

BALTIMORE 2018

# SLEEP

JUNE 02-06

A JOINT MEETING

**AASM** American Academy of  
SLEEP MEDICINE™



Sleep  
Research  
Society®

32ND ANNUAL MEETING

Associated Professional Sleep Societies, LLC

**Register by April 20th for early bird pricing**

BALTIMORE CONVENTION CENTER

Associated Professional Sleep Societies  
2510 North Frontage Road  
Darien, IL 60561

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BALTIMORE2018  
**SLEEP**

**JUNE 02-06, 2018**

SLEEP is the premier world forum to present and discuss the latest developments in clinical sleep medicine and sleep and circadian science.

**THE SLEEP MEETING**

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

Disseminates cutting-edge sleep and circadian research

Promotes the translation of basic science into clinical practice

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

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## NEW THIS YEAR: TECHNOLOGIST TRACK

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Introducing the NEW Technologist Track at SLEEP 2018 – a two-day itinerary that focuses on relevant topics and issues.

## CONTACT INFO

### Associated Professional Sleep Societies, LLC

2510 N. Frontage Road, Darien, IL 60561

Ph: (630) 737-9700 | Fax: (630) 737-9789

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

### Housing

Visit [sleepmeeting.org/attendees/housing](http://sleepmeeting.org/attendees/housing) for more information on housing.

### Course, Session and General Abstract Questions

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### Registration Questions

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## PROGRAM COMMITTEE

**Glen Greenough, MD, Co-Chair**

Dartmouth-Hitchcock Medical Center  
LEBANON, NH

**Ravi Allada, MD, Co-Chair**

Northwestern University  
EVANSTON, IL

**Anne Germain, PhD**

University of Pittsburgh  
PITTSBURGH, PA

**Shalini Paruthi, MD**

St. Luke's Hospital  
ST. LOUIS, MO

**John Peever, PhD**

University of Toronto Laboratory for Sleep Research  
TORONTO, ON

**Kathleen Sarmiento, MD**

VA San Diego Healthcare System  
SAN DIEGO, CA

**Frank Scheer, PhD**

Brigham & Women's Hospital  
BOSTON, MA

**Christine Won, MD**

Yale University  
NEW HAVEN, CT

**Jason Ong, PhD, Psychologist Reviewer**

Northwestern University  
CHICAGO, IL

**H. Craig Heller, PhD, SRS Board Liaison**

Stanford University  
STANFORD, CA

**Douglas Kirsch, MD, AASM Board Liaison**

Carolinas Healthcare Medical Group  
Sleep Services  
CHARLOTTE, NC



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

Check out our website for the latest SLEEP 2018 updates!



**Baltimore, MD**

*Headquarter Hotel:* Hilton Baltimore

*Meeting Location:* Baltimore Convention Center



**Save on Registration**

Register by April 20 to receive the early bird registration discount!



**Ticketed Events**

Make the most of your SLEEP meeting, look for this **ticket icon** throughout the preliminary program for ticketed sessions to enhance your SLEEP 2018 experience.



**CE CREDITS**

SLEEP 2018 offers a variety of continuing education credits, including: CME for physicians, CE for psychologists, letters of attendance and CEC for technologists. You can earn up to 38.25 AMA PRA Category 1 Credits™! More information can be found on page 32 or by visiting [sleepmeeting.org](http://sleepmeeting.org).



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**BALTIMORE2018**  
**SAVINGS**

Not an AASM or  
SRS member yet?

**MEMBER RECEIPT**

SLEEP 2018 | BALTIMORE, MD

SLEEP 2018 REGISTRATION	\$300
HALF-DAY POSTGRADUATE COURSE	\$85

**MEMBER RATE \$385**

**NONMEMBER RECEIPT**

SLEEP 2018 | BALTIMORE, MD

SLEEP 2018 REGISTRATION	\$525
HALF-DAY POSTGRADUATE COURSE	\$150

**NONMEMBER RATE \$675**

Members save an average of \$290 over nonmembers when pre-registering for SLEEP 2018 with a half-day postgraduate course.

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

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\* Student discount differs, see website for details. Preregistration offer ends 4/20/2018 for regular members.

# SESSION DESCRIPTIONS

 <b>C</b>	<b>Postgraduate Courses</b>	Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.
<b>D</b>	<b>Discussion Groups</b>	Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.
<b>F</b>	<b>Rapid-Fire Symposia</b>	Fast-paced, two-hour sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field.
<b>I</b>	<b>Invited Lectures</b>	Forty-minute lectures during which senior-level investigators/clinicians present in their areas of expertise, followed by 20 minutes of audience Q&A.
 <b>L</b>	<b>Lunch Debates</b>	Large-group lunch sessions during which two experts in the field debate on a single topic. Lunch is provided.
 <b>M</b>	<b>Meet the Professors</b>	Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic.
<b>O</b>	<b>Oral Presentations</b>	15-minute presentations during which investigators present their latest research and new ideas in the field.
<b>S</b>	<b>Symposia</b>	Two-hour sessions focusing on the latest data and ideas in the field.
<b>W</b>	<b>Clinical Workshops</b>	Reviews of patient-related and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.

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**ABSTRACTS**

Poster presentations will be available for viewing June 3-5. Access is included with general registration.

*View more details on page 29.*



**Sleepmeeting.org**

Receive the latest details



**Ticketed Events**

Tickets required to attend

*\*All schedule information is subject to change. Please go to [sleepmeeting.org](http://sleepmeeting.org) for the most up-to-date information.*

# SCHEDULE

**SAT**

June 02

**SUN**

June 03

**MON**

June 04

**TUES**

June 05




**WED**

June 06

**Registration Open – 6:30AM – 5:30PM**



## 8:00AM – 5:00PM Postgraduate Courses

**FULL-DAY**

 C01	<b>Year in Review 2018</b>	Shalini Paruthi, MD, Co-Chair   Frank Scheer, PhD, Co-Chair   Sabra Abbott, MD, PhD   Nancy Collop, MD   Lois Krahn, MD   Raman Malhotra, MD   Sara Mednick, PhD   David Raizen, MD, PhD
 C02	<b>Trends in Sleep Medicine</b>	Kathleen Sarmiento, MD, Co-Chair   Christine Won, MD, Co-Chair   Isabelle Arnulf, MD, PhD   Luqi Chi, MD   Nancy Collop, MD   Anne Germain, PhD   Thomas Neylan, MD   Susheel Patil, MD, PhD   Shannon Sullivan, MD   Lisa Wolfe, MD
 C03	<b>Skills for Success in Academic Sleep Research and Clinical Practice</b>	Philip Gehrman, PhD, Chair   Sonia Ancoli-Israel, PhD   David Dinges, PhD   Beth Malow, MD   Naresh Punjabi, MD, PhD   Ronald Szymusiak, PhD   Kenneth Wright, PhD   Phyllis Zee, MD, PhD

## 8:00AM – 12:00PM Postgraduate Courses



**HALF-DAY**

 C04	<b>Cases That Keep You Up At Night: Challenging Cases for the Sleep Specialist</b>	Raman Malhotra, MD, Chair   Glen Greenough, MD   Douglas Kirsch, MD   Kannan Ramar, MD
 C05	<b>Substrates and Mechanisms of Sleep Resiliency and the Impact on Mental Health and Therapeutic Outcomes</b>	Tracy Jill Doty, PhD, Chair   Thomas Balkin, PhD   Allison Brager, PhD   Vincent Capaldi, MD   John Hughes, MD

## 12:00PM – 1:00PM Lunch Break *(on your own)*

## 1:00PM – 5:00PM Postgraduate Courses

**HALF-DAY**

 C06	<b>Powered Sleep Apnea Examination: Optimizing Outcome, Hands-on</b>	Ofer Jacobowitz, MD, PhD, Chair   Nancy Collop, MD   Raj Dedhia, MD   B. Gail Demko, DMD
 C07	<b>Circadian Biology and Disease from Bench to Patient: Implications for Therapeutic Strategies in Clinical Care</b>	Melanie Pogach, MD, Chair   Jonathan Lipton, MD, PhD   Frank Scheer, PhD   Michael Smolensky, PhD   Aleksandar Videnovic, MD

### Faculty Development Workshops




**Three, one-hour sessions** will focus on providing professional development for educators. Presenters will review tips for mentorship, teaching different levels of learners and implementing telemedicine in sleep and fellowship programs.

