability	324	Matthew Lujan, MS; Mark McHugh, TSgt; Mariana Szklo-Coxe, PhD; Alexander Wolkow, PhD

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

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

<b>S-26</b>	Reimagining Sleep and Wake Measures and Protocols: From Patient Narratives to Objective Biomarkers in Hypersomnolence Disorders	<b>314</b>	<i>Kiran Maski, MD, MPH (Chair); Lucie Barateau, MD, PhD; Julie Flygare, JD; David Plante, MD, PhD</i>
<b>S-27</b>	Adolescent Chronobiology: Risk Factors, Family Mechanisms, and Intervention Trials	<b>343</b>	<i>Melanie Stearns, PhD (Chair); Stephanie Crowley, PhD; Allison Harvey, PhD; Brant Hasler, PhD</i>
<b>O-13</b>	Pediatric Sleep-Disordered Breathing: From Developmental Trajectories to Treatment and Equity	<b>310</b>	<i>Alexandra Ables, MD; Dhillon Advano; Innessa Donskoy, MD; Julio Fernandez-Mendoza, PhD; Jeremy Landeo Gutierrez, MD, MPH; Abigail Strang, MD; Ignacio Tapia, MD</i>
<b>B-03</b>	Updates in REM Sleep Behavior Disorder: Diagnosis, Neurodegeneration Risk, and Neuroprotection	<b>Ballroom I/II</b>	<i>Roneil Malkani, MD (Chair); Joyce Lee-Iannotti, MD; Erik St. Louis, MD; Ambra Stefani, MD, PhD</i>
<b>D-07</b>	When Movement and Breathing Collide: Clinical Insights into Coexisting RLS, PLMS, and OSA	<b>Ballroom III/IV</b>	<i>Jasmeet Sandhu, DO (Chair); Gulcin Benbir Senel, MD; Samuel Bradshaw, MD; Lilliana Estrada-Chaverri, MD; Diego Garcia Borreguero, MD, PhD; John Winkelman, MD, PhD</i>
<b>S-28</b>	Integrating Obesity Care into Sleep Medicine Practice	<b>341</b>	<i>Mira Tadros, DO (Chair); Timothy Morgenthaler, MD; Rafael Sepulveda, MD; Brian Wojceck, MD</i>
<b>W-04</b>	Sleep and Cardiovascular Disease: Unique Implications for Women	<b>321</b>	<i>Snigdha Pusalavidyasagar, MD (Chair); Naima Covassin, PhD; Dayna Johnson, PhD, MPH, MSW, MS; Virend Somers, MD, PhD</i>
<b>S-29</b>	Is Poor Sleep a Causal Risk Factor for Dementia?	<b>327</b>	<i>Ruth Benca, MD, PhD (Chair); Adam Spira, PhD (Chair); Omonigho Michael Bubu, MD, PhD; Kelsie Full, PhD, MPH; Yue Leng, PhD; Sharon Naismith, DPsych</i>
<b>S-30</b>	Stress Meets Sleep: Intergenerational Influences from the Womb to Early Childhood	<b>337</b>	<i>Elisabeth Conratt, PhD (Chair); Samantha Brown, PhD, MA; Lucia Ciciolla, PhD; Monica Ordway, PhD, APRN; Bailey Speck, PhD</i>
<b>D-08</b>	Animal Models in Sleep and Circadian Research, and Their Essential Role in Promoting Health	<b>324</b>	<i>Chiara Cirelli, MD, PhD (Chair); Elda Arrigoni, PhD; Michelle Bridi, PhD; Jimmy Dooley, PhD; Patrick Fuller, PhD, MSc; Susan Harbison, PhD; H. Craig Heller, PhD; Allan Pack, MBChB, PhD; David Raizen, MD, PhD; Thomas Scammell, MD; Dana Schloesser, PhD; Amita Sehgal, PhD; Sigrid Veasey, MD; Mark Wu, MD, PhD</i>

**REGISTRATION**

7:30 a.m. - 5:30 p.m.  
LEVEL 300 | PRATT STREET LOBBY

**EXHIBIT HALL**

10:00 a.m. - 1:30 p.m.  
LEVEL 100 | EXHIBIT HALL EF

**POSTER HALL**

10:00 a.m. - 1:30 p.m.  
LEVEL 100 | EXHIBIT HALL G







Session #	Title	Room	Speakers
<b>GENERAL SESSIONS   8:00 A.M. - 10:00 A.M.</b>			
D-09 (NON-CME)	Narcolepsy Across Pre-Conception, Pregnancy, and Perinatal Experience: Collaborative Approaches to Patient-Centered Care and Addressing Research Gaps	314	Margaret Blattner, MD, PhD (Chair); Kelsey Biddle, MD; Arianna Cassidy, MD; Ginna Freehling; Diana Johnson, MS; Katherine Sharkey, MD, PhD
S-31	Optimizing Sleep Health and Addressing Sleep Disorders in Women to Preserve Cardiovascular and Neurocognitive Health in Midlife and Beyond	321	Ashley Curtis, PhD (Chair); Kelly Baron, PhD; Nour Makarem, PhD; Sara Nowakowski, PhD
W-05	Advances in the Treatment of Central Sleep Apnea in Heart Failure: Lessons from the RCT's	Ballroom I/II	Snigdha Pusalavidyasagar, MD (Chair); Douglas Bradley, MD; Shahrokh Javaheri, MD; Susan Redline, MD, MPH
S-32	Transforming Pediatric Sleep Care: Innovative Strategies for Real-World Impact	341	Christina McCrae, PhD (Chair); Judith Owens, MD; Jessica Page, PhD; Melanie Stearns, PhD
S-33 (NON-CME)	New Frontiers in Understanding and Treating OSA and RLS	Ballroom III/IV	Richard Berry, MD (Chair); Mark Buchfuhrer, MD; Jan Hedner, MD, PhD; Andrew Wellman, MD, PhD
S-34	Sleep Across the Lifespan: Associations with Biological Aging	343	Cassandra Nyhuis, PhD (Chair); Judith Carroll, PhD; Kening Jiang, PhD; Darlynn Rojo-Wissar, PhD, MPH
S-35 (NON-CME)	Interactions Between Thermoregulation and Sleep: From Mechanisms to Therapeutics	337	Esther Blessing, MD, PhD (Chair); Daniel Buysse, MD; Nicole Moyen, PhD; Kathryn Reid, PhD
W-06	Media Training Workshop: Communicating Sleep and Circadian Science to the Public, the Media, and Journalists	324	Michael Grandner, PhD (Chair); Julie Flygare, JD; Daniel Stolte; Wendy Troxel, PhD; Michael Twery, PhD
S-36	Modernizing Sleep, Brain Health, & Performance: Successful Integration of Sensitive and Non-Invasive Tools in High-Risk Environments	327	Allison Brager, PhD (Chair); Quinn Kennedy, PhD; Evan Stern, MD; J. Kent Werner, MD, PhD
O-14	Fatigue, Performance, and Behavior: Real-World Risks and Resilience Across Diverse Populations	310	Arash Assar; Sofia Fluke; Ethan Green; Amanda Hudson, PhD; Steven Hursh, PhD; Yasmine Robles; Dustin Sherriff; Tayla von Ash, ScD, MPH

