

# SLEEP 2023

JUNE 3–7 | INDIANAPOLIS, IN

FINAL PROGRAM



**KEYNOTE SPEAKER**  
**PHYLLIS ZEE, MD, PHD**

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**AASIM** American Academy of  
SLEEP MEDICINE™

 Sleep Research Society®

# Join us!

Sponsored symposium

## Addressing Unmet Medical Needs in the Advancement of Narcolepsy Treatment

Presenters:

- Yves Dauvilliers, MD, PhD
- Clete Kushida, MD, PhD
- Anne Marie Morse, DO
- Michael J. Thorpy, MD
- Katie, a person with narcolepsy



**Tuesday, June 6**



**11:45 AM–12:45 PM**



**JW Grand Ballroom 1-4, JW Marriott**



**Panel discussion with Q&A**

Your opportunity to ask questions and open a dialogue

**Lunch will be provided**

**Booth 421**



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# WELCOME TO SLEEP 2023

THE 37TH ANNUAL MEETING OF THE ASSOCIATED  
PROFESSIONAL SLEEP SOCIETIES, LLC (APSS)

**ON BEHALF** of the Program  
Committee, I welcome  
you to SLEEP 2023,

the 37th annual meeting of the Associated Professional Sleep Societies (APSS), a joint venture of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). I am excited to learn about the latest findings in sleep medicine, sleep and circadian research, and sleep health. I'm also looking forward to networking with colleagues, visiting with dear friends, and engaging in person with speakers, attendees, and exhibitors!

SLEEP 2023 highlights the latest sleep and circadian advances with a variety of educational formats that will appeal to clinicians, researchers, and sleep team members. Session formats include discussion groups, rapid-fire symposia, lunch debates, oral and poster presentations, clinical workshops, and the technologist track. Look for the color coding throughout the program to indicate the session tracks. This year's meeting includes more than 100 sessions, over 1,000 abstracts in oral and poster formats, including late-breaking poster presentations, and the opportunity to benefit from more than 38 hours of continuing education.

The plenary session is Monday, June 5, featuring keynote speaker Dr. Phyllis Zee. Dr. Zee will discuss bridging circadian and sleep science to enhance healthspan. Also during the plenary session, we will honor the 2023 SRS, AASM, and APSS award recipients. More information on this year's honorees can be found in this program. Dr. Ruth Benca will deliver the Tom Roth Lecture of Excellence, "Disordered Sleep and Rhythms: Causes or Consequences of Psychiatric Disorders?" Can't-miss discussion groups include Dr. Raman Malhotra in dialogue with representatives of patient advocacy groups highlighting how health disparities, lack of awareness, and payer policies ultimately impact the patient, and Dr. Dayna Johnson leading the promotion of diversity, equity and inclusion in the Sleep Research Society.

Networking is always an important aspect of the meeting! Join us for the PJ5K run/walk Sunday morning as an opportunity to reconnect with old friends and forge new relationships with your sleep colleagues while raising money for the

AASM Foundation and SRS Foundation. This event supports valuable sleep research that positively impacts the lives of patients with sleep disorders and the field of sleep medicine. Additionally, the ever-popular SRS Club Hypnos reception and data blitz will be held Sunday evening. Furthermore, several industry-sponsored events are available throughout the meeting. AASM members are encouraged to attend their annual membership meeting on Monday, June 5, at 12:00 p.m., and SRS members are encouraged to attend their annual membership meeting on Tuesday, June 6, at 12:30 p.m. Learn more about the organizations' latest activities and initiatives and witness the installation of new officers and board members. If you would like to get more involved, please visit the membership booth to learn more.

Be sure to visit the SLEEP 2023 exhibit hall showcasing the latest products and services in the sleep field. Open from 10 a.m. – 4 p.m. on Monday and Tuesday and 10 a.m. – 1:30 p.m. on Wednesday, the exhibit hall features a variety of equipment manufacturers, medical publishers, pharmaceutical companies, and technology providers that are among the leaders in new developments to advance the sleep medicine field.