**VISIT [SLEEPMEETING.ORG](https://sleepmeeting.org) FOR THE SCHEDULE & SPEAKERS**

## Registration Open – 6:30AM – 5:30PM



## 8:00AM – 5:00PM Postgraduate Courses

FULL-DAY

 C08	<b>2018 State of the Art for Clinical Practitioners</b>	Glen P. Greenough, MD, Co-Chair   Jason Ong, PhD, Co-Chair   Isabelle Arnulf, MD, PhD   Claudio Bassetti, MD   Julio Fernandez-Mendoza, PhD   Vishesh Kapur, MD   Ash Kaul, MD   Carol Rosen, MD   Michael Silber, MBChB   James Wyatt, PhD
 C09	<b>Sleep Medicine Board Review</b>	Alon Avidan, MD, Chair   Ruth Benca, MD   Cathy Goldstein, MD   Teofilo Lee-Chiong, MD   Robin Lloyd, MD   Raman Malhotra, MD   Shalini Paruthi, MD   Michael Silber, MBChB
 C10	<b>Behavioral Sleep Medicine Innovations: What is Hot Now and What May Be on the Horizon?</b>	Jack Edinger, PhD, Chair   Mark Aloia, PhD   John Arnedt, PhD   Julio Fernandez-Mendoza, PhD   Lisa Meltzer, PhD   Wilfred Pigeon, PhD   Lee Ritterband, PhD   James Wyatt, PhD

## 8:00AM – 12:00PM Postgraduate Courses



HALF-DAY

 C11	<b>PedNeuroSleep 2018: Tailored Sleep Medicine for Children with Neurodevelopmental, Neuromuscular and Neurologic Disorders</b>	Madeleine Grigg-Damberger, MD, Chair   Umakanth Katwa, MD   Sanjeev Kothare, MD   Shelly Weiss, MD
 C12	<b>Following the Yellow Brick Road of a Busy Inpatient Sleep Medicine Consult Service</b>	Karin Johnson, MD, Chair   Dennis Auckley, MD   Peter Gay, MD   Melissa Knauert, MD



12:00PM – 1:00PM Lunch Break *(on your own)*

## 1:00PM – 5:00PM Postgraduate Courses

HALF-DAY

 C13	<b>Advances in Treatment of RLS: Expanding Drug and Iron Choices and Practical Approaches for RLS in Alzheimer's and Other Patients with Dementia</b>	Richard P. Allen, PhD, Chair   Christopher Earley, MD, PhD   Diego Garcia-Borreguero, MD, PhD   Kathy Richards, PhD, RN
 C14	<b>Sleep Disorders in Military Personnel and Veterans: How these Populations are Shaping the Field of Sleep Medicine</b>	Vincent Mysliwiec, MD, Chair   Phillip Gehrman, PhD   Kathleen Sarmiento, MD   Nita Shattuck, PhD

## 1:00PM – 3:00PM General Sessions

 F01	<b>Newly Identified Sleep-Wake Circuits as Potential Therapeutic Targets</b>	Anne Venner, PhD, Chair   Christelle Anaclet, PhD   Ada Eban-Rothschild, PhD   Jimmy Fraigne, PhD   Satvinder Kaur, PhD   William Todd, PhD   Hannah Bowrey, PhD
 O01	<b>Influence of Sleep on Learning, Memory and Cognition</b>	

# SCHEDULE

**SAT**

June 02

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June 05

**WED**

June 06

S01

## **Diverse Biomarkers and Therapeutic Targets for Sleep Research: Basic and Translational Approaches Across Species**

Namni Goel, PhD, Chair | Mary Carskadon, PhD |  
Shinjae Chung, PhD | Emmanuel Mignot, MD, PhD

**3:00PM – 3:15PM** Refreshment Break

**3:15PM – 5:15PM** General Sessions

S02

## **Histamine: Neural Circuits and New Medications**

Thomas Scammell, MD, Chair | Yves Dauvilliers, PhD |  
Alexander Jackson, PhD | William Wisden, PhD

O02

## **Healthy Shiftwork? Measures, Mitigation and Functional Outcomes**

O03

## **Circadian Rhythms, Shiftwork Effects on Metabolism, Cardiovascular Function and Physical Activity**

**5:00PM – 7:00PM** Poster Presentations

## ENJOY THE PLENARY SESSION

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**THOUGHT  
LEADERS**



Monday, June 4th, 8:15 - 10:00 AM,  
featuring a Keynote Address from Dr. Eve  
Van Cauter. This session is free to all  
SLEEP 2018 attendees. Make sure you are  
there early as space fills up quickly. The Keynote Address is  
always one of the most popular events and most talked  
about sessions at SLEEP.



**Registration Open – 6:30AM – 5:30PM****8:15AM – 10:00AM Plenary Session and Keynote Address**

I01

**The Cross-Talk Between Sleep and Circadian Clocks: Mechanisms and Health Implications**★ **Keynote Speaker** Eve Van Cauter, PhD**10:00AM – 4:00PM Exhibit Hall Open****10:00AM – 10:30AM Refreshment Break****10:30AM – 11:30AM General Sessions**

O04

**Current Issues in the Delivery of CBT-I**

O05

**Molecular, Genetic and Genomic Analyses of Sleep****11:30AM – 12:30PM General Sessions**

I02

**Sleep Analytics**

Emmanuel Mignot, MD, PhD

I03

**Sleep and the Immune System**

Asya Rolls, PhD

**10:30AM – 12:30PM General Sessions**

D01

**Models of Collaborative Care to Diagnose and Manage Obstructive Sleep Apnea**Ronald Chervin, MD, Chair | Rashmi N. Aurora, MD |  
David Kristo, MD | Ilene M. Rosen MD

O06

**Take My Breath Away: Pediatric Apnea**

O07

**Cognitive, Neural and Metabolic Effects and Mitigation of Sleep Deprivation**

S03

**The Efficacy and Value of Improving Poor Sleep Health During Pregnancy**Rachel Manber, PhD, Chair | Bei Bei, PhD |  
Leslie Swanson, PhD | Phyllis C. Zee MD, PhD

S04

**Circadian Misalignment in Real World Settings: Impact on Physical and Mental Health**Kelly Baron, PhD, Chair | Brant Hasler, PhD | Brett Millar, PhD |  
Sirimon Reutrakul, MD

W01

**The New Era of Restless Legs Syndrome Management**Joseph Berkowski, MD, Chair | Mark Buchfuhrer, MD |  
Christopher Earley, MBBCh, PhD | Rachel Marie Salas, MD**12:30PM – 1:45PM Lunch Break (on your own)**

# SCHEDULE

**SAT**

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June 05

**WED**







June 06

## 12:30PM – 1:45PM AASM General Membership Meeting

## 12:30PM – 1:45PM Lunch Sessions

 L01	<b>The Effect of CPAP on Cardiovascular Disease is Real - Differing Perspectives</b>	Shahrokh Javaheri, MD   Virend Somers, MD
 M01	<b>Implementing CBT-I in Clinical Settings: Lessons Learned and Ways Forward</b>	Rachel Manber, PhD
 M02	<b>Upper Airway Stimulation for OSA</b>	Patrick J. Strollo Jr., MD
 M03	<b>Sleep and Circadian Health</b>	Kenneth Wright, PhD
 M04	<b>Circuit Mechanisms Mediating Arousal</b>	Patrick Fuller, PhD
 M05	<b>Sleep, Recovery and Human Performance in Elite Athletes: Case Presentation</b>	Charles Samuels, MD
LBA	<b>Late-Breaking Abstracts</b>	

## 1:45PM – 2:45PM General Sessions

 I04	<b>The Ongoing Transformation of Sleep Medicine – Home Sleep Apnea Testing Was Just the Beginning!</b>	Samuel Kuna, MD
 I05	<b>Molecular and Cellular Mechanisms Underlying the Homeostatic Regulation of Sleep</b>	Mark Wu, MD, PhD
 O08	<b>Sleep-Related Movement Disorders</b>	
 O09	<b>Patient-Centered Outcomes in Sleep-Disordered Breathing</b>	
 O10	<b>Sleep Health Across the Female Lifecycle</b>	
 O11	<b>Sleep and Development</b>	

## 2:45PM – 3:00PM Refreshment Break

**3:00PM – 5:00PM General Sessions**

S05	<b>Beyond CPAP: Latest Developments on Newer and Modified Treatments for Obstructive Sleep Apnea</b>	Clete A. Kushida MD, PhD, Chair   Jerrold Kram, MD   John Remmers, MD   Patrick J. Strollo Jr., MD
S06	<b>Insomnia with Short Sleep Duration: New Research Findings and Clinical Implications</b>	Alexandros Vgontzas, MD, Chair   Suzanne Bertisch, MD   Jack Edinger, PhD   Julio Fernandez-Mendoza, PhD   Christopher Miller, PhD
S07	<b>Pharmacologic Management of RLS and PLMD in Children: Evidence and Clinical Experiences</b>	Narong Simakajornboon, MD, Chair   Thomas Dye, MD   Suresh Kotagal, MBBS   Daniel Picchietti, MD
S08	<b>Evolutionary and Developmental (Evo-Devo) Studies of Sleep and Wakefulness</b>	Ritchie Brown, PhD, Chair   Seth Blackshaw, PhD   Lea Goentoro, PhD   David Prober, PhD
S09	<b>Recent Advances in Understanding the Role of Sleep in the Development of Emotional Memories and Posttraumatic Stress Disorder</b>	Birgit Kleim, PhD, Chair   Yasmine Azza   Anne Germain, PhD   Ihory Kobayashi, PhD   Thomas Mellman, MD   Edward Pace-Schott, PhD
D02	<b>Expanding Diversity in Sleep Research and Medicine - Within and Beyond our Ranks</b>	Chandra Jackson, PhD, Chair   Aneesa Das, MD   Girardin Jean-Louis, PhD   Shalini Paruthi, MD   Susan Redline, MD   Azizi Seixas, PhD   Katherine Sharkey, MD, PhD
O12	<b>Evaluating and Characterizing Hypersomnias</b>	
O13	<b>Sleep and Aging</b>	

**EXTENSIVE SELECTION**

*get*  
BALTIMORE2018  
**SESSIONS**

SLEEP 2018 features an extensive selection of sessions for you to enjoy. Use this preliminary program as a guide for you to prepare for the meeting. Register today and plan your trip so you can get even more out of SLEEP 2018!