EXHIBIT HALL | 10:00 A.M. - 1:30 P.M. | EXHIBIT HALL EF

POSTER PRESENTATIONS | 10:00 A.M. - 10:45 A.M. | 11:00 A.M. - 11:45 A.M.  
| EXHIBIT HALL G

LUNCH BREAK | 11:45 A.M. - 1:00 P.M. (FOOD AVAILABLE FOR PURCHASE IN THE EXHIBIT HALL)

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

 L-03	Shift Workers – Adapt vs. Entrain	307	Sabra Abbott, MD, PhD (Moderator); Philip Cheng, PhD; Frank Scheer, PhD, MSc
 M-11	Sleep on It: Biomarkers and Beyond in Alzheimer's Research	346	Ruth Benca, MD, PhD
 M-12	Sleep in Menopause	349	Fiona Baker, PhD
 M-13	Treating Insomnia in 2026: What's New, What's to Come	350	Julio Fernandez-Mendoza, PhD
 M-14	Circadian Rhythms in Adolescents: Is it Just a Phase?	347	Stephanie Crowley, PhD
 M-15	Beyond the Recommendation: Clinical Practice in Inpatient Sleep Medicine	348	Reena Mehra, MD, MS

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

I-09	Bridging Informatics, Data Science, and Sleep Medicine Towards Addressing OSA Heterogeneity	Ballroom I/II	Diego Mazzotti, PhD
D-10 (NON-CME)	Achieving Practice Success: Optimal Approaches to Deliver Comprehensive, Patient-Centered Sleep Care in the Real World	314	Emerson Wickwire, PhD (Chair); Charlene Gamaldo, MD; Susheel Patil, MD, PhD; Heidi Riney, MD
D-11	Implementing The AASM Guideline for Combination Treatment of Chronic Insomnia: Evidence, Challenges, and Gaps	Ballroom III/IV	Salma Patel, MD (Chair); Luis Buenaver, PhD; Daniel Buysse, MD; Julio Fernandez-Mendoza, PhD
D-12	Underdiagnosed OSA in Women: Phenotypes, Bias, and New Screening Models	321	Ruckshanda Majid, MD (Chair); Nancy Collop, MD; Fidaa Shaib, MD
O-15	Sleep, Cognition, and Neurodegeneration Across Aging	343	Galit Levi Dunietz, PhD, MPH; Ronan Goel; Nalaka Gooneratne, MD, MSc; Sofia Liu, MSN, RN
D-13	Expanding the Field: Integrating Chronic Respiratory Failure and NIV Training into Sleep Medicine	341	Jorge Mora, MD (Chair); Ilene Rosen, MD; Kathleen Sarmiento, MD, MPH; Lisa Wolfe, MD
O-16	Sleep, Apnea, and Cardiovascular Dysregulation: Mechanisms, Detection, and Clinical Risk	310	Matheus Araujo, PhD; Rakesh Bhattacharjee, MD; Randa Elzein, MBBS; Sogol Javaheri, MD, MPH, MA

I-10	Circadian Rhythms in Psychiatric Disorders	327	Colleen McClung, PhD
O-17	Sleep, Alertness, and Human Performance: Behavioral and Cognitive Consequences Across Contexts	337	Tracy Jill Doty, PhD; Erin Flynn-Evans, PhD; Rachel Jansen, PhD; Hiroo Wada, PhD

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

S-37	Brain Circuitry for Regulating Circadian Rhythms	324	Clifford Saper, MD, PhD (Chair); Sydney Aten, PhD; Ali Guler, PhD Oscar Ramirez, PhD; William Todd, PhD, MA
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BREAK | 2:00 P.M. - 2:15 P.M.

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

S-38	Obstructive Sleep Apnea and Epilepsy: Awakening to an Important but Under-recognized Relationship	Ballroom I/II	Christopher Carosella, MD (Chair); Thomas Dye, MD; Gita Gupta, MD, MS; Robert Stowe, MD
W-07	Implementing AI Scoring at Your Sleep Lab: Practical Considerations and Process	321	Hyung Park, MD (Chair); Trung Le, PhD
W-08 (NON-CME)	Phenotype-Guided Combination Therapy for OSA: Integrating Hypoglossal Nerve Stimulation and Oral Appliance Therapy	314	Harmeet Chiang, DDS (Chair); Aaron Glick, DDS, MS; Ryan Nord, MD
B-04	Bridging Evidence and Experience: Clinical Outcomes and Patient-Defined Value in OSA Therapy	Ballroom III/IV	Dennis Hwang, MD (Chair); Ali Azarbarzin, PhD; Emma Cooksey
O-18	Designing High-Throughput Sleep Care: Triage, Workforce, and EHR-Driven Identification	341	Michelle Hjelm, MD; Naia McMillan-Castanares, MD; Vaishal Shah, MD; Daniel Thacker, APRT
S-39	Sleep Safer: Optimizing Patient Safety and Care Quality in Sleep Medicine	343	Nathan Nowalk, MD, MS (Chair); Nancy Collop, MD; Umakanth Katwa, MD; Ashesha Mechineni, MD
O-19	Circadian Biomarkers, Neurophysiology, and Brain Health	310	Alisa Huskey, PhD; Joao Paulo Lima Santos, MD; Jingsong Luo; Angeliki Pollatou, PhD
O-20	Environments, Policies, and Culture: Structural Drivers of Sleep in Civilian Populations	337	Dzifa Adjaye-Gbewonyo, PhD; Casandra Nyhuis, PhD; Danielle Wallace, PhD, MPH; Catriona Wu
O-21	Molecular and Neuroimmune Mechanisms Regulating Sleep, Arousal, and Respiratory Stability	327	Md Tarikul Islam, PhD; Nirinjini Naidoo, PhD; Ronit Witztum, MD; Cheng Zhang, PhD