It is easy to keep all the meeting details at your fingertips and sync sessions with your calendar through the SLEEP 2023 mobile app. The app is available for iOS and Android platforms and is made possible by Axsome Therapeutics. You also can use the power of social media to stay connected to your colleagues during the meeting by using #SLEEP2023 in your posts, tweets, and stories.

On behalf of the APSS Board of Directors, APSS Program Committee, and AASM and SRS staff, I am delighted that you have joined us to experience SLEEP 2023! We invite you to immerse yourself in engaging SLEEP lectures and presentations, reconnect with colleagues, and return home inspired about the future of sleep medicine and sleep and circadian science! Enjoy!

Sincerely,

Rebecca Spencer, PhD  
Chair, APSS Program Committee



# Meet | Connect | Engage

## Connect to Wi-fi

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1. Go to Settings on your mobile device
2. Select the Wi-Fi option
3. Click on the Wi-Fi network: **SLEEP2023**
4. Enter password: **Indy**

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\*Yoon, D.W., Hong, I.H., Baik, I. et al.  
Evaluation of the feasibility and preference of Nox-A1 type 2 ambulatory device for unattended home sleep test: a randomized crossover study. Sleep Biol. Rhythms 17, 2929 7-304 (2019)

**BOOTH #612**



# SLEEP 2023

**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

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

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## PROGRAM COMMITTEE

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US-WAK-2300077/Mar 2023



# GENERAL INFORMATION

## EXHIBIT HALL

Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2023 exhibit hall! SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies all with the goal of showcasing the latest advancements in sleep.

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

### EXHIBIT HALL HOURS

The exhibit hall will be open during the following hours:

MON., JUNE 5..... 10 A.M. – 4 P.M.  
TUES., JUNE 6..... 10 A.M. – 4 P.M.  
WED., JUNE 7..... 10 A.M. – 1:30 P.M.

## ON-SITE REGISTRATION HOURS

FRI., JUNE 2..... 4:30 P.M. – 6:00 P.M.\*  
SAT., JUNE 3..... 7:00 A.M. – 5:30 P.M.  
SUN., JUNE 4..... 7:00 A.M. – 5:30 P.M.  
MON., JUNE 5..... 7:00 A.M. – 5:30 P.M.  
TUES., JUNE 6..... 7:30 A.M. – 5:00 P.M.  
WED., JUNE 7..... 7:30 A.M. – 5:00 P.M.

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



## TICKETED SESSIONS

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

## GUEST PASSES

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

## BADGE IDENTIFICATION

All meeting participants and guests must wear a badge. Attendee badges allow entrance to the scientific sessions, poster hall and SLEEP 2023 exhibit hall.

## PRESS ROOM

Members of the press are encouraged to utilize the press room in Room 109, operating during meeting registration hours from Sunday, June 4 at noon through Wednesday, June 7 at noon.

## SOCIETY BOOTH

Details about products and future events from the American Academy of Sleep Medicine and Sleep Research Society are available at the Society Booth located adjacent to registration at the Indiana Convention Center.

## AASM FOUNDATION OASIS

The AASM Foundation Oasis will be located in the Indiana Convention Center, Room 105. The Oasis will be open June 5-6 for AASM Foundation volunteers, grant recipients and donors, and AASM student/resident members, sleep medicine fellows, and early career faculty, clinicians and researchers to network, relax, and enjoy refreshments.

## SPEAKER READY ROOM

Speakers participating in Oral Presentations, Invited Lectures, Symposia, Rapid-Fire Symposia, Discussion Groups, Postgraduate Courses, Lunch Debate sessions and Clinical Workshops are required to use the Speaker Ready Room to upload their PowerPoint presentations onto a central server. The Speaker Ready Room is in Room 109 at the Indiana Convention Center. Speakers must upload their presentations at least 24 hours in advance of their scheduled session time. Technicians will be available onsite to provide assistance.