# SCHEDULE

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**Registration Open – 7:30AM – 5:00PM**

## 8:00AM – 10:00AM General Sessions

W02	<b>Population Sleep Health: The Evolution of Sleep Disorders Centers in a Value-Based Care Paradigm</b>	Darius Loghmanee, MD, Chair   Matthew Balog   Sarah Honaker, PhD   Christopher Ryan, PhD
F02	<b>The Plasticity Functions of Sleep Rhythms for the Brain</b>	Sara Aton, PhD, Chair   Maxim Bazhenov, PhD   Niels Niethard, PhD   James Roach, PhD   Gideon Rothschild, PhD   Julie Seibt, PhD   Greta Sokoloff, PhD   Igor Timofeev, PhD
F03	<b>Transitioning Mechanisms of Sleep Resiliency Identified in the Laboratory to the Study of Sleep on the Battlefield</b>	Hilary Uyhelji, PhD, Chair   Allison Brager, PhD   Devon Grant, PhD   Rachel Markwald, PhD   Brieann Satterfield, PhD   Walter Sowden, PhD
D03	<b>New Paradigms in Sleep Apnea Management: Incorporating the Patient Voice in Personalizing Treatment</b>	Susan Redline, MD, Chair   Si Baker-Goodwin, PhD   Suzanne Bertisch, MD,   Nancy Collop, MD   Matthew Epstein, JD   Sherry Hanes   James Johnston, PhD   Kathy Page   Michael Twery, PhD
D04	<b>Sleep Education in Training Programs: Now and the Future</b>	Michelle Cao, DO, Chair   Ronald Chervin, MD   Christian Guilleminault, MD   David Schulman, MD   Anita Shelgikar, MD   Shannon Sullivan, MD   Phyllis Zee, MD, PhD
S10	<b>Sleep-Emotion Relationships in Preschoolers, School-Aged Children and Adolescents</b>	Candice Alfano, PhD, Chair   Lisa Meltzer, PhD   Dana McMakin, PhD   Rebecca Spencer, PhD
S11	<b>Mechanisms of Insomnia and its Treatment: From Model Systems to Humans</b>	Matthew Kayser, MD, PhD, Chair   Philip Gehrman, PhD   Andrew Krystal, MD   Anne Venner, PhD
O14	<b>Sleep-Disordered Breathing and Cardiometabolic Outcomes</b>	

## 10:00AM – 4:00PM Exhibit Hall Open

## 10:00AM – 10:20AM Refreshment Break

## 10:20AM – 11:20AM General Sessions

I06	<b>Central Apnea: A Headline or Footnote?</b>	M. Safwan Badr, MD
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## 11:20AM – 12:20PM General Sessions







I07	<b>Towards a Personalized Approach to Obstructive Sleep Apnea</b>	 <b>Thomas Roth Lecture of Excellence</b> Allan Pack, MBChB, PhD
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## 10:20AM – 12:20PM General Sessions

W03	<b>Defining Hypersomnolence: Moving Beyond the Multiple Sleep Latency Test</b>	David Plante, MD, Chair   Isabelle Arnulf, MD, PhD   Chad Ruoff, MD   Lynn Marie Trotti, MD
F04	<b>Interdisciplinary Pediatric Sleep Research: The Legacy of Carole Marcus</b>	Suzanne Beck, MD, Chair   Christopher Cielo, DO   Andrea Kelly, MD   Lisa Meltzer, PhD   Ignacio Tapia, MD   Ariel Williamson, PhD   Melissa Xanthopoulos, PhD
S12	<b>Substances and Sleep: Medical Benefit, Illicit Use and the Risk of Abusable Prescriptions in Sleep Disorders</b>	Anita Rajagopal, MD, Chair   Hrayr Attarian, MD   Margaret Kay-Stacey, MD   Bernardo Selim, MD   John Winkelman, MD, PhD
S13	<b>Preoptic Integration of Sleep and Thermoregulation</b>	Clifford Saper, PhD, Chair   Noor Alam, PhD   Yang Dan, PhD   Nicholas Franks, PhD   Ramalingam Vetrivelan, PhD
S14	<b>The Emerging Role of Adenosine in Restless Legs Syndrome: From Mechanisms of Disease to New Potential Therapeutic Targets</b>	Diego Garcia-Borreguero, MD, PhD, Chair   Stefan Clemens, PhD   Sergi Ferré, MD, PhD   Robert Greene, MD, PhD
O15	<b>The Upper Airway Function and Anatomy</b>	
O16	<b>Sleep Instrumentation and Computational Methodology</b>	

12:20PM – 1:30PM Lunch Break *(on your own)*

## 12:20PM – 1:30PM Lunch Sessions

R01	<b>Brown Bag Case Reports</b>	
 L02	<b>Is REM Sleep More Important than NREM Sleep?</b>	Gina Poe, PhD   Robert Stickgold, PhD
 M06	<b>Legs, Hearts and Brains: Do RLS and PLMS Increase the Risk of Cardiovascular and Cerebrovascular Disease and Mortality?</b>	John Winkelman, MD, PhD
 M07	<b>Pharmacologic Treatment of Insomnia in Children</b>	Andrew Krystal, MD
 M08	<b>Wreck-a-Mendations: Addressing Sleep Apnea in Commercial Drivers</b>	Indira Gurubhagavatula, MD
 M09	<b>REM Sleep in Health and Disease</b>	John Peever, PhD
 M10	<b>Neural Circuits Controlling Sleep and Feeding Behaviors</b>	Christian Burgess, PhD



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June 06

## 12:30PM – 1:30PM SRS General Membership Meeting

## 1:30PM – 2:30PM General Sessions

I08	<b>Sleep in Sick Newborns - What Have We Been Missing?</b>	Renée Shellhaas, MD
I09	<b>Neurogenetics of Hunger and Sleep</b>	Joe Bass, MD, PhD
S15	<b>Staying Together, Sleeping Apart?</b>	Sean Drummond, PhD, Chair   Heather Gunn, PhD   Soomu Lee, PhD
O17	<b>Impact of Cancer on Sleep</b>	
O18	<b>Novel Drug Therapy for Hypersomnia: Clinical Trial Results</b>	
O19	<b>Healthcare Delivery and Education</b>	

## 2:30PM – 2:45PM Refreshment Break

## 2:45PM – 4:45PM General Sessions

W04	<b>Sleep Psychiatry for the Non-Psychiatrist</b>	Merrill Wise, MD, Chair   Samuel Fleishman, MD   Reut Gruber, PhD   Anna Ivanenko, MD, PhD
D05	<b>Perspectives on the Implementation of Recent AASM Quality Outcome Measures in Sleep Medicine Practice</b>	Romy Hoque, MD, Chair   Richard Berry, MD   Ronald Chervin, MD   Nancy Collop, MD   Charlene Gamaldo, MD   Timothy Morgenthaler, MD   Harneet Walia, MD   Emerson Wickwire, PhD
F05	<b>Sleep and Related Neuroendocrine Alterations as a Culprit of Chronic Brain Injury Morbidity</b>	Grace Griesbach, PhD, Chair   Jonathan Elliott, PhD   Stefanie Howell, PhD   Rachel Rowe, PhD   Colin Shapiro, MD
S16	<b>Central Sleep Apnea: Oxygen, PAP, ASV or Phrenic Nerve Stimulation?</b>	Neomi Shah, MD, Chair   Douglas Bradley, MD   Martin Cowie, MD   Shahrokh Javaheri, MD
S17	<b>Biomarkers of Circadian Phase and Circadian Misalignment</b>	Kenneth Wright, PhD, Chair   Clare Anderson, PhD   Steven Brown, PhD   Derk-Jan Dijk, PhD
O20	<b>Battle of the Eyelids: Pediatric Insomnia and Hypersomnia</b>	
O21	<b>Insomnia: Diagnosis, Pathophysiology and Treatment</b>	
O22	<b>Neurobiology of Sleep and Wakefulness</b>	

**Registration Open – 7:30AM – 5:00PM****7:00AM – 8:00AM** Poster Set-up**8:00AM – 10:00AM** General Sessions

S18	<b>Sleep-Disordered Breathing in Pediatric and Adult Neuromuscular Disease: Presentation, Nuances and Management Options</b>	Hemant Sawnani, MD, Chair   Justin Brockbank, MD   Ann Romaker, MD   Lisa Wolfe, MD
S19	<b>Insomnia as a Risk Factor for Suicide and The Impact of Treating Insomnia in Suicidal Patients: The REST-IT Study</b>	William McCall, MD, Chair   Ruth Benca, MD, PhD   Meredith Rumble, PhD
S20	<b>Advancing Sleep Research in Moderate to Severe TBI: Three Multi-Center Studies Within the TBI Model System Program of Research</b>	Risa Nakase-Richardson, PhD, Chair   Kathleen Bell, MD   Jill Coulter   Joseph Coulter   Anthony Lequerica, PhD
S21	<b>Sleep in Neurodevelopmental Disorders</b>	Carrie Mahoney, PhD, Chair   Jonathan Lipton, MD, PhD   Beth Malow, MD   Rachel Sare, PhD
S22	<b>Molecular, Genetic and Cellular Mechanisms of Obstructive Sleep Apnea Phenotypes</b>	Vsevolod Polotsky, MD, PhD, Chair   Nanduri Prabhakar, PhD   Susan Redline, MD   Clifford Saper, MD, PhD
S23	<b>Using Sleep to Uncover the Mechanism of Rapid Antidepressants</b>	Jennifer Goldschmied, PhD, Chair   Elizabeth Ballard, PhD   Robert Göder, MD   Christoph Nissen, MD
O23	<b>Dementia and Sleep</b>	
O24	<b>Cardiometabolic Risk of Short Sleep Duration</b>	