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

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

O-22	Circadian Timing and Environmental Zeitgebers: From Phenotyping to Real-World Performance	321	Matthew Betancourt, MS; Paul Chung, DO; Matthew Jennings, PhD; Michael Koenig, MD; Yanan Liu, MD; Saurav Luthra, MD; Eunjin Tracy, PhD; Zihao Wang
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<b>D-14</b>	Optimizing Sleep Restriction and Stimulus Control: When to Lean on the Rules, and When to Bend Them	<b>Ballroom I/II</b>	<i>Sara Nowakowski, PhD (Chair); Haley Byers, PhD; Philip Cheng, PhD; Leisha Cuddihy, PhD; Michael Grandner, PhD; Christina McCrae, PhD; Norah Simpson, PhD</i>
<b>S-40</b>	Sex-Specific Determinants Shaping Sleep Disorder Evaluation and Management	<b>Ballroom III/IV</b>	<i>Ashesha Mechineni, MD (Chair); Hrayr Attarian, MD; Ghada Bourjeily, MD; Christine Won, MD</i>
<b>S-41</b>	Sleep and Sleep-Disordered Breathing in Children with Complex Disorders: An Unmet Need	<b>341</b>	<i>Refika Hamutcu Ersu, MD (Chair); Lance Feld, MD; Iris Perez, MD; Danna Tauber, MD, MPH</i>
<b>F-06</b>	When Sleep Becomes the Battlefield: Novel Frontiers in Temporal Relationships, Mechanisms, Endotypes, and Treatments of PTSD and Sleep Disorders	<b>310</b>	<i>Peter Colvonen, PhD (Chair); Sean Drummond, PhD; Brandon Nokes, MD; Jessica Ogden; Anthony Reffi, PhD</i>
<b>S-42</b>	Keeping up with AI: A Step-by-Step Practical Guide for Sleep Staff for Upskilling in the Era of AI	<b>343</b>	<i>Subaila Zia, MD, MBA (Chair); Indira Gurubhagavatula, MD, MPH; Trung Le, PhD; Daniel Rongo, MD</i>
<b>O-23 (NON-CME)</b>	Frontiers in Sleep Medicine: Biomarkers, Wearables, and Next-Generation Therapeutics	<b>314</b>	<i>Hussein Alawieh, PhD; Lucie Barateau, MD, PhD; Richard Bogan, MD; Chris Fernandez, MS; Dennis Hwang, MD; Todd Levine, MD; Deborah Nichols, MS; Patrick Strollo, Jr., MD</i>
<b>F-07</b>	Cannabis, the Endocannabinoid System, and the Brain-Heart-Gut Axis: Multisystem Pathways Influencing Sleep Health	<b>337</b>	<i>Bria-Necole Diggs (Chair); Ciné Brown; Jasmine Davis, PhD; Nicole Haspil; Kylee Krivijanski; Denise Vidot, PhD</i>
<b>S-43</b>	Intervening on Sleep and Circadian Rhythms: Aligning Pathways to Cardiometabolic Health	<b>327</b>	<i>Chris Depner, PhD (Chair); Dean Beebe, PhD; Josiane Broussard, PhD; Stacey Simon, PhD, DBSM</i>
<b>O-24</b>	Adult Sleep Health: Psychosocial, Personality, and Measurement Perspectives	<b>324</b>	<i>Anne Chen; Gawon Cho, PhD; Lu Dong, PhD; Yi Fang, MD; Dimitrios Mylonas, PhD; Spencer Nielson, MS; Rebecca Robbins, PhD, MS; Muhammad Thalil, PhD</i>

## AASM® UPCOMING EVENTS

### Board Prep Study Club

September 2-November 2, 2026

VIRTUAL

### Final Board Prep Course

October 23, 2026

VIRTUAL

### Business of Sleep Medicine

September 25-26, 2026

HYBRID | DARIEN, IL

### Sleep Medicine Trends

February 5-7, 2027

HENDERSON, NV

### SLEEP 2027


June 6-9, 2027

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**REGISTRATION**

7:00 a.m. - 5:30 p.m.  
LEVEL 300 | PRATT STREET LOBBY

Session #	Title	Room	Speakers
<b>8:00 A.M. – 12:00 P.M.</b>			
<b>A-01</b> 	Level Up: Essential Approaches to Modern Day Scoring and Titration	<b>310</b>	<i>Matt Anastasi, RPSGT; Lisa M. Endee, MPH, RT, RRT-SDS, RPSGT; Laree Fordyce, MS, RPSGT, RST, CCSH; Russell Rozensky, MS, RT, RRT-SDS, CPFT, RPSGT, CCSH</i>
<b>AAST ANNUAL MEMBERSHIP MEETING   1:00 P.M. - 2:00 P.M.   ROOM 310</b>			
<b>2:00 P.M. - 3:00 P.M.</b>			
<b>A-02</b>	Development of Care Plans and Smart Goals for Sleep Coaching	<b>310</b>	<i>Amy Korn-Reavis, RRT, RPSGT, CCSH</i>
<b>BREAK   3:00 P.M. - 3:15 P.M.</b>			
<b>3:15 P.M. - 4:15 P.M.</b>			
<b>A-03</b>	Advances in Pediatric OSA Treatment	<b>310</b>	<i>Manisha Witmans, MD</i>
<b>4:15 P.M. - 5:15 P.M.</b>			
<b>A-04</b>	The EEG of Sleep - From the Neuron to Sleep Spindles	<b>310</b>	<i>Patrick Sorenson, MA, RPSGT</i>

**AAST at SLEEP 2026:  
Expanding Education for  
Sleep Technologists**

The American Association of Sleep Technologists (AAST) will deliver a strong slate of education and engagement opportunities during its 2026 annual meeting, held in conjunction with SLEEP 2026, with programming that supports the evolving role of today's sleep

technologist. This year's annual meeting emphasizes practical learning, emerging technologies, and clinical insight across diverse patient populations.

A notable addition to this year's program is a new half-day add-on course, "Level Up: Essential Approaches to Modern Day Scoring and Titration," offered on Sunday, June 14. The session provides

focused, in-depth education on current scoring and titration approaches, with an emphasis on real-world application in the sleep lab.

"Our annual meeting gives sleep technologists meaningful opportunities to learn from one another, exchange ideas, and strengthen our professional community," said AAST President

# Monday, June 15

## REGISTRATION

7:00 a.m. - 5:30 p.m.  
LEVEL 300 | PRATT STREET LOBBY

## EXHIBIT HALL

10:00 a.m. - 4:00 p.m.  
LEVEL 100 | EXHIBIT HALL EF

## POSTER HALL

10:00 a.m. - 4:00 p.m.  
LEVEL 100 | EXHIBIT HALL G

Session #	Title	Room	Speakers
PLENARY SESSION AND KEYNOTE ADDRESS   8:00 A.M. - 10:00 A.M.			
I-01	Plenary Session		Carlos Schenck, MD
EXHIBIT HALL   10:00 A.M. - 4:00 P.M.   EXHIBIT HALL EF			
POSTER PRESENTATIONS   10:00 A.M. - 10:45 A.M.   11:00 A.M. - 11:45 A.M.   EXHIBIT HALL G			
LUNCH BREAK   11:45 A.M. - 1:00 P.M. (FOOD AVAILABLE FOR PURCHASE IN THE EXHIBIT HALL)			
1:00 P.M. - 2:00 P.M.			
A-05	Therapeutic Burden: The Sleep Edition	310	Robyn Woidtke, MSN, RN, RPSGT, CCSH
BREAK   2:00 P.M. - 2:15 P.M.			
2:15 P.M. - 3:15 P.M.			
A-06	Motivating Leadership Opportunities in the Sleep Lab	310	Sarah Brennecka, MBA, RPSGT; T. Massey Arrington, RST, RPSGT, CCSH, MBA
BREAK   3:15 P.M. - 3:30 P.M.			
3:30 P.M. - 4:30 P.M.			
A-07	Beyond Obstruction: The Assessment and Management of Hypoventilation in the Sleep Lab	310	Jason Peng, MD
4:30 P.M. - 5:30 P.M.			
A-08	Seeing Beyond AHI: Practical CO <sub>2</sub> Monitoring and Hypoventilation Recognition in the Sleep Lab	310	Casey Deck, RPSGT Jorge Mora, MD Sreelatha Naik, MD

Emerson Kerr, MBA, RRT, FFAST. “The 2026 program reflects the thoughtful work of our volunteer leaders and staff, with education that is timely, relevant, and grounded in clinical practice.”