### SPEAKER READY ROOM HOURS

FRI., JUNE 2..... 4:30 P.M. – 6:00 P.M.  
SAT., JUNE 3..... 7:00 A.M. – 5:30 P.M.  
SUN., JUNE 4..... 7:00 A.M. – 5:30 P.M.  
MON., JUNE 5..... 7:00 A.M. – 5:30 P.M.  
TUES., JUNE 6..... 7:30 A.M. – 5:00 P.M.  
WED., JUNE 7..... 7:30 A.M. – 5:00 P.M.

## LOOKING FOR SOMETHING TO DO FOR LUNCH?

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

## SESSION RECORDINGS

The APSS is offering recordings of postgraduate courses and general sessions for pre-purchase with SLEEP registration. Non-attendees of SLEEP 2023 will be able to purchase the recordings after the meeting concludes. Are there two sessions taking place at the same time that you'd like to attend? Purchasing the session recordings will allow you to view this content later. The cost of these recordings for those not attending SLEEP is \$400 (member), \$600 (non-member). There is a discount of \$150 for member SLEEP registrants and a discount of \$200 for nonmember SLEEP registrants. Technologist Track is not included.

## APSS CODE OF CONDUCT POLICY

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

## PARTICIPATION DISCLAIMER

The APSS, its contractors and attending news media may be photographing and/or videotaping scientific sessions and events at the Annual Meeting. By attending SLEEP 2023, attendees acknowledge these activities and agree to allow their image to be used by the APSS in association publications, on the SLEEP meeting website and in marketing and promotional materials. Attendees at SLEEP 2023 waive all claims against the APSS for any liability resulting from these uses.

## PHOTOGRAPHY/RECORDING POLICY

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

## SEATING

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

## SLEEP 2023 ABSTRACT SUPPLEMENT

All abstracts from SLEEP 2023 are published in an online abstract supplement of the journal SLEEP.

To view these abstracts, visit

[www.sleepmeeting.org/abstract-supplements/](http://www.sleepmeeting.org/abstract-supplements/).

## CLAIM CREDIT

To claim credit from the meeting, visit [www.sleepmeeting.org/credits](http://www.sleepmeeting.org/credits). The deadline to claim credit is August 1, 2023, for CE for psychologists and December 31, 2023, for CME, Letters of Attendance, and AASM CEC. Individuals who have not claimed their continuing education credits by this date will be unable to do so. More information is available on page 22.

## JOB BOARDS

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

## HEALTH AND SAFETY

The APSS is monitoring the COVID-19 pandemic and will follow current guidance and recommendations from the CDC to promote a healthy, safe, and enjoyable experience for all attendees, exhibitors, and staff during SLEEP 2023. The APSS also will follow the requirements of the state of Indiana, Marion County, and the city of Indianapolis. The APSS encourages participants to respect individual decisions about masking. The APSS encourages participants to follow current vaccination and/or testing recommendations from the CDC in consultation with your medical provider. The APSS will require participants to attest they are not positive for COVID-19 or experiencing symptoms associated with COVID-19. Learn more at <https://www.sleepmeeting.org/health-safety/>.