**10:00AM – 1:30PM** Exhibit Hall Open**10:00AM – 10:20AM** Refreshment Break**10:20AM – 12:20PM** General Sessions

D06	<b>The Elephant in the Nursery: Controversies and Conundrums in Pediatric Insomnia</b>	Judith Owens, MD, Chair   Valerie Crabtree, PhD   Jodi Mindell, PhD   Hawley Montgomery-Downs, PhD   Sarah Morsbach Honaker, PhD   Althea Robinson Shelton, PhD   Eric Zhou, PhD
S24	<b>Polysomnographic and Symptom Clusters in Obstructive Sleep Apnea: Clinical Relevance</b>	Ulysses Magalang, MD, Chair   Brendan Keenan   Thorarinn Gislason, MD, PhD   Grace Pien, MD   Henry Yaggi, MD
S25	<b>Sleep, Stroke and Vascular Dementia</b>	Melissa Lipford, MD, Chair   Devin Brown, MD   Antonio Culebras, MD   Karl Doghramji, MD
O25	<b>Sleep in the Elderly: Cognitive Impairment and Function Decline</b>	

# SCHEDULE

**SAT**

June 02

**SUN**

June 03

**MON**

June 04

**TUES**

June 05

**WED**

June 06

S26

## **Sleep Neuroimaging: Recent Advances in Functional Magnetic Resonance Imaging Methods for Studying Sleep-Wake States**

Daniel Kay, PhD, Chair | Julie Carrier, PhD | Stuart Fogel, PhD | Dante Picchioni, PhD

S27

## **Inflammatory Mechanisms in Sleep Regulation, Behavior and Disease**

Mark Zielinski, PhD, Chair | Brian Cade, PhD | James Krueger, PhD | Janet Mullington, PhD

**12:20PM – 1:30PM Lunch Break (*on your own*)**

**12:20PM – 1:30PM Lunch Sessions**



L03

## **Is Sleeping Long Bad for You?**

Charles Czeisler, MD, PhD | Shawn Youngstedt, PhD



M11

## **Pediatric OSA After Adenotonsillectomy: Now What?**

Carol Rosen, MD



M12

## **Genetics of Chronotype and Sleep and Impact on Human Health**

Richa Saxena, PhD



M13

## **Sleep's Influence on Learning and Memory**

Sara Aton, PhD



M14

## **Emerging Therapies and Best Management for Patients with Narcolepsy or Hypersomnia**

Yves Dauvilliers, MD, PhD



M15

## **Managing Sleep Disorders During the Opioid Crisis**

Charlene Gamaldo, MD

**1:30PM – 2:30PM General Sessions**

I10

## **The Dynamics of Sleep Need: What Do We Know? What Do We Need to Know?**

David Dinges, MD, PhD

O26

## **Sleep Like a Baby**

O27

## **Night Owls, Shift Workers and Circadian Health**

O28

## **Sleep and Psychiatric Disease**

O29

## **Sleep and Neurologic Disease**

O30

## **Cardiovascular and Metabolic Function**

**2:30PM – 2:45PM Refreshment Break**

## 2:45PM – 4:45PM General Sessions

F06	<b>Sleep and Neurodegeneration – Multidisciplinary Perspectives from the Global Brain Health Institute</b>	Claire Sexton, DPhil, Chair   Elissaios Karageorgiou, MD, PhD   Yue Leng, PhD   Talita Rosa, MD   Konstantina Sykara   Jennifer Zitser, MD
D07	<b>Enhancing Peer Review of Sleep/Circadian Grants</b>	Allan Pack, MBChB, Chair   Miroslaw Mackiewicz, PhD   Michael Selmanoff, PhD   Karen Teff, PhD   Denise Wiesch, PhD   Kenneth Wright, PhD
D08	<b>Bench to Bell Time and Beyond: Interdisciplinary Strategies for Translating the Science of Adolescent Sleep into Policy</b>	Conrad Iber, MD, Chair   Darrel Droblich   Susan Malone, PhD, RN   Judith Owens, MD   Wendy Troxel, PhD   Kyla Wahlstrom, PhD   Robert Whitaker, MD
S28	<b>Sleep Well to Work Better</b>	Cathy Goldstein, MD, Chair   Christopher Barnes, PhD   Christopher Drake, PhD   Natalie Hartenbaum, MD   Frank Scheer, PhD
031	<b>Polysomnographic Phenotypes of Sleep-Disordered Breathing</b>	
032	<b>Sleep, Mood and Suicide</b>	

## NEW MEET-UPS &amp; EVENTS

*get*  
BALTIMORE2018  
NETWORKING

Looking for things to do in Baltimore? We have big plans to help you spend your time wisely and get in contact with your peers. Register for SLEEP 2018 and be on the lookout for details. All of our events are hosted before or after sessions so you can relax and still enjoy the conference!

Introducing the NEW Tech Track at SLEEP 2018 – a two-day itinerary planned specifically for sleep technologists and respiratory therapists that focuses on relevant topics and issues.

No matter if the technologist is early or late in their career, there is a plethora of information waiting for all sleep technologists to take with them and implement into their day-to-day work.

Attendees will earn up to 12 AASM CEC or CME credits



The Tech Track provides sleep technologists with a valuable educational experience at SLEEP 2018 for ALL attendees. With curriculum that's laser-focused on topics applicable to sleep technology, you will expand your professional knowledge and sharpen your clinical skills.

Beginning on Monday, June 4, one and two-hour sessions will be led by distinguished faculty on clinical topics including:

- Technical Aspects of Polysomnography
- Pediatric Polysomnography
- Practical Anatomy and Physiology of Sleep-Disordered Breathing
- Advanced Modes of PAP Therapy
- Movement and Neurology-Based Sleep Disorders
- Inter-scorer Reliability (ISR) Review
- Careers in Sleep Technology

Sleep Technologist Members

**REGISTER BY APRIL 20TH**

**for a discounted registration fee: \$175!\***

*\*AASM & SRS members only*



# TRACK TOPICS

NEW

## Monday, June 4, 2018

### 8:15AM-10:00AM

#### Plenary Session - Eve Van Cauter, PhD

*Participants in the Technologist Track are encouraged to attend.*

The Cross-Talk Between Sleep and Circadian Clocks:  
Mechanisms and Health Implications

### 10:30AM – 12:30PM

#### Technical Aspects of PSG

*Amber Allen, RPSGT, RST, CCSH | Dara Ball, RPSGT, RST |  
Larry Brewer, RPSGT, RST | Julie Pitman, RPSGT, RST, CCSH*

- ECG Arrhythmia Considerations for the Post-HSAT Sleep Study Patient
- Innovations in EEG Application and Recording Protocol
- Respiration and CO2 Monitoring
- Technician Considerations for Interactions with Pediatric/ Geriatric Patients

### 1:45PM – 2:45PM

#### Pediatric Polysomnography

*Louella Amos, MD | Madeleine Grigg-Damberger, MD*

- A Comparative Review: Adults and Children Sleep Scoring
- Sleep Apnea in the Complex Pediatric Patient

### 3:00PM - 5:00PM

#### Careers in Sleep Technology

*Daniel Lane, RPSGT, RST | Eileen Leary, RPSGT, RST |  
Shannon Sullivan, MD | Christine Won, MD*

- The Changing Landscape of Sleep Technology and Sleep Telemedicine
- How to Remain Competitive in Sleep Medicine
- Management of Sleep Facility - Developing Leadership and Administrative Skills
- The Role of Sleep Technologist/Respiratory Therapist and a Clinical Sleep Educator

## Tuesday, June 5, 2018

### 8:00AM – 10:00AM

#### Practical Anatomy and Physiology of Sleep-Disordered Breathing

*Steven Coutras, MD | Ulysses Magalang, MD | Atul Malhotra, MD |  
Patrick J. Strollo Jr., MD*

- Neurology and Breathing
- Normal Upper Airway Anatomy
- Pathophysiology of Central Sleep Apnea
- Pathophysiology of Obstructive Sleep Apnea

### 10:20AM – 12:20PM

#### Advanced Modes of PAP Therapy

*Michelle Cao, DO | Shahrokh Javaheri, MD | Bernardo Selim, MD |  
Robert Stansbury, MD*

- ASV - Tips for Successful Titration
- Nuts and Bolts of Bi-Level S and ST Titration
- Overview of Advanced Modes Ventilatory Support in the Sleep Facility
- Volume Assured Pressure Support Modes for Chronic Respiratory Failure Syndromes

### 1:30PM – 2:30PM

#### ISR Review Panel

- Claude Albertario, RST, RPSGT
- Faye Burnette, RRT, RPSGT
- Mark McCarthy, MD
- Scott Williams, MD
- Michael Zachek, MD

### 2:45PM - 4:45PM

#### Movement and Neurology-Based Sleep Disorders

*Richard P. Allen, PhD | Michael J. Howell, MD | Emmanuel Mignot, MD, PhD |  
Bradley V. Vaughn, MD*

- Movement Disorders
- Narcolepsy and Hypersomnia
- NREM and REM Parasomnias
- Sleep-Related Seizure Disorders

# INVITED LECTURERS

SLEEP 2018 brings you some of the brightest minds in sleep medicine and sleep research. Each invited lecturer will deliver a forty-minute lecture in their area of expertise, followed by twenty-minutes of audience Q&A.



Tues., June 5 | 10:20AM

## M. Safwan Badr, MD

Professor and Chairman, Department of Internal Medicine, Wayne State University School of Medicine

### Central Apnea: A Headline or Footnote

Dr. Badr is invested in outstanding medical education. He was the founding director of the WSU Sleep Medicine Fellowship program, and he teaches and mentors students in multiple departments across the medical school.



Tues., June 5 | 1:30PM

## Joseph Bass, MD, PhD

Charles F. Kettering Professor of Medicine, Chief, Division of Endocrinology, Metabolism, and Molecular Medicine, Department of Medicine and Neurobiology, Northwestern University

### Neurogenetics of Hunger and Sleep

Dr. Bass' laboratory has pioneered research on the role of the circadian system in the coordination of behavior and physiology applying genetic approaches to reveal how clocks function within the central nervous system and peripheral tissues to influence sleep, arousal, feeding and metabolism.