Throughout the meeting, attendees can expect a wide range of sessions addressing both foundational skills and emerging areas of interest. Topics include artificial intelligence

and its application in sleep, advances in pediatric phenotyping, and strategies for distinguishing central from obstructive hypopneas on a polysomnogram. Other sessions will explore EKG interpretation and cardiac metrics in sleep, anatomy and physiology-based treatment pathways, and more.

Members are encouraged to attend AAST’s annual membership

meeting on Sunday, June 14, which provides a forum to hear directly from leadership, learn about current priorities, and share feedback on the future direction of the organization. Attendees can also connect with industry leaders throughout the meeting by visiting the exhibit hall and participating in industry-supported educational events.

# Tuesday, June 16

Session #	Title	Room	Speakers
8:00 A.M. - 9:00 A.M.			
A-09 (NON-CME)	Overview of AI and Its Application in Sleep	310	Matthew Anastasi, RST, RPSGT
9:00 A.M. - 10:00 A.M.			
A-10 (NON-CME)	AI in Practice: Speakers Panel of Users	310	Cindy Crosby, MS, MBA, RPSGT, CCSH; Laura Linley, RST, RPSGT, CRT; Kyle, Rosseau, BSME, RPSGT, RST, CCSH
EXHIBIT HALL   10:00 A.M. - 4:00 P.M.   EXHIBIT HALL EF			
POSTER PRESENTATIONS   10:00 A.M. - 10:45 A.M.   11:00 A.M. - 11:45 A.M.   EXHIBIT HALL G			
LUNCH BREAK   11:45 A.M. - 1:00 P.M. (FOOD AVAILABLE FOR PURCHASE IN THE EXHIBIT HALL)			
1:00 P.M. - 2:00 P.M.			
A-11	Inside OSA Mechanics: Integrating Anatomy and Physiology to Uncover Pathways for HGNS and CPAP Alternatives	310	Raj Dedhia, MD; Everett Seay, RPSGT; Alan Schwartz, MD
BREAK   2:00 P.M. - 2:15 P.M.			
2:15 P.M. - 3:15 P.M.			
A-12	Distinguishing Central from Obstructive Hypopneas on a Clinical Polysomnogram	310	Shahrokh Javaheri, MD



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# Industry Product Theaters

Industry Product Theaters feature presentations by exhibiting companies. Boxed lunches are provided for attendees on a first-come, first-served basis; 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 the Hilton Baltimore Inner Harbor (401 W Pratt St, Baltimore, MD 21201), which is connected to the Baltimore Convention Center via a skywalk. Check the individual listing below for ballroom locations.

## Monday, June 15

11:45 a.m. – 12:45 p.m.

### Improving Wakefulness in Patients with Excessive Daytime Sleepiness Due to OSA: An Update for Sleep Specialists

Speaker(s): Margaret Park, MD & Abhinav Singh

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 4-5

Presented by *Axsome Therapeutics*

### Scaling PSG for the Next Decade: Expanding Utilization of High-Complexity Home Testing

Speaker(s): Anupamjeet Sekhon, MD; Audrey Wells, MD; Michelle Zeidler, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 7-8

Presented by *Onera Health*

### Consumer Wearable Technologies as a Clinical Megatrend: A Physician-Focused Exploration of Evidence, Workflow and Diagnostic Clarity

Speaker(s): Ricky Bloomfield, MD; Carlos Nunez, ND

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 9-12

Presented by *Resmed*

### Exploring Zepbound® (tirzepatide) Injection with a Clinical Expert

Speaker(s): Jeremy McConnell, MD, MFOMA

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 1-3

Presented by *Eli Lilly and Company*

### Advancing CSA Management in Practice: Identification, Treatment Options and Patient Outcomes

Speaker(s): Kara Dupuy-McCauley, MD; Rami Khayat, MD; Jodi Olson, NP; Waiz Wasey, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 6

Presented by *ZOLL Respicardia*

## Tuesday, June 16

11:45 a.m. – 12:45 p.m.

### Evaluating Long-Term Cardiovascular Outcomes Following Hypoglossal Nerve Stimulation (HGNS) for OSA

Speaker(s): Mark Aloia, PhD; Yi Cai, MD; Thomas Kaffenberger, MD; Sairam Parthasarathy, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 4-5

Presented by *Inspire Medical Systems, Inc.*

### Dawn of a New Era: Emerging Clinical Overview of an Investigational Oral Tablet for OSA

Speaker(s): Douglas Kirsch, MD; Patrick Strollo, Jr., MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 7-8

Presented by *Apnimed*

### Patient and Clinician Perspectives on the Real-World Effectiveness of a

### Single-Dose Innovation for Narcolepsy

Speaker(s): Gerard J. Meskill, MD; W. Chris Winter, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 9-12

Presented by *Alkermes, Inc.*

### Endotyping Sleep Apnea: Precision Treatment in a Changing Therapeutic Landscape

Speaker(s): Jón Skírnir Ágústsson, PhD; Danny Eckert, PhD; Reena Mehra, MD, MS; Andrew Wellman, MD, PhD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 1-3

Presented by *Nox Medical*

### Managing Patients with Obesity and Moderate to Severe Obstructive Sleep Apnea

Speaker(s): Kunal Agarwal, MD;Carolynn Francavilla Brown, MD; Rameck Hunt, MD; Harneet Walia, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 6

Presented by *Eli Lilly and Company*

## Wednesday, June 17

11:45 a.m. – 12:45 p.m.

### Real Clinicians Sharing Real WAKIX® (pitolisant) Patient Cases

Speaker(s): Laura B. Herpel, MD; Abhinav Singh, MD, MPH; Michael Strunc, MD; W. Chris Winter, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 4-5

Presented by *Harmony Biosciences*

# Industry Supported Events

Industry Supported Events are educational programs hosted by members of industry in the morning before SLEEP 2026 sessions begin or in the evening after the program has finished for the day. See below for a listing of all available Industry Supported Events at SLEEP 2026.

## Monday, June 15

### Redefining NT1: A 24-Hour Disorder Driven by Orexin Deficiency

**7:00 a.m. – 8:00 a.m.**

Speaker(s): Lucie Barateau, MD, PhD; Kiran Maski, MD; David Plante, MD, PhD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 5-6

*Presented by Takeda*

### Practical Strategies for Navigating Psychiatric Complexities in Sleep Medicine

**6:15 p.m. – 8:15 p.m.**

Speaker(s): Craig Chepke, MD; Philip Gehrman, PhD; Emmanuel Mignot, MD, PhD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 9-12

*Presented by HMP Education, supported by Alkermes, Inc. and Axsome Therapeutics*

### Succeeding Under Pressure: Reducing Cardiovascular, Cardiometabolic, and Renal Risks in Narcolepsy

**6:15 p.m. – 8:15 p.m.**

Speaker(s): Jerald H. Simmons, MD; Virend K. Somers, MD, PhD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 1-4

*Presented by Integrity, supported by Jazz Pharmaceuticals, Inc.*

## Tuesday, June 16

### Is Quality Sleep in Menopause Just a Dream? Navigating Hot Flashes, Night Sweats, and Sleep Disturbances with Novel Non-Hormonal Therapies

**6:30 a.m. – 8:00 a.m.**

Speaker(s): Stephanie Faubion, MD, MBA; Shelby Harris, PsyD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 5-6

*Presented by Answers in CME c/o Peer Education Limited, supported by Bayer HealthCare Pharmaceuticals, Inc.*