## WI-FI INFORMATION

**Network Name: SLEEP2023**

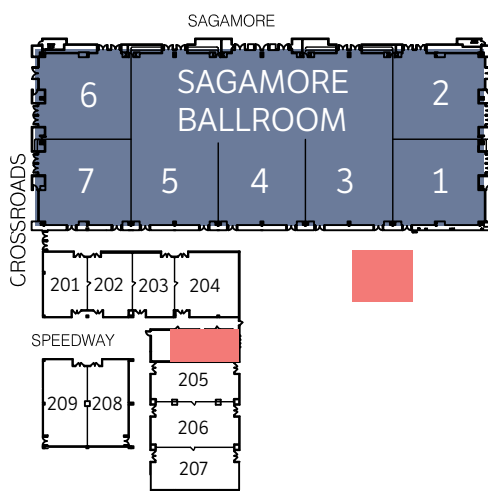
**Password: Indy**

# CONVENTION CENTER MAP

## LEVEL ONE



## LEVEL TWO



GENERAL SESSIONS

RESTROOMS

EXHIBIT HALL

POSTER HALL



**JOIN US FOR AN INDUSTRY PRODUCT THEATER**

**PATIENT AND CLINICIAN PERSPECTIVES:**

**The Multisymptom Nature of  
Idiopathic Hypersomnia**

Sponsored by Jazz Pharmaceuticals, Inc.

**MONDAY, JUNE 5, 2023**

**11:45 AM–12:45 PM**

**JW MARRIOTT INDIANAPOLIS**

**JW GRAND BALLROOM 5**

**Learn from our guest physician, Dr Gerard Meskill,  
and one of his patients, live during a discussion on one  
patient's experience with idiopathic hypersomnia.**

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

**Participation is available for conference registrants only.  
Pre-register by emailing [IHsupport@MEIsolutions.com](mailto:IHsupport@MEIsolutions.com) or at  
the program entrance, on a first-come, first-served basis.**

**Visit Booth 600 for additional information.**

# SLEEP 2023

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# CORPORATE SUPPORTERS As of 04/10/2023

## PREMIER



## ELITE



## SIGNATURE



PLEASE JOIN US FOR AN INDUSTRY PRODUCT THEATER

# A Multidisciplinary Panel Discussion on Understanding a Treatment Option for Patients With Narcolepsy

Tuesday, June 6, 2023 from 11:45 AM–12:45 PM  
JW Marriott Indianapolis | Grand Ballroom 5

*Lunch will be provided.*

## **MODERATOR/SLEEP SPECIALIST**



W. Christopher Winter, MD  
President, Charlottesville  
Neurology and Sleep Medicine  
Charlottesville, Virginia

## **CARDIOLOGIST/SLEEP SPECIALIST**



Younghoon Kwon, MD  
Division of Cardiology,  
University of Washington  
Seattle, Washington

## **SLEEP SPECIALIST**



Richard Bogan, MD  
Bogan Sleep Consultants, LLC  
Medical University of South Carolina,  
Charleston, SC  
University of South Carolina  
School of Medicine  
Columbia, South Carolina

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Christopher R. Mohr, PhD, RD  
Co-Founder, Mohr Results, Inc.  
Louisville, Kentucky

**Visit Booth 600 to learn more!**

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

# Meet the AASM AWARD RECIPIENTS

Several leaders in the field of sleep medicine are recipients of the 2023 American Academy of Sleep Medicine awards, which will be presented Monday, June 5, during the plenary session of SLEEP 2023.



**TIMOTHY MORGENTHALER, MD, FAASM**

*Nathaniel Kleitman Distinguished Service Award for dedication to the sleep field and significant contributions to sleep medicine*

Dr. Morgenthaler is the director of the Center for Sleep Medicine and the enterprise director of the Sleep Medicine Specialty Council for Mayo Clinic, where he is a professor of medicine in the division of pulmonary, critical care, and sleep medicine. He is a past president of the AASM and served as a director of the American Sleep Medicine Foundation and the American Board of Sleep Medicine.



I am so honored and thankful to receive this award. Some of the most stimulating and fulfilling aspects of my career as a sleep medicine specialist and leader derive from the great opportunities to work with the incredible volunteers, colleagues, and staff members who make up the AASM. I have been so invigorated and nourished by working alongside the many experts and support staff who strive to advance sleep care and sleep health."



**MARY CARSKADON, PHD**

*William C. Dement Academic Achievement Award for exceptional initiative and progress in the areas of sleep education and academic research*

Dr. Carskadon serves as director of the Chronobiology and Sleep Research Laboratory at Bradley Hospital and is a professor of psychiatry and human behavior at the Alpert Medical School of Brown University. Her early research with her graduate mentor, Dr. William C. Dement, culminated in the development and application of a standardized measure for daytime sleep tendency, the multiple sleep latency test. Her research also has examined interrelations between the circadian timing system and sleep/wake patterns of children, adolescents, and young adults.