Wed., June 6 | 1:30PM

## David Dinges, PhD

Director, Unit for Experimental Psychiatry Chief, Division of Sleep and Chronobiology, Vice Chair, Faculty Affairs & Professional Development, Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania

### The Dynamics of Sleep Need: What Do We Know? What Do We Need to Know?

Dr. Dinges has been a tenured Professor at Penn for the past 25 years, during which time he has conducted sleep research supported by federal agencies, and taught sleep and chronobiology. His extensive body of published scientific work on the dynamic effects of sleep deprivation on human cognitive, neurobehavioral, and physiological functions, and on the consequences of sleep loss for health and safety, have been impactful in both scientific and policy areas.

## ★ KEYNOTE SPEAKER



Mon., June 4 | 9:00PM

## Eve Van Cauter, PhD

Frederick H. Rawson Professor, Department of Medicine, University of Chicago

### The Cross-Talk Between Sleep and Circadian Clocks: Mechanisms and Health Implications

During the past decade, research in her laboratory focused on the impact of decreases in sleep duration and quality on physical health and the interaction of sleep disturbances with the epidemic of obesity. Her group identified sleep loss and poor sleep quality as novel risk factors for obesity and diabetes. In recent years, her efforts have focused on understanding the mechanisms linking insufficient sleep and dysregulation of hunger and appetite.

## ★ THOMAS ROTH LECTURE OF EXCELLENCE



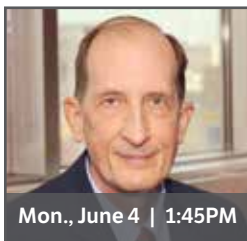
Tues., June 5 | 11:20PM

## Allan Pack, MBChB, PhD

John Mielot Professor of Medicine, Director of the Center for Sleep and Circadian Neurobiology, University of Pennsylvania

### Towards A Personalized Approach to Obstructive Sleep Apnea

Dr. Pack's current main area of focus is on functional genomic approaches to sleep and its disorders. He uses both *Drosophila* and mouse models in his work and translates findings to humans. A major component of his research relates to the pathogenesis and consequences of the common disorder, obstructive sleep apnea and to the effects of sleep loss.

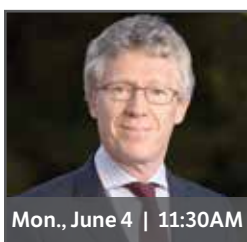


### Samuel Kuna, MD

Associate Professor of Medicine, Perelman School of Medicine, University of Pennsylvania

#### The Ongoing Transformation of Sleep Medicine - Home Sleep Apnea Testing Was Just the Beginning!

Dr. Kuna is a clinician researcher who is a member of the Center of Sleep and Circadian Neurobiology at the Perelman School of Medicine at the University of Pennsylvania. He has a joint appointment at the Corporal Michael J. Crescenz Veterans Affairs Medical Center where he serves as Chief of the Sleep Medicine Section and medical director of the VISN 4 Eastern Regional Sleep Center. His research focus is on patient-centered outcomes and novel methods of service delivery.



### Emmanuel Mignot, MD, PhD

Professor of Psychiatry and Behavioral Sciences, Stanford University  
Director of Stanford Center of Sleep Sciences and Medicine and the Center for Narcolepsy

#### Sleep Analytics

Most of Dr. Mignot's current research focuses on the neurobiology, genetics and immunology of narcolepsy, with indirect interest in the neuroimmunology of other brain disorders. His laboratory uses state-of-the-art human genetics techniques, such as genome wide association, exome or whole genome sequencing in the study of human sleep and sleep disorders, with parallel studies in animal models. His laboratory is also interested in web-based assessments of sleep disorders, computer-based processing of polysomnography and outcomes research.

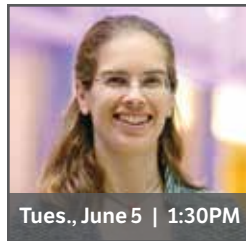


### Asya Rolls, PhD

Assistant Professor, Rappaport Medical School, Technion, Israel Institute of Technology, International Howard Hughes Medical Institute (HHMI)-Wellcome investigator

#### Sleep and the Immune System

Dr. Rolls studies the connection between the brain and the immune system. By understanding how sleep and defined neuronal affects immunity, her work aims to harness the brain's therapeutic potential.



### Renée Shellhaas, MD

Clinical Associate Professor, Department of Pediatrics and Communicable Diseases, Division of Neurology, University of Michigan

#### Sleep in Sick Newborns - What Have We Been Missing?

Dr. Shellhaas leads a multidisciplinary team for innovative research designed to evaluate quantitative polysomnographic data as markers of risk for adverse neurodevelopmental outcome for newborns who require intensive care. Her related studies have been designed to evaluate the influence of the ICU environment on neonatal sleep and the prevalence of sleep-disordered breathing among newborns who require intensive care.



### Mark Wu, MD, PhD

Associate Professor of Neurology and Neuroscience, Johns Hopkins University

#### Molecular and Cellular Mechanisms Underlying the Homeostatic Regulation of Sleep

His research focuses on the circadian and homeostatic regulation of sleep, using both fruit flies and mice as model systems. His group uses high-throughput screens in fruit flies to identify novel genes and circuits involved in these processes and then seeks to examine their relevance for mammals, including humans, by studying them in mice.

*get*  
**BALTIMORE2018**  
**THOUGHT  
LEADERS**



Designed for Confidence.  
Built for Comfort.

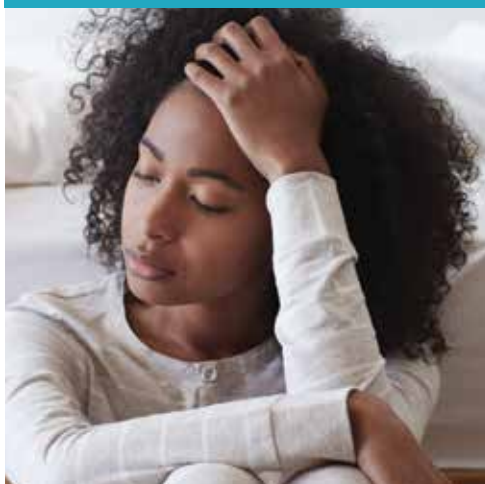
*Adjusts to fit*

**Introducing F&P Brevida™.** Gaining patient confidence is key to successful CPAP therapy. And patient confidence begins with a mask that fits and is comfortable. Developed from extensive patient-centered research, Brevida features both a simple, adjustable headgear to deliver an individual fit, and the innovative *AirPillow™* seal which inflates to form a gentle 'pillow' of air in and around the nose for a gentle and effective seal. For confident, successful patients, choose a Fisher & Paykel Healthcare nasal pillows mask. **The Mask Matters Most™.**

**Fisher & Paykel**  
HEALTHCARE



# Let's Get #BeyondSleepy



The Hypersomnia Foundation is a nonprofit patient advocacy group dedicated to improving the lives of those with idiopathic hypersomnia (IH) and related disorders.

**Please visit our booth at SLEEP 2018** to learn about our patient registry data (800+ participants) and research grant program. Visit our website to join our provider directory, get our brochure, see our upcoming events, and more.

[www.hypersomniafoundation.org](http://www.hypersomniafoundation.org)

# POSTGRADUATE COURSES



## SLEEP 2018 has a ton of great content to offer all attendees.

Enjoy additional sleep content with one of the Postgraduate Courses. Choose from a full-day or half-day course on a topic you enjoy. These sessions fill quickly and are viewed as an excellent resource for in-depth information regarding a variety of topics in sleep medicine and sleep research.

## FULL-DAY COURSES

**MEMBER \$150**  
**NONMEMBER \$200**

### Saturday 8:00AM - 5:00PM

#### C01: Year in Review 2018

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

Shalini Paruthi, MD, Co-Chair | Frank Scheer, PhD, Co-Chair |  
Sabra Abbott, MD, PhD | Nancy Collop, MD | Lois Krahn, MD |  
Raman Malhotra, MD | Sara Mednick, PhD | David Raizen, MD, PhD

#### C02: Trends in Sleep Medicine

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

Kathleen Sarmiento, MD, Co-Chair | Christine Won, MD, Co-Chair |

Isabelle Arnulf, MD, PhD | Luqi Chi, MD | Nancy Collop, MD |  
Anne Germain, PhD | Thomas Neylan, MD | Susheel Patil, MD, PhD |  
Shannon Sullivan, MD | Lisa Wolfe, MD

#### C03: Skills for Success in Academic Sleep Research and Clinical Practice

This course will provide guidance and instruction in a series of skills critical for academic success, whether one is a clinician or researcher.

Philip Gehrman, PhD, Chair | Sonia Ancoli-Israel, PhD |  
David Dinges, PhD | Beth Malow, MD | Naresh Punjabi, MD, PhD |  
Ronald Szymusiak, PhD | Kenneth Wright, PhD | Phyllis Zee, MD, PhD

### Sunday 8:00AM - 5:00PM

#### C08: 2018 State of the Art for Clinical Practitioners

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

Glen P. Greenough, MD, Co-Chair | Jason Ong, PhD, Co-Chair |  
Isabelle Arnulf, MD, PhD | Claudio Bassetti, MD |  
Julio Fernandez-Mendoza, PhD | Vishesh Kapur, MD |  
Ash Kaul, MD | Carol Rosen, MD | Michael Silber, MBChB |  
James Wyatt, PhD

#### C09: Sleep Medicine Board Review

This course is designed to review essential sleep medicine curriculum for physicians who plan to sit for the American Board of Medical Specialties examination in the specialty of sleep medicine.