### Beyond Compliance: Leveraging Emerging Technologies and Data to Transform CPAP Therapy Outcomes

**7:00 a.m. – 8:00 a.m.**

Speaker(s): Dennis Hwang, MD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Key Ballroom 1-4

*Presented by Fisher & Paykel Healthcare*

### From Symptoms to Clinical Considerations: Clinician and Patient Perspectives on the Management of Narcolepsy and Idiopathic Hypersomnia

**6:15 p.m. – 9:30 p.m.**

Speaker(s): Logan Schneider, MD; Jessica Wright, CRNP

Location: Hyatt Regency Baltimore Inner Harbor, 2nd Floor; Constellation Ballroom C-F

*Presented by Jazz Pharmaceuticals, Inc.*

### Case Closed? Diagnosing Idiopathic Hypersomnia Beyond the Usual Suspects

**6:15 p.m. – 8:30 p.m.**

Speaker(s): Maggie Lavender, APRN, MSN, FNP-C; Anne Marie Morse, DO; David T. Plante, MD, PhD

Location: Hyatt Regency Baltimore Inner Harbor, 2nd Floor; Constellation Ballroom AB

*Presented by CME Outfitters, LLC, Supported by Alkermes, Inc.*

## Wednesday, June 17

### Restoring Function: Targeting Orexin Deficiency in Narcolepsy Type 1

**6:30 a.m. – 8:00 a.m.**

Speaker(s): Richard Bogan, MD; Nancy Foldvary-Schaefer, DO, MS; Emmanuel Mignot, MD, PhD

Location: Hilton Baltimore Inner Harbor, 2nd Floor; Holiday Ballroom 1-3

*Presented by Medscape Live! Supported by Takeda*

Join us for an industry product theater discussing

# Improving Wakefulness in Patients with Excessive Daytime Sleepiness Due to OSA: An Update for Sleep Specialists

Monday, June 15, 2026

11:45 AM – 12:45 PM

Holiday Ballroom 4-5 at the Hilton Baltimore

**PRESENTED BY:**



**Margaret Park, MD, FAASM**  
President, Chicago Sleep Health  
Chicago, IL



**Abhinav Singh MD, MPH, FAASM**  
Medical Director  
Franciscan Sleep Disorders Center  
Clinical Associate Professor  
Marian College of Osteopathic Medicine  
Indianapolis, IN



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

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Please join Onera Health at **SLEEP 2026** and register for our lunch symposium

## Scaling PSG for the Next Decade: Expanding Utilization of High-Complexity Home Testing

Monday, June 15 | 11:45 a.m. – 12:45 p.m.  
Hilton Baltimore, Key Ballroom 7-8

Learn more about **Onera hPSG®** and visit our booth #600, June 14-17 2026, Baltimore.



Scan to register



## Clinical leadership in a connected landscape

Resmed | ÖURA



### Resmed Industry Product Theater

**Consumer Wearable Technologies as a Clinical Megatrend: A physician-focused exploration of evidence, workflow and diagnostic clarity.**

**Carlos M. Nuñez, M.D**  
Chief Medical Officer at Resmed

**Ricky Bloomfield, M.D.**  
Chief Medical Officer at ÖURA

**Join us for a timely conversation:** Consumer wearable technologies are expanding patient entry into sleep care — and redefining how clinicians evaluate, validate and act on new data streams.

This physician-focused panel explores wearables as a clinical megatrend, with discussion on evidence, workflow integration and maintaining diagnostic clarity in a connected landscape.

**Monday, June 15, 2026 | 11:45 am - 12:45 pm**

Hilton Baltimore  
Key Ballroom 9-12

(Lunch will be provided)

Visit Resmed at Booth #519



## Advancing CSA Management in Practice: Identification, Treatment Options and Patient Outcomes

This symposium will cover key guideline-based strategies for diagnosing and managing Central Sleep Apnea, with real-world cases to help clinicians choose the right therapy for each patient, including an implantable therapy option like the *remedē* System.

**DATE & TIME:**

Monday, June 15, 2026  
11:45 a.m. - 12:45 p.m. EST

**LOCATION:**

Hilton Baltimore  
Holiday Ballroom 6

**MODERATORS:**

Rami Khayat, MD  
Kara Dupuy-McCauley, MD

**SPEAKERS:**

Waiz Wasey, MD  
Jodi Olson, NP

*This is a sponsored Symposium provided by ZOLL Respicaardia. The remedē® System is indicated for moderate to severe Central Sleep Apnea (CSA) in adult patients. A doctor will need to evaluate the patient's condition to determine if the remedē System is appropriate. The remedē® System should not be implanted during an active infection and patients will not be able to have diathermy (special heat therapies). The device is MR Conditional. The conditions and precautions can be found in the remedē system MRI guidelines manual. As with any surgically implanted device, there are risks related to the surgical procedure itself which may include, but are not limited to, pain, swelling, and infection. The remedē System may not work for everyone. There are additional risks associated with removing the system. If it is decided to remove the system, another surgery will be required. Be sure to understand all the risks and benefits associated with the implantation of the remedē System. Rx only. Contraindications: The remedē System is contraindicated for use in patients with an active infection. See the Instructions for Use for complete information regarding the procedure, indications for use, contraindications, warnings, precautions, and potential adverse events.*



## Evaluating Long-Term Cardiovascular Outcomes Following Hypoglossal Nerve Stimulation (HGNS) for OSA

TUESDAY, JUNE 16TH | 11:45 AM-12:45 PM

Hilton Baltimore Inner Harbor | Holiday Ballroom 4-5

Panel discussion followed by Q&A

- Introduction & Overview
- HGNS vs. PAP vs. No Treatment: Non-Apneic Outcomes
- HGNS vs. PAP Comparative Outcomes: TriNetX
- A Target Trial Emulation of Hypoglossal Therapy for OSA & Cardiovascular Outcomes



**PRESENTERS:**

Mark Aloia, Ph.D.  
Thomas Kaffenberger, MD  
Yi Cai, MD  
Sairam Parthasarathy, MD



## Join us for our product theater DAWN OF A NEW ERA:

### Emerging Clinical Overview of an Investigational Oral Tablet for OSA

Hear from experts as they explore the current unmet needs in OSA and share emerging clinical data on AD109, an investigational oral tablet for OSA

Date: Tuesday, June 16

Time: 11:45 AM - 12:45 PM ET

Location: Hilton Baltimore; Key Ballroom 7-8

Lunch will be provided

SCAN THE QR CODE TO ADD THIS PRODUCT THEATER TO YOUR CALENDAR



PRESENTED BY

**Patrick J Strollo, Jr.**

MD, FACP, FCCP, ATSF, FAASM  
Professor of Medicine and Clinical and Translational Science  
Vice Chair of Medicine for Veterans Affairs  
University of Pittsburgh

**Douglas B Kirsch**

MD, FAAN, FAASM  
Medical Director of Atrium Health Sleep Medicine  
Clinical Professor, Department of Neurology  
Wake Forest University School of Medicine

Join us at Apnimed Booth #913 for additional expert presentations on OSA throughout the meeting

*AD109 is an investigational agent that has not been approved by any regulatory authority.*

## Clinician and Patient Perspectives on the Effectiveness of a Single-Dose Treatment Option for Narcolepsy

Featuring Leading Experts and Real Patient Perspectives in Narcolepsy:

### Gerard J. Meskill, MD

Tricoastal Narcolepsy and Sleep Disorders Center  
in Sugar Land, Texas

### W. Chris Winter, MD

Charlottesville Neurology and Sleep Medicine  
in Charlottesville, Virginia

Tuesday,  
June 16, 2026

11:45 AM-12:45 PM ET

Key Ballroom 9-12

Hilton Baltimore

Lunch will be provided.