Bill Dement inspired me to achieve the successes recognized by this award, raising its personal importance to great heights. Because of family connections, the award has even deeper meaning and larger significance to me. My career has encompassed research, teaching, and advocacy, and this honor confirms the impact of my life's work — just as Bill modeled."



**RONALD CHERVIN, MD, MS, FAASM**

*Excellence in Education Award for outstanding contributions in the teaching of sleep medicine*

Dr. Chervin is a professor of neurology at the University of Michigan, where he holds the Michael S. Aldrich Collegiate Professorship in Sleep Medicine and leads the division of sleep medicine. He helped develop a large, highly multidisciplinary sleep program, and his research, funded by the NIH since 1997, has addressed a wide range of issues across the lifespan. Dr. Chervin has been involved in training and mentorship of many junior faculty, over 150 clinical sleep medicine fellows, dozens of sleep research fellows, many residents, and many students.



I have benefitted immeasurably in my own career development from the dedication of some of the most productive, thoughtful, and generous mentors in sleep medicine. I am most honored at this moment to receive recognition through the 2023 AASM Excellence in Education Award because it signals that in some measure, my own efforts to 'pay it forward' have had tangible impact."

**KARIN JOHNSON, MD, FAASM, AND JAY PEA**

*Mark O. Hatfield Public Policy or Advocacy Award for developing public policy that positively affects the healthy sleep of all Americans*



Dr. Johnson is a professor in both the department of neurology and the department of healthcare delivery and population science at UMass Chan School of Medicine-Baystate in Springfield, Massachusetts, where she is also the vice chair of academic affairs in the department of neurology. She is also the vice president of Save Standard Time, a nonprofit, nonpartisan, donor-funded, volunteer-run effort to preserve and extend the observation of longitudinally correct standard time.



Mr. Pea is a software engineer and graphic designer turned nonprofit administrator working in support of permanent standard time as the founder and president of Save Standard Time. He comes to this advocacy as an amateur astronomer and great-grandson of farmers who learned from a young age to tell time by the position of the sun, moon, and stars. Originally from rural Iowa, he now lives in greater Phoenix.



# Meet the 2023 SRS AWARD RECIPIENTS

*Several leaders in the fields of sleep and circadian science are recipients of the 2023 Sleep Research Society awards, which will be presented Monday, June 5, during the plenary session of SLEEP 2023.*



## **CHIARA CIRELLI, MD, PHD**

*Distinguished Scientist Award for significant, original and sustained scientific contributions of a basic, clinical or theoretical nature to the sleep and circadian research field, made over an entire career*

Dr. Cirelli is a professor in the department of psychiatry at the University of Wisconsin-Madison. Her laboratory aims to understand the function of sleep and clarify the functional consequences of sleep loss. Her team identified neuronal and glial genes whose expression changes due to sleep and sleep loss, suggesting specific cellular processes that are favored by sleep and impaired by sleep deprivation. Using large-scale mutagenesis screening in *Drosophila*, they also identified the first extreme short sleeper fly mutant. With Dr. Giulio Tononi, Dr. Cirelli has developed the synaptic homeostasis hypothesis, according to which sleep is needed for synaptic renormalization to counterbalance the net increase of synaptic strength due to wake plasticity. She received the SRS Outstanding Scientific Achievement Award in 2018. As the Distinguished Scientist Award recipient, Dr. Cirelli will present an invited lecture at SLEEP 2023, "The Burden of Wake and the Reasons of Sleep: How Sleep Promotes Synaptic Homeostasis," on Monday, June 5 at 4 p.m.



I am deeply grateful for this award. My passion for sleep research will never abate, and the Sleep Research Society has played a key role in fostering this passion over many years. Being recognized by my SRS friends and colleagues means a lot to me."