Alon Avidan, MD, Chair | Ruth Benca, MD |  
Cathy Goldstein, MD | Teofilo Lee-Chiong, MD |  
Robin Lloyd, MD | Raman Malhotra, MD | Shalini Paruthi, MD |  
Michael Silber, MBChB

#### C10: Behavioral Sleep Medicine Innovations: What is Hot Now and What May Be on the Horizon?

This course will provide attendees training in the delivery of evidence-based and cutting-edge behavioral sleep medicine interventions for managing their sleep disorder patients.

Jack Edinger, PhD, Co-Chair | James Wyatt, PhD, Co-Chair |  
Mark Aloia, PhD | John Arnedt, PhD |  
Julio Fernandez-Mendoza, PhD | Lisa Meltzer, PhD |  
Wilfred Pigeon, PhD | Lee Ritterband, PhD



## Saturday 8:00AM - 12:00PM

### **C04:** Cases That Keep You Up At Night: Challenging Cases for the Sleep Specialist

This course will review challenging clinical scenarios encountered by the practicing sleep specialist in a case-based format.

Raman Malhotra, MD, Chair | Glen Greenough, MD |  
Douglas Kirsch, MD | Kannan Ramar, MD

### **C05:** Substrates and Mechanisms of Sleep Resiliency and the Impact on Mental Health and Therapeutic Outcomes

This course will review the latest findings in sleep and mental health with an emphasis on resiliency.

Tracy Jill Doty, PhD, Chair | Thomas Balkin, PhD |  
Allison Brager, PhD | Vincent Capaldi, MD | John Hughes, MD

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## Saturday 1:00PM - 5:00PM

### **C06:** Powered Sleep Apnea Examination: Optimizing Outcome, Hands-on

This course will present advanced physical examination techniques for assessment of the nasal, oral and pharyngeal airway in adults and children in lecture and hands-on formats.

Ofer Jacobowitz, MD, PhD, Chair | Nancy Collop, MD |  
Raj Dedhia, MD | B. Gail Demko, DMD

### **C07:** Circadian Biology and Disease from Bench to Patient: Implications for Therapeutic Strategies in Clinical Care

This course will present a translational approach to circadian biology, focusing on the underlying physiologic mechanisms and their implications for therapeutic strategies.

Melanie Pogach, MD, Chair | Jonathan Lipton, MD, PhD |  
Frank Scheer, PhD | Michael Smolensky, PhD |  
Aleksandar Videnovic, MD

## Sunday 8:00AM - 12:00PM

### **C11:** PedNeuroSleep 2018: Tailored Sleep Medicine for Children with Neurodevelopmental, Neuromuscular and Neurologic Disorders

This course provides a comprehensive review of how to evaluate and treat the breadth and nuances of sleep disorders in some of the most common neurodevelopmental, neuromuscular and neurologic syndromes referred to sleep specialists.

Madeleine Grigg-Damberger, MD, Chair | Umakanth Katwa, MD | Sanjeev Kothare, MD | Shelly Weiss, MD

### **C12:** Following the Yellow Brick Road of a Busy Inpatient Sleep Medicine Consult Service

This course will review the consequences of sleep disorders in the hospital and processes including an inpatient sleep service and systems to facilitate recognition of sleep disorders and transition of care that can be put in place to improve quality of care in the hospital and prevent readmission.

Karin Johnson, MD, Chair | Dennis Auckley, MD | Peter Gay, MD | Melissa Knauert, MD

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## Sunday 1:00PM - 5:00PM

### **C13:** Advances in Treatment of RLS: Expanding Drug and Iron Choices and Practical Approaches for RLS in Alzheimer's and Other Patients with Dementia

This course will explore the new RLS treatment guidelines and provide basic training and access to clinical tools for using new validated methods for diagnosis of RLS in patients with dementia along with treatment consideration.

Richard P. Allen, PhD, Chair | Christopher Earley, MD, PhD | Diego Garcia-Borreguero, MD, PhD | Kathy Richards, PhD, RN

### **C14:** Sleep Disorders in Military Personnel and Veterans: How these Populations are Shaping the Field of Sleep Medicine

This course will synthesize what has been learned from Military and Veteran populations in terms of the development, prevalence and treatment of complex sleep disorders and apply it to the growing field of sleep medicine.

Vincent Mysliwiec, MD, Chair | Phillip Gehrman, PhD | Kathleen Sarmiento, MD | Nita Shattuck, PhD



# LUNCH SESSIONS



## Fill your brain and your stomach!

With SLEEP 2018 Lunch Sessions attendees have the opportunity to enjoy a meal and learn about sleep.

Listen to opposing viewpoints during a Lunch Debate and enjoy your food while you evaluate their arguments. Please note, general registration does not include lunch for attendees. These sessions include lunch and will be on-site events.



## LUNCH DEBATES

**MEMBER \$40**

**NONMEMBER \$50**

Spend your lunch exploring hot topics in the field of sleep! Sessions will have approximately 100 participants and will be focused on a specific topic.

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### Monday, June 4 12:45PM – 1:45PM

#### L01: The Effect of CPAP on Cardiovascular Disease is Real - Differing Perspectives

Shahrokh Javaheri, MD and Virend Somers, MD

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### Tuesday, June 5 12:30PM – 1:30PM

#### L02: Is REM Sleep More Important than NREM Sleep?

Gina Poe, PhD and Robert Stickgold, PhD

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### Wednesday, June 6 12:30PM – 1:30PM

#### L03: Is Sleeping Long Bad for You?

Charles Czeisler, MD, PhD and Shawn Youngstedt, PhD



# MEET THE PROFESSORS

**MEMBER \$55**

**NONMEMBER \$65**

Enjoy lunch while participating in a discussion led by a prominent member of the sleep community. Sessions will have approximately 40 participants and will be focused on a specific topic. Please note, general registration does not include lunch for attendees. These sessions include lunch and will be on-site events.

## Monday, June 4 12:45PM – 1:45PM

**M01:** Implementing CBT-I in Clinical Settings: Lessons Learned and Ways Forward

Rachel Manber, PhD

**M02:** Upper Airway Stimulation for OSA

Patrick Strollo Jr., MD

**M03:** Sleep and Circadian Health

Kenneth Wright, PhD

**M04:** Circuit Mechanisms Mediating Arousal

Patrick Fuller, PhD

**M05:** Sleep, Recovery and Human Performance in Elite Athletes: Case Presentations

Charles Samuels, MD

## Tuesday, June 5 12:30PM – 1:30PM

**M06:** Legs, Hearts and Brains: Do RLS and PLMS Increase the Risk of Cardiovascular and Cerebrovascular Disease and Mortality?