Visit us at **Booth 506!**



Register today at

**ALKERMESProductTheater.com**

**Alkermes**

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## Endotyping Sleep Apnea: Precision Treatment in a Changing Therapeutic Landscape

**NOX** MEDICAL

How are emerging therapies and AI-driven analysis reshaping treatment options for obstructive sleep apnea (OSA)? This symposium will explore the growing focus on endotyping to guide precision treatment and new tools to extract deeper physiologic insights beyond AHI. Join the experts as they discuss practical considerations for incorporating physiologic trait analysis into clinical workflows as new therapies and care models emerge.



Chair:

Heidi Riney, MD

Speakers:

Jón Skírniir Ágústsson, PhD  
Danny Eckert, PhD  
Andrew Wellman, MD, PhD  
Reena Mehra, MD, MS

Industry Product Theater

Tuesday, June 16th, 2026  
11:45 AM - 12:45 PM

Holiday Ballroom 1-3

Hilton Baltimore



Learn more

**Lilly** A MEDICINE COMPANY

## Managing Patients With Obesity and Moderate-to-Severe Obstructive Sleep Apnea

June 16 from  
11:45 AM to 12:45 PM ET

Lilly invites you to join the conversation on June 16 and learn more about **Managing Patients With Obesity and Moderate-to-Severe Obstructive Sleep Apnea**.

Join Kunal Agarwal, MD;Carolynn Francavilla Brown, MD; Rameck Hunt, MD; and Harneet Walia, MD, for an expert-led scientific discussion on obesity as a key contributor to moderate-to-severe obstructive sleep apnea. This session will examine evidence-based considerations for managing obesity in this patient population, including nutritional counseling and lifestyle approaches, barriers to care, assessment of body composition and physical activity, and medical and surgical management strategies. Panelists will share clinical perspectives on integrating these approaches into patient-centered care for individuals living with obesity and moderate-to-severe obstructive sleep apnea.

Whether you are deepening your familiarity with these studies or revisiting the data through a new lens, this is an opportunity to engage meaningfully with the science, hear directly from clinicians with experience in this space, and connect with your peers in Baltimore at SLEEP 2026.

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## Real Clinicians Sharing Real WAKIX Patient Cases at SLEEP 2026

Join us for a discussion with healthcare providers on WAKIX and patient case studies

Don't forget to visit Harmony Biosciences, a proud supporter of SLEEP 2026, in the Exhibit Hall



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### Faculty Presenters



**Laura B. Herpel, MD**  
Bogan Sleep Consultants  
Columbia, SC



**Abhinav Singh, MD, MPH**  
Indiana Sleep Center  
Greenwood, IN



**Michael Strunc, MD**  
Children's Hospital of The King's Daughters  
Norfolk, VA



**W. Chris Winter, MD**  
Charlottesville Neurology & Sleep Medicine  
Charlottesville, VA

### INDUSTRY SUPPORTED EVENTS

# Redefining NT1: A 24-Hour Disorder Driven by Orexin Deficiency

## MEDICAL SYMPOSIUM



15 June 2026, 7:00 AM • Hilton Baltimore, Key Ballroom 5-6



**Kiran Maski\*, MD MPH (Chair)**



**Lucie Barateau\*, MD, PhD**



**David Plante\*, MD, PhD**



\*Speakers are paid consultants for Takeda.

#### NT1: Narcolepsy Type 1

The medical symposium is initiated, organized, and funded by Takeda and is not affiliated with SLEEP 2026 (the annual meeting of APSS). Speakers will be paid an honorarium by Takeda for their participation. This is a non-CME (Continuing Medical Education) event. Takeda does not have any approved therapies for narcolepsy. This symposium is intended for healthcare professionals registered for SLEEP 2026 only. ©2026 Takeda Pharmaceutical Company Limited. All rights reserved. TAKEDA and the TAKEDA logo are registered trademarks of Takeda Pharmaceutical Company Limited.

VV-MEDMAT-136076 | April 2026



## Practical Strategies for Navigating Psychiatric Complexities in Sleep Medicine



### Expert Faculty



**Craig Chepke**  
MD, DFAPA



**Philip Gehrman**  
PhD, CBSM, FAASM



**Emmanuel Mignot**  
MD, PhD



**PRE-REGISTER**

**Complimentary Dinner + Earn up to 1.5 CME/CE Credit**

Monday, June 15, 2026 | 6:15 PM - 8:15 PM

Hilton Baltimore Inner Harbor, Key Ballroom 9-12

Held in partnership with



Supported by an educational grant from Alkermes, Inc. and Axsome Therapeutics, Inc. In support of improving patient care, HMP Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Note: This statement is not an indication of approved credits. Please visit <https://www.hmpglobalevents.com/apsard2026> for full accreditation details, including credit types and totals, for this activity.



INTERACTIVE  
SHOWCASE

SUCCEEDING UNDER PRESSURE

Understanding and Reducing Cardiovascular  
and Cardiometabolic Risk in

# NARCOLEPSY

MONDAY <sup>2026</sup>  
JUNE 15

6:15 PM - 8:15 PM

 DINNER WILL BE PROVIDED.

Hilton Baltimore Inner Harbor  
KEY BALLROOM 1-4  
(SECOND FLOOR)



EARN 1.5 CME/CE CREDITS  
**REGISTER TODAY!**  
<https://bit.ly/4vRke21>

  
INTEGRITAS  
COMMUNICATIONS

This activity is provided by Integritas Communications.  
This activity is supported by an educational grant from Jazz Pharmaceuticals, Inc.  
There is no fee to attend this educational program; however, seating is limited.  
Preregistration does not guarantee seating. We recommend arriving at the event location early.

F&P Breakfast Symposium at SLEEP

**Beyond Compliance:** Leveraging Emerging Technologies  
and Data to Transform CPAP Therapy Outcomes

Tuesday, June 14 | 7:00 - 8:00 AM | Hilton Baltimore Inner Harbor

Register  
Now



**Dr. Dennis Hwang**  
Regional Co-Chair, Sleep Medicine  
Kaiser Permanente, Southern California



Sponsored by  
**Fisher & Paykel**  
HEALTHCARE



Join us for a Free CME Breakfast Symposium

## Is Quality Sleep in Menopause Just a Dream? Navigating Hot Flashes, Night Sweats, and Sleep Disturbances With Novel Non-Hormonal Therapies



Stephanie Faubion, MD,  
MBA, FACP, MSCP



Shelby Harris, PsyD,  
CBSM, DBSM



**TUE JUN 16**

Hilton Baltimore  
Key Ballroom 5-6

6:45 - 7:00 AM Breakfast & Registration  
7:00 - 8:00 AM Symposium

1.0 CME  
Credit

Scan to Register and  
Learn More



CASE CLOSED?