## **JOSEPH BASS, MD, PHD**

*Outstanding Scientific Achievement Award for novel and seminal discoveries of a basic, clinical or theoretical nature that have made a significant impact on the sleep field*

Dr. Bass is the Charles F. Kettering Professor of Medicine, director of the Center for Diabetes and Metabolism, and chief of endocrinology in the department of medicine at Northwestern University Feinberg School of Medicine. He made the original discovery that disruption of the core molecular clock causes constant hunger and disrupted sleep and promotes obesity, demonstrating that clock genes are essential for health. He is the senior author of the publication, "Obesity and Metabolic Syndrome in Circadian Clock Mutant Mice" (*Science*, 2005), which has been cited more than 2,500 times. This finding was the first to establish the essential role of circadian clocks in the regulation of metabolism at the molecular/cellular level. This finding has led to the recognition that circadian clocks play a critical role in mammalian energy homeostasis and metabolism at multiple levels of organization and catalyzed a new and robust field of research on the impact of circadian dysregulation on metabolic health and disease.



I am sincerely honored to accept this award and wish to acknowledge the contributions of many trainees and colleagues who have participated in uncovering links between sleep, circadian rhythms and metabolism. Our work was also made possible through the key support of Northwestern University and the NIH for fostering an interdisciplinary environment fundamental to the development of our field. I thank the members of the Sleep Research Society for expanding beyond the boundaries between sleep and metabolic research."



## **JACQUES MONTPLAISIR, MD, PHD**

*Mary A. Carskadon Outstanding Educator Award for excellence in education related to the sleep and circadian research field*

Dr. Montplaisir is a professor in the department of psychiatry and neurological sciences at the Université de Montréal medical school. After establishing the Center for the Study of Sleep at the Hôpital du Sacré-Coeur de Montréal in 1977, he dedicated his career to knowledge dissemination in the field of sleep. Today, a new generation of researchers are continuing the legacy of his important work. He supervised 55 master's and doctoral students and trained 17 postdoctoral students and 18 clinicians. Additionally, more than 20 former students are now faculty members of universities in Asia, Europe and America; in turn, they are now training students of their own in the sleep field. Throughout his career, he dedicated a remarkable amount of time to share knowledge through more than 400 academic journal publications, hundreds of conference presentations, and media communications. Dr. Montplaisir was the co-recipient of the SRS Distinguished Scientist Award in 2005.



## **KARIN JOHNSON, MD, FAASM**

*Public Service Award for significant and extraordinary contributions to the mission of SRS above and beyond research and educational activities*

Dr. Johnson is a professor of neurology and a professor in the department of healthcare delivery and population science at UMass Chan School of Medicine-Baystate in Springfield, Massachusetts. For over 10 years she has been the regional sleep program director and sleep laboratory director at Baystate Health, where she maintains an active clinical practice. Her research goals are to bring recognition to a variety of important topics with early papers and chapters on OSA and stroke, headache and OSA, treatment-emergent sleep apnea, advanced PAP technology, impact of COVID-19 pandemic on sleep services, scoring and treatment of mild sleep apnea, and daylight saving time. She is the vice president of Save Standard Time, a nonprofit, nonpartisan, donor-funded, volunteer-run effort to preserve and extend the observation of longitudinally correct standard time. With an AASM Foundation Community Health grant, she led the creation of and narrates "The Science of Clock Change" video series educating the public about daylight saving time.



I am extremely honored to receive the Sleep Research Society's Public Service award. I want to thank the many people who have supported and worked with me promoting permanent Standard Time and in the creation of our Science of Clock Change video series. The most rewarding part of this work has been the ability to learn from so many different people, whether they be other clinicians, researchers, legislators and patient advocates. Advocacy cannot be done without the science so I encourage researchers to study the long term effects of position in time zone and clock time. I encourage people to become involved with advocacy, sleep public health education and to donate to the societies' PACs and foundations and sleep health nonprofits including Save Standard Time who are actively meeting with legislators and spreading awareness."