John Winkelman, MD, PhD

**M07:** Pharmacologic Treatment of Insomnia in Children

Andrew Krystal, MD

**M08:** Wreck-a-mendations: Addressing Sleep Apnea in Commercial Drivers

Indira Gurubhagavatula, MD

**M09:** REM Sleep in Health and Disease

John Peever, PhD

**M10:** Neural Circuits Controlling Sleep and Feeding Behaviors

Christian Burgess, PhD

## Wednesday, June 6 12:30PM – 1:30PM

**M11:** Pediatric OSA After Adenotonsillectomy: Now What?

Carol Rosen, MD

**M12:** Genetics of Chronotype and Sleep and Impact on Human Health

Richa Saxena, PhD

**M13:** Sleep's Influence on Learning and Memory

Sara Aton, PhD

**M14:** Emerging Therapies and Best Management for Patients with Narcolepsy or Hypersomnia

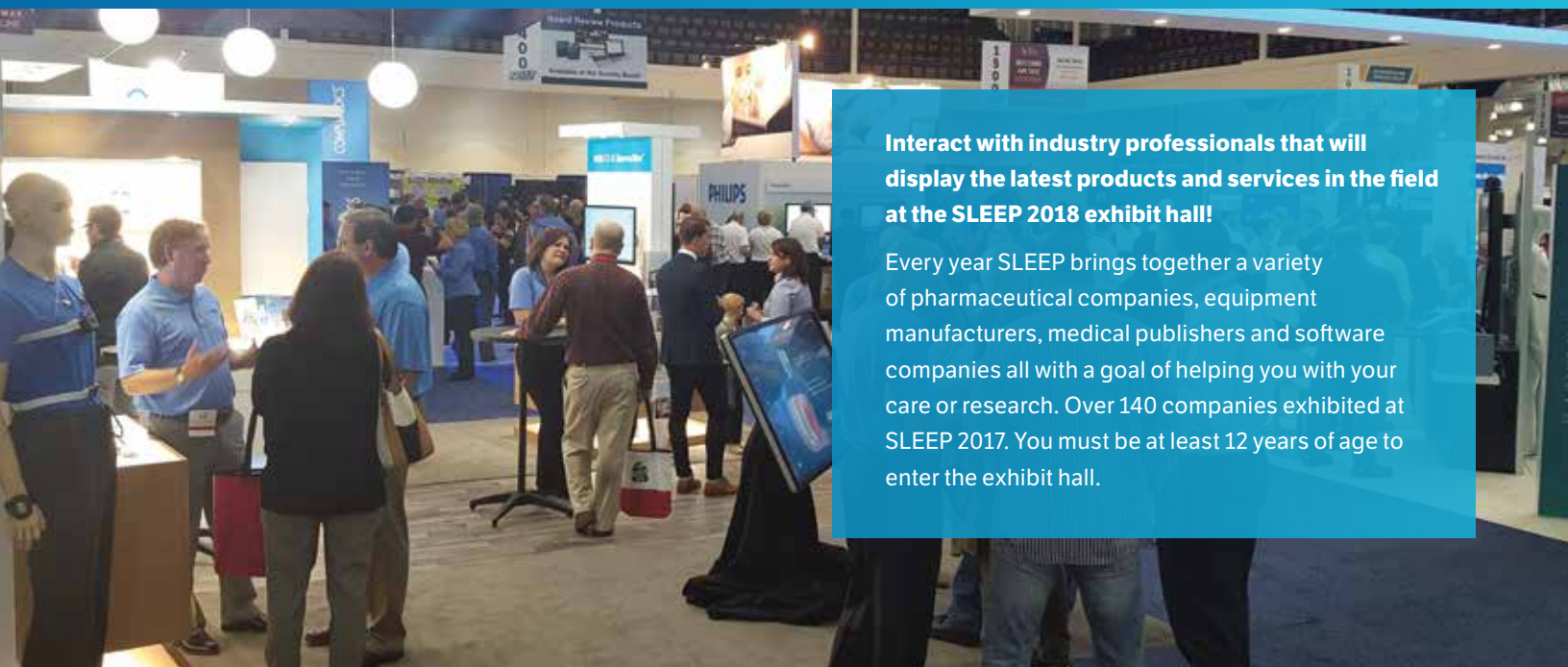
Yves Dauvilliers, MD, PhD

**M15:** Managing Sleep Disorders During the Opioid Crisis

Charlene Gamaldo, MD

# EXHIBIT HALL & NETWORKING

## EXHIBIT HALL



**Interact with industry professionals that will display the latest products and services in the field at the SLEEP 2018 exhibit hall!**

Every year SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers and software companies all with a goal of helping you with your care or research. Over 140 companies exhibited at SLEEP 2017. You must be at least 12 years of age to enter the exhibit hall.



### Society Booth

Visit the SLEEP 2018 Society Booth! Learn about member benefits, product offerings of AASM and SRS, and interact with peers and employees of the societies.



### AASM Learning Lounge

Learn about the newest services offered by the AASM at the AASM Learning Lounge. This is a great location for small group discussions and members to learn about all things AASM.



# SLEEP RESEARCH SOCIETY

## 23rd Annual Trainee Symposia Series

The 23rd Annual Sleep Research Society Trainee Symposia Series will be held Sunday, June 3, 2018 at the Baltimore Convention Center. The series is free to AASM and SRS student members. You must be registered for the SLEEP 2018 general session to participate. The deadline to register for the Trainee Symposia Series is April 20, 2018. Registrations will not be accepted after this date.

## Club Hypnos

Attend the SRS Member Reception “Club Hypnos” at the Hilton Baltimore. Attendees love socializing with their colleagues over food and drink. As one of the most attended events for SRS, Club Hypnos is something you won’t want to miss!

## Trainee Development Suite

The Trainee Development Suite offers SRS trainee member an opportunity to network with other trainees, experienced researchers and mentors in sleep and circadian science. Sessions will be offered for different levels of training; attendance at each session will be first-come, first-served. Visit [sleepresearchsociety.org](http://sleepresearchsociety.org) for more information.

# MEMBERSHIP MEETINGS



## AASM Membership Meeting

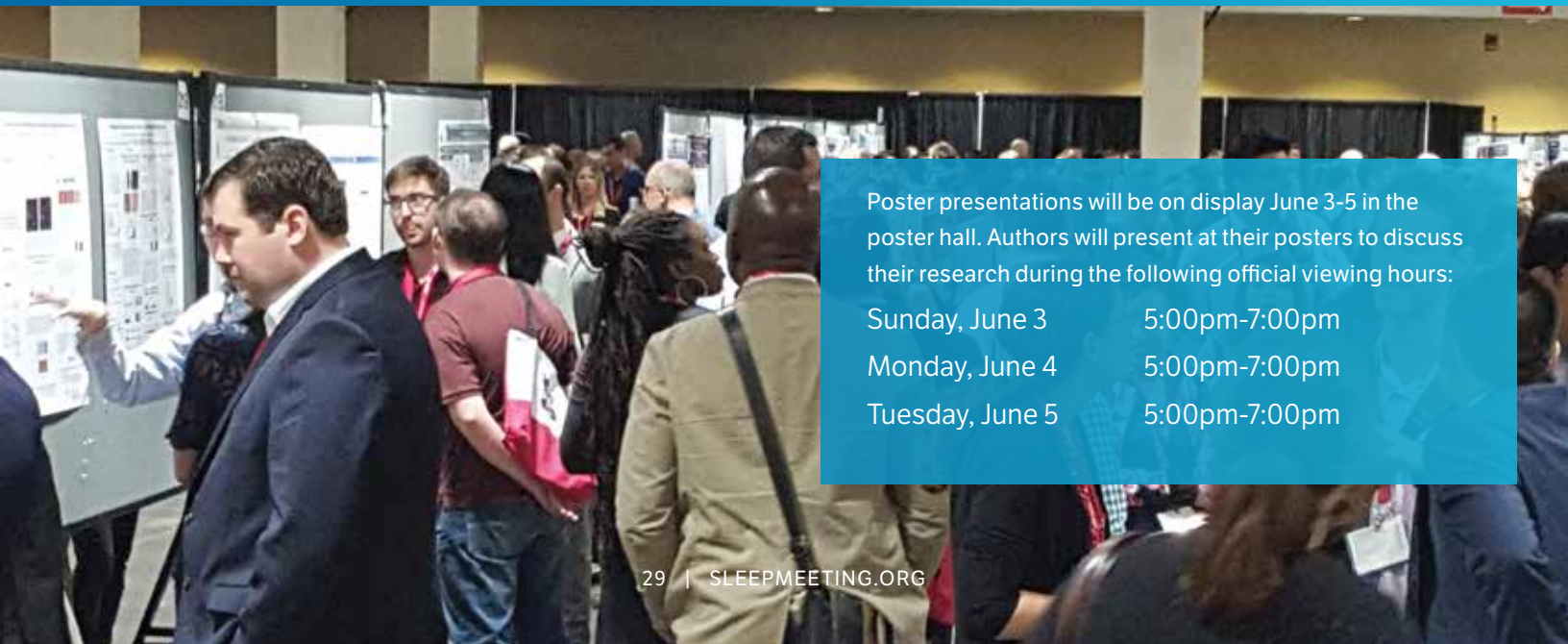
Monday, June 4 | 12:30PM – 1:45PM



## SRS Membership Meeting

Tuesday, June 5 | 12:30PM – 1:30PM

# POSTER VIEWING



Poster presentations will be on display June 3-5 in the poster hall. Authors will present at their posters to discuss their research during the following official viewing hours:

Sunday, June 3	5:00pm-7:00pm
Monday, June 4	5:00pm-7:00pm
Tuesday, June 5	5:00pm-7:00pm

# REGISTRATION

## General Sessions

On or before

April 20

April 21-May 18

### AASM/SRS/Dual Individual Member

\$300

\$375

### Nonmember

\$525

\$600

### AASM/SRS Resident/Postdoctoral Member

\$180

\$180

### Resident/Postdoctoral Nonmember

\$230

\$230

### AASM/SRS Student/Predoctoral Member

\$95

\$95

### Student/Predoctoral Nonmember

\$135

\$135

### Technologist AASM/SRS/Dual Member

\$175

\$200

General registration includes admission to the general sessions from 1:00PM on Sunday, June 3 – Wednesday, June 6, 2018, industry supported events and the exhibit hall. Additional fees are required for attending ticketed events – Postgraduate Courses (June 2-3), Meet the Professor sessions (June 4-6) and Lunch Debates (June 4-6).

## Confirmation

After registering for SLEEP 2018, registrants will receive an automated confirmation notice via email.

**It is recommended that you bring your confirmation notice with you to the meeting. This will allow you the option to pick up your registration materials using ExpressPass®.** If there are any questions or discrepancies with your registration, the confirmation email will provide the information necessary to resolve the complication.

On-site registration will be accepted with an additional administration fee.

## Ticketed Sessions

Member

Nonmember

### Half-Day Postgraduate Courses

\$85

\$150

### Full-Day Postgraduate Courses

\$150

\$200

### Meet the Professors

\$55

\$65

### Lunch Debates

\$40

\$50

You must register for the SLEEP 2018 general session to register for any ticketed events.

## Forgot to register for ticketed sessions?

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

## THREE WAYS TO REGISTER



**Online** (credit card only)  
Register at  
[sleepmeeting.org](http://sleepmeeting.org)



**Fax** (credit card only)  
(630) 737-9789  
Registration form  
available at  
[sleepmeeting.org](http://sleepmeeting.org)



**Mail** (credit card or check)  
Associated Professional  
Sleep Societies, LLC  
Attention: Meeting Department  
2510 N. Frontage Rd.  
Darien, IL 60561

**AirTouch™** F20



## Our softest mask ever

This is it – the mask that changes everything. Introducing the AirTouch™ F20, a breakthrough in CPAP mask comfort that features a ResMed UltraSoft™ memory foam cushion. The result is our softest mask ever and one that uniquely adapts to the contours of each face. Our memory foam cushion is also designed to provide a truly breathable fit while still working across a wide range of pressures.



Find out more at [ResMed.com/AirTouch20](https://www.ResMed.com/AirTouch20)

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# CONTINUING EDUCATION

Credits	AASM/SRS Member	Nonmember
<b>Continuing Medical Education (CME) Credit for Physicians</b>	\$25	\$40
<b>Letters of Attendance</b>	\$25	\$40
<b>Continuing Education (CE) for Psychologists</b>	\$50	\$50
<b>Continuing Education for Technologists</b>	Included with registration!	\$20

## DO NOT FORGET TO REGISTER FOR CREDITS

Continuing education credits are **not** included in your general registration.