# Diagnosing Idiopathic Hypersomnia Beyond the Usual Suspects

Tuesday, June 16, 2026  
7:00-8:30 PM ET

Doors Open/Dinner: 6:15 PM ET

Hyatt Regency Baltimore Inner Harbor  
Constellation Ballrooms A/B

Anne Marie Morse  
DO, FAASM (Moderator)

David T. Plante  
MD, PhD

Maggie Lavender  
APRN, MSN, FNP-C



[cmeoutfitters.com/caseclosed](https://cmeoutfitters.com/caseclosed)

CME OUTFITTERS

JOIN US FOR AN INDUSTRY SUPPORTED EVENT\*

## From Symptoms to Clinical Considerations: Clinician and Patient Perspectives on the Management of Narcolepsy and Idiopathic Hypersomnia

TUESDAY, JUNE 16, 2026

Arrival: 6:15 PM | Start: 6:30 PM

Hyatt Regency Baltimore Inner Harbor  
Constellation Ballroom C-F, 2nd Floor

Visit Booth 707 for additional information.

Dinner will be served.

\*Preregistration is not required.

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PRESENTED BY



**Logan Schneider, MD**

Sleep Specialist, Program Moderator  
Stanford Medicine/VA Alzheimer's  
Research Center  
Redwood City, California



**Jessica Wright, CRNP**

Sleep Specialist Living With Narcolepsy  
Sleep Disorders Center of Alabama  
Birmingham, Alabama



**Taya**

Person Living With Idiopathic Hypersomnia

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

Jazz Pharmaceuticals

Medscape EDUCATION GLOBAL

## Restoring Function

### Targeting Orexin Deficiency in Narcolepsy Type 1

WEDNESDAY, JUNE 17, 2026 | 6:30 - 8:00 AM ET

HILTON BALTIMORE INNER HARBOR  
BALTIMORE, MARYLAND | ROOM: HOLIDAY BALLROOM 1-3

HYBRID

FACULTY



**Nancy Foldvary-Schaefer,  
DO, MS**



**Emmanuel Mignot,  
MD, PhD**



**Richard K. Bogan,  
MD, FCCP, FAASM**

Patient Representative:  
**Jacob Hatmaker**

Supported by an independent educational grant from Takeda.



**Register Now!**

For more information and to register, visit:  
[www.medscape.org/sympo/  
restoring-function-in-narcolepsy](https://www.medscape.org/sympo/restoring-function-in-narcolepsy)



Produced by Medscape **LIVE!**





**SLEEP 2027**  
**ELEVATING**  
*the future of SLEEP*

**Denver, CO / June 6 - 9**

[sleepmeeting.org](https://sleepmeeting.org)



**Enjoy the 11<sup>th</sup> annual  
 SRS Club Hypnos and Data Blitz!**

Reconnect with your colleagues;  
 congratulate SRS and SRSF Awardees;  
 enjoy the Data Blitz and vote for the winner of  
 the coveted Club Hypnos Cup.

**Appetizers will be provided. Don't miss it!**

**Sunday, June 14 | 6:00<sup>PM</sup> – 8:00<sup>PM</sup>**

Hilton Baltimore | Holiday Ballroom

**Pre-registration for SRS Club  
 Hypnos is required**

## Meet the 2026 APSS Inclusive Leadership Award Recipient



**Indra Narang,  
 MD**

Dr. Indra Narang is a pediatric respirologist and sleep medicine specialist at The Hospital for Sick Children (SickKids) in Toronto, where she also serves as vice president of health equity and inclusion. She is a senior scientist at the SickKids Research Institute and a professor of pediatrics at the





















University of Toronto. Dr. Narang's funded research program focuses on improving the diagnosis and treatment of childhood obstructive sleep apnea, with an emphasis on equity-driven innovation.

A nationally recognized leader in advancing access, representation, and belonging in the pediatric sleep community, Dr. Narang integrates an equity lens across clinical care, research, and education. Her work prioritizes expanding

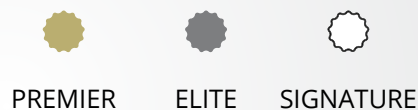
access to pediatric sleep services for underserved and diverse populations while developing educational programs and public engagement initiatives that promote healthy sleep practices among children and families. Through her research and leadership, she has advanced pediatric sleep care by integrating innovation and equity-focused approaches into clinical practice and translational science.


















# Exhibitor Listing

As of 03/26/2026

Booth #	Company Name		Booth #	Company Name
500	1st Providers Choice- Sleep Medicine Software		619	Cleveland Clinic
550	Activinsights, Ltd.		1133	Clix Therapy
 625	Advanced Brain Monitoring, Inc.		1143	CND Life Sciences
1137	Advantage Therapy & Sleep Centers		657	Compumedics
968	AIOMEGA LLC		615	Condor Instruments
935	AIRWAAV		1153	CORE Research
208	Airway Management		501	Daybreak
 506	Alkermes, Inc.		1000	Defined Research, Inc.
 907	Alkermes, Inc. (Medical)		1035	Doctor Multimedia
1027	Alliance of Sleep Apnea Partners		663	Dormotech Medical
621	Ambu		732	Dymedix Diagnostics, Inc.
200	Ambulatory Monitoring, Inc.		1105	Electra-Med Corporation
832	American Heart Association		819	Eli Lilly and Company
544	American Pistachio Growers		540	EMA-Sleep
 913	Apnimed		306	Empatica
302	Apria Healthcare		219	EnsoData
1135	Aquoral		1039	Fisher & Paykel Healthcare, Inc.
849	APSS Pavilion		668	Forward Health
1101	Athena East		801	General Sleep Corporation
 839	Axsome Therapeutics		214	Good Sleep Co.
 1123	Axsome Therapeutics (Medical)		1125	Great Lakes Dental Technologies
 1055	Beacon Biosignals		323	Harmony Biosciences
 1032	Belun Technology Company Limited		633	Harmony Biosciences
554	Bleep Sleep		725	HoneyNaps USA, Inc.
1102	Board of Registered Polysomnographic Technologists		903	HSINER CO. LTD
1001	BRAEBON Medical Corporation		706	Huxley Medical, Inc.
546	Brain Vision, LLC		1027	Hypersomnia Foundation
 739	Cadwell Industries, Inc.		226	Inogen
 613	Centessa Pharmaceuticals		525	Inspire Medical Systems, Inc.
1141	CGX Systems		932	Intake Breathing
1117	Chirx		542	IOPI Medical
209	Choice One Medical		1129	iRhythm Technologies
1027	Circadian Sleep Disorders Network		707	Jazz Pharmaceuticals, Inc.
203	CleanPAP Co.		869	Labfront
			651	LivaNova