## Meet the 2023 APSS DIVERSITY, EQUITY, AND INCLUSION LEADERSHIP AWARD RECIPIENT

**The APSS Diversity, Equity, and Inclusion Leadership Award recognizes those who have made significant contributions to the field of sleep medicine or sleep and circadian science through their work to increase the diversity, equity, and inclusion of sleep medicine providers, or the development of educational programs, research, or clinical work aimed at reducing disparities.**

### **DAYNA A. JOHNSON, PHD, MPH, MSW, MS**

Dr. Johnson is a sleep epidemiologist and assistant professor in the department of epidemiology of the Rollins School of Public Health at Emory University in Atlanta, Georgia. She received her doctorate degree in epidemiologic science from the University of Michigan and completed a postdoctoral fellowship in sleep and circadian disorders at Harvard Medical School and Brigham and Women's Hospital. Her research is aimed at understanding the determinants and health consequences of sleep health disparities by 1) addressing the social and environmental determinants of sleep disorders and insufficient sleep; and 2) investigating the influence of modifiable factors such as sleep disorders and disturbances on various health outcomes. More specifically, Dr. Johnson's research quantifies the contribution of social, household-level and neighborhood-level factors with objective and well-validated subjective measures of insufficient sleep using data from different epidemiologic cohort studies. Also, her research projects include investigating associations of sleep health and sleep disorders with hypertension, diabetes, metabolic syndrome, and cognition. Dr. Johnson conducts intervention studies exploring how stress reduction or home improvements can improve sleep and reduce

subsequent risk for poor health outcomes. She is engaged in community partnerships to investigate the effect of environmental exposures and housing on health among residents of Georgia. She has been featured in several magazines, podcasts and news programs including CBS for her expertise in sleep inequities, sleep health and sleep disorders. Her mission is to increase awareness around the importance of sleep and eliminate sleep health inequities.



*"I am beyond delighted and humbled to receive the 2023 Diversity, Equity & Inclusion Leadership Award. Being a recipient of this award is a testimony to my dedication and commitment to advancing the study of sleep health disparities and elimination of sleep inequities. My motivation to conduct this work is shaped by my family and loved ones who have been disproportionately affected by structural injustices that have created barriers to deny them of a basic component of life – sleep. I am honored that my peers and colleagues recognize the importance of DEI work, and I look forward to continuing this work and making a substantial impact towards equity."*

# IN MEMORIAM

The American Academy of Sleep Medicine and Sleep Research Society remember the mentors, colleagues, and friends who have passed away in the time since we met last June for SLEEP 2022. 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.



**STEVEN BROWN, PHD**

Dr. Brown was a professor and section leader for chronobiology and sleep research in the Institute of Pharmacology and Toxicology at the University of Zurich. As a chronobiologist and sleep researcher, he made important discoveries in the identification of circadian clock proteins and the description of the molecular mechanisms regulating chronotype.



**EDGAR LUCAS, PHD**

Dr. Lucas led sleep centers at the University of Arkansas for Medical Sciences and All Saints Episcopal Hospital in Fort Worth, Texas. In the 1970s he helped the AASM develop and administer the first sleep medicine certification exam, and he became a founding member and first elected president of the Southern Sleep Society.



**IRWIN FEINBERG, MD**

Dr. Feinberg was a founding member of the Sleep Research Society and a recipient of its Distinguished Scientist Award in 1996. His research career spanned more than six decades from his first publication in 1956, covering a wide range of topics from the mechanisms of hallucinations and models of sleep regulation to his theory on schizophrenia.



**DENNIS NICHOLSON, MD**

Dr. Nicholson dedicated 47 years of his career to the Pomona Valley Hospital Medical Center in California. He played an instrumental role in developing its sleep center, which he directed from 1987 to 2021. He was a longtime member of the AASM and traveled the country as an accreditation site visitor.



**MARTICA HALL, PHD**

Dr. Hall was a professor of psychiatry, psychology, and clinical and translational science at the University of Pittsburgh and was a past president of the American Psychosomatic Society. Her research introduced sleep and circadian rhythms as mechanisms and moderators of health, and she conducted pioneering work examining heart rate variability during sleep and wakefulness.



**HOWARD ROFFWARG, MD**

Dr. Roffwarg was a founding member of both the AASM and the SRS, and he also served as president of each society. He was co-recipient of the inaugural AASM Nathaniel Kleitman Distinguished Service Award in 1981. As a sleep scientist, he was an early investigator of ontogenetic changes in sleep architecture.



**BARBARA JONES GALATY, PHD**

Dr. Jones Galaty spent 42 years as a professor in the Montreal Neurological Institute at McGill University. She studied the chemical neurotransmitters, anatomical projections, and physiology of the specific neurons that stimulate and maintain a waking state, as well as those neurons that reciprocally attenuate waking and promote sleep.



**GREGORY STORES, MD, MA**

Dr. Stores was a professor of developmental neuropsychiatry at the University of Oxford. He published an extensive body of research focusing on epilepsy and sleep disorders, and one of his most significant contributions to the diagnosis of childhood epilepsy was his introduction of ambulatory EEG in real-life settings.



# Live Expert Sessions at Jazz Medical Affairs Booth

## Impact of Narcolepsy Across the Lifespan

Dr. Schneider will discuss the hallmarks, diagnostic challenges, and comorbidities associated with narcolepsy, highlighting the burden and clinical considerations during different life stages.

**Monday, June 5, 2023**

10:20 AM – 10:40 AM

**Tuesday, June 6, 2023**

3:30 PM – 3:50 PM



**Logan Schneider, MD**

Stanford University School of Medicine  
Stanford, CA, USA

## Recognizing Idiopathic Hypersomnia in Clinical Practice

In this case-based presentation, Dr. Foldvary-Schaefer will aim to help improve clinicians' confidence in their ability to recognize idiopathic hypersomnia during a clinical evaluation.

**Monday, June 5, 2023**

3:20 PM – 3:40 PM

**Tuesday, June 6, 2023**

10:05 AM – 10:25 AM



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

Sleep Disorders Center  
Department of Neurology, Cleveland Clinic  
Cleveland, OH, USA

**Booth #600**



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**SLEEP 2023 – LIVE SYMPOSIUM**  
Visit us at [www.peervoice.com/narcolepsyIN23](http://www.peervoice.com/narcolepsyIN23)

**Tuesday, June 6, 2023 | 6:15 – 8:15 PM EDT – Symposium**

## Dual Duty: Protecting Cardiovascular Health in Patients With Narcolepsy

**Grand Ballroom 1-4, Third Floor | JW Marriott**

Course Director



**Michael Thorpy, MD**

Albert Einstein College of Medicine  
Montefiore Medical Center  
New York, New York

Faculty



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

University of South Carolina School of Medicine  
Columbia, South Carolina  
Medical University of South Carolina School of Medicine  
Charleston, South Carolina



**Phyllis C. Zee, MD, PhD**

Northwestern University  
Feinberg School of Medicine  
Northwestern Medicine  
Chicago, Illinois

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Oakstone Publishing and PeerVoice. Oakstone Publishing is accredited by the ACCME to provide continuing medical education for physicians.

Oakstone Publishing designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The European Union of Medical Specialists (UEMS)-European Accreditation Council for Continuing Medical Education (EACCME) has an agreement of mutual recognition of continuing medical education (CME) credit with the American Medical Association (AMA). European physicians interested in converting *AMA PRA Category 1 Credit™* into European CME credit (ECMEC) should contact the UEMS ([www.uems.eu](http://www.uems.eu)).

This program is supported by an independent medical education grant from Jazz Pharmaceuticals.

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online teaching program, the Sleep