## Learning Objectives

After attending SLEEP 2018, participants should be able to:

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

## Continuing Medical Education (CME) Credit for Physicians

SLEEP 2018 meeting activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians. The American Academy of Sleep Medicine designates this live educational activity for a maximum of 38.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Letters of Attendance

Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2018 may receive a letter of attendance outlining the number of *AMA PRA Category 1 Credits™* designated for the sessions they attend at SLEEP 2018.

## Continuing Education (CE) for Psychologists

This course is co-sponsored by Amedco and the Associated Professional Sleep Societies, LLC (APSS). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content.

## Satisfactory Completion for Psychologists

Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available.

## Technologist Continuing Education Credit

The American Academy of Sleep Medicine will offer Continuing Education Credits (CECs) to sleep technologists and respiratory therapists who attend SLEEP 2018. A maximum of 38.25 credits will be awarded.





# REST ASSURED

## OVENTUS AIRWAY TECHNOLOGY

ENHANCING PATIENT OUTCOMES

Introducing a tailored SLEEP TREATMENT PLATFORM  
bridging the gap between Oral Appliance and CPAP therapy

Oventus Medical offers a new treatment modality for sleep apnea.

The O<sub>2</sub>Vent™ product range is bridging the gap between Oral Appliance and CPAP therapy to enhance treatment outcomes.

The unique patented oral appliances incorporate **Oventus Airway Technology** to enable the bypassing of multiple levels of obstruction including the nose, soft palate and tongue. This technology is increasing the efficacy of oral appliance therapy for many patients, with the potential for mask-free low pressure CPAP delivery.

#### HOW DOES IT WORK?

Visit [www.oventusmedical.com/how-it-works](http://www.oventusmedical.com/how-it-works) to learn more.

**NOW AVAILABLE IN THE US**  
**CALL Modern Dental TODAY! 866-963-6856**



Visit our Oventus  
exhibit at SLEEP 2018 to  
learn how our product pipeline  
can help your patients. Featuring:

- **O<sub>2</sub>Vent™ Trial Device**

Dentists will soon be able to start same-day consultation and chairside fitting with this device, enabling immediate patient treatment for sleep apnea sufferers at a low cost entry point.

- **O<sub>2</sub>Vent™ Connect**

This positive Airway Pressure (PAP) Connection in conjunction with an O<sub>2</sub>Vent™ oral appliance will offer a transformational level of comfort to severe OSA sufferers via an alternative to the CPAP mask. O<sub>2</sub>Vent™ Connect will allow physiological breathing through the mouth or nose whilst simultaneously delivering CPAP.

OM106-JAN 2018



# HOUSING

## The Hilton Baltimore will serve as the SLEEP 2018 headquarter hotel.

The hotel is conveniently connected to the Baltimore Convention center via a closed, climate-controlled pedestrian walkway. A block of guest rooms has been reserved at a group rate available through May 11, 2018 (or until the room block sells out).

Guest room reservations must be made directly through the SLEEP 2018 housing website. Rooms available at the group rate are limited and available on a first-come, first-served basis.

Book your hotel room early to ensure the best hotel selection and price.

## Housing Contact Information

Email: [conventionhousing@baltimore.org](mailto:conventionhousing@baltimore.org)

Local: 800.282.6632

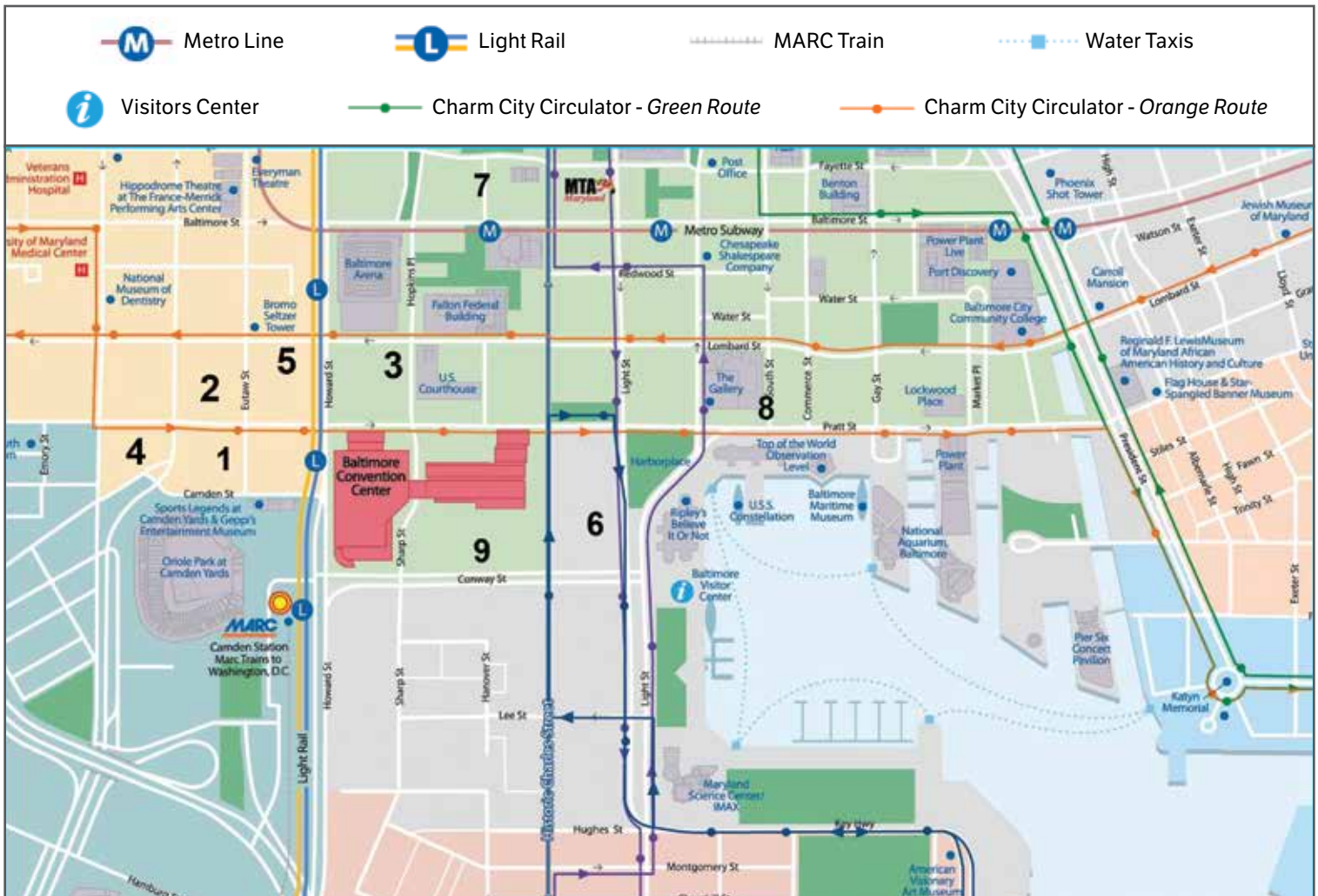
International: 410.837.4636

Website: [sleepmeeting.org/attendees/housing](http://sleepmeeting.org/attendees/housing)

## Hotels

Rates (\$/D  
Occupancy)

1	<b>Hilton Baltimore</b> (Headquarter Hotel)	\$225
2	<b>Baltimore Marriott Inner Harbor</b>	\$219
3	<b>Days Inn Inner Harbor</b>	\$169
4	<b>Hampton Inn Baltimore Downtown Convention Center</b>	\$199
5	<b>Holiday Inn Inner Harbor</b>	\$195
6	<b>Hyatt Regency Baltimore</b>	\$220
7	<b>Lord Baltimore</b>	\$199
8	<b>Renaissance Baltimore Harborplace</b>	\$219
9	<b>Sheraton Inner Harbor</b>	\$219



# CITY OF BALTIMORE

MUSEUMS | SEAFOOD | HISTORY

It's no coincidence that Baltimore is nicknamed "Charm City." There are countless things to do and see here that would make that statement apparent.

If your schedule allows, make time to venture out of the convention center and embrace the one-of-a-kind city of Baltimore. From Captain John Smith sailing into Baltimore's harbor, to the birthplace of the American Flag, to the penning of our National Anthem, to the role it played in the African Americans' journey to freedom as well as the industrial revolution, Baltimore certainly has a rich history. This characteristic, coupled with its nautical beauty, host of cultural attractions, and fantastic seafood, makes it a place to visit that should be on everyone's bucket list.

The really great news? Baltimore Convention Center is nestled in the heart of downtown, in close proximity to nearly all of the attractions mentioned. Get ready to experience more in Baltimore!



Fort McHenry National Monument



National Aquarium



Oriole Park



Delicious Seafood

*So much to do!*

Stroll through Federal Hill Park and climb the hill for breathtaking views.

Visit the Star Spangled Banner Flag House, the birthplace of the American Flag.

Explore the Baltimore Museum of Art, which holds the largest collection of Henri Matisse paintings in the world.

Visit the Babe Ruth Birthplace and Museum.

Take a trip to the Edgar Allan Poe House and Museum and learn more about the infamous writer's legacy.

Walk along Inner Harbor, home to a host of attractions, an observation deck, and maritime war ships.



## WHO WE ARE

Harmony Biosciences is an innovative biopharmaceutical company dedicated to identifying, developing, and commercializing novel treatment options for patients with rare diseases. With an emphasis on central nervous system disorders, our goal is to push the boundaries of what science can do to improve the lives of patients.



**PATIENTS ARE AT THE HEART OF ALL WE DO.**

TO LEARN MORE VISIT  
**[HARMONYBIOSCIENCES.COM](http://HARMONYBIOSCIENCES.COM)**