## CORPORATE SUPPORTERS:



	1134	Lucimed	212	SANUSOM, INC.
	747	Med Learning Group	720	Sentec, Inc.
	560	Med Learning Group	202	Signifier Medical Technologies
	1161	MEDQOR, LLC	224	Sleep Apnea Leads
	712	MonitAir, LLC	216	Sleep Medicine Advanced Practice Providers (SMAPP)
	667	Moonbird	206	Sleep Multimedia, Inc.
	724	Muse - At Home and In Lab EEG Sleep Platform	1100	Sleep Reset
	607	MVAP Medical Supplies, Inc.	824	SleepImage
	300	myWaves Sleep Solution	1111	SleepioRx by Big Health
	1027	Narcolepsy Network, Inc.	1147	SleepNavigator Inc.
	218	Nationwide Medical	1068	Sleepnet Corporation
	1118	Natus Medical Incorporated		757 SleepRes, LLC
	769	Neurovalens	400	SleepSense
	733	Neurovirtual, Inc.	402	SleepSource Alliance
	1047	Nihon Kohden America	1115	SleepWorld Magazine
	719	Noctrix Health	969	Slowave, Inc.
	502	Nonin Medical, Inc.		213 Snap Diagnostics, LLC
	645	Nox Medical	303	SnoreLessNow, LLC
	401	Nyxoah, Inc.	1163	Soliish, Inc.
	552	Oneiros Therapies	1155	Somnics Health, Inc.
	600	Onera Health	1151	SOMNOMedics America, Inc
	1033	ONIRIS	1121	SonderCare
	1003	Ortho-Tain / HealthyStart	1159	SOULHEAL TECHNOLOGY PTE, LTD.
	1127	Oxford University Press	1103	Springer Nature
	900	Panthera Dental	1132	SunnyGrand
	868	Parachute Health	1034	Suven Life Sciences Limited
	222	Percy Sleep	1165	Synthpop AI
	901	Persante Healthcare	204	Tactical Back Office, Inc.
	527	Philips		307 Takeda
	833	Pivotal Health	1107	TeroMed
	225	Professional Photo Station	1113	The Michael J. Fox Foundation for Parkinson's Research
	201	PranaQ	308	VGM
	1027	Project Sleep	558	Virtuox, Inc.
	714	ProSomnus Sleep Technologies	1027	Wake Up Narcolepsy, Inc.
	1027	PWN4PWN	933	Weaver and Company
	1114	React Health	301	Wellness, Sleep & Circadian Network, Inc.
	519	Resmed		1007 Wesper
	1168	ResPro Health	1145	World Sleep Society
	1027	Restless Legs Syndrome Foundation		315 ZOLL
	207	Resvent Medical Technology Co., Ltd		1069 ZOLL Itamar
	718	RND Optimizar	1169	Zolta
	1002	Salimetrics		



The SRS Foundation is pleased to fund these post-doctoral training and trainee opportunities!

**Career  
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AWARD**

**Small Research  
GRANT**

**Mentored  
Collaboration  
GRANT**

Learn More at [sleepresearchsociety.org/foundation/awards/](https://sleepresearchsociety.org/foundation/awards/)

**AASM®** | FOUNDATION

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YOUR CAREER TODAY!

*Our grants and training programs are investing in clinicians and researchers.*

Email [foundation@aasm.org](mailto:foundation@aasm.org) to learn more about how you can take advantage of our special networking sessions at SLEEP.



# Continuous CO<sub>2</sub> Monitoring for Sleep Medicine

Noninvasive, continuous CO<sub>2</sub> and SpO<sub>2</sub> measurements **to support high quality sleep studies**

Sentec transcutaneous monitoring provides stable, continuous CO<sub>2</sub> and SpO<sub>2</sub> values throughout the night. The low sensor temperature and extended site times support minimal patient disruption, helping clinicians capture accurate CO<sub>2</sub> trends across the full study.

tCOM+ integrates smoothly into existing workflows and supports the monitoring needs of sleep labs, home sleep programs, and patients with complex respiratory conditions.



## Clinical advantages include:

- Continuous, noninvasive CO<sub>2</sub> and SpO<sub>2</sub> data
- Stable measurements across ventilation strategies
- Extended site times to support uninterrupted rest
- Suitable for in lab and home sleep environments



Learn more about Sentec solutions for sleep medicine

**sentec.**



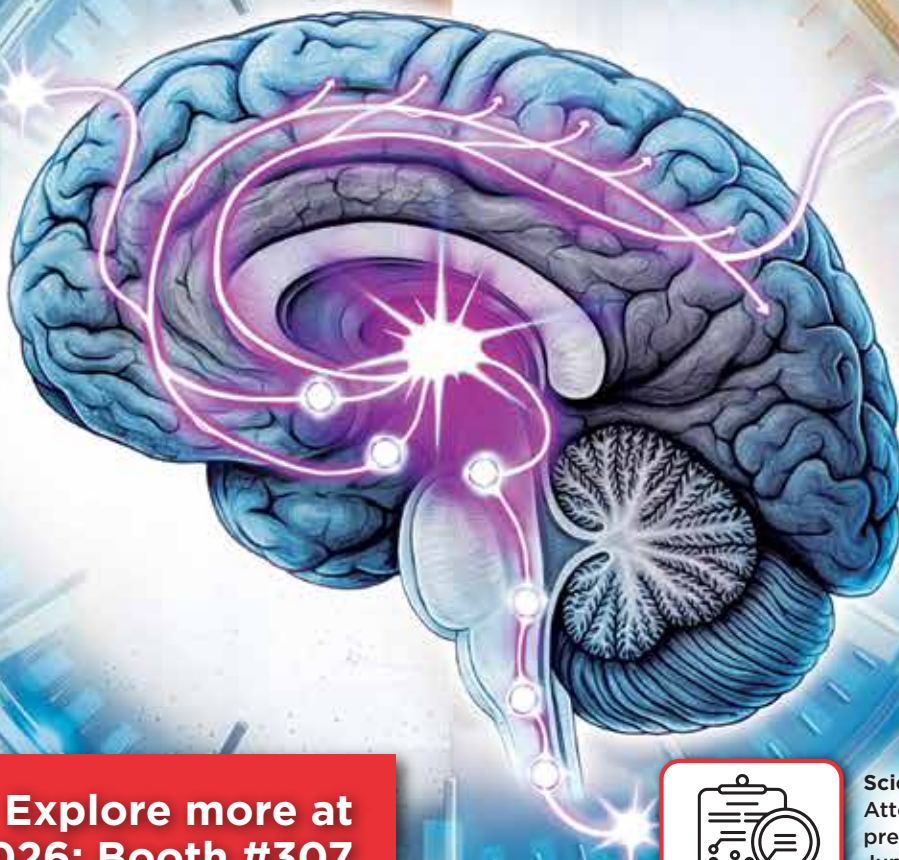
# Redefining NT1



**Medical Symposium**  
Join the Takeda-sponsored symposium on June 15<sup>th</sup> at 7 am at the Hilton Baltimore, Key Ballroom 5-6



**Medical Exhibit**  
Visit the Takeda booth #307 and learn more about Takeda's Leadership in Orexin Science



**Explore more at SLEEP 2026: Booth #307**



**Scientific Publications**  
Attend Takeda's data presentations on June 15<sup>th</sup> & 17<sup>th</sup>, 2026

## NT1: Narcolepsy Type 1

The medical symposium is initiated, organized, and funded by Takeda and not affiliated with SLEEP 2026 (the annual meeting of APSS). Speakers will be paid an honorarium by Takeda for their participation. This is a non-CME (Continuing Medical Education) event. Takeda does not have any approved therapies for narcolepsy. This symposium intended healthcare professionals registered for SLEEP 2026 only.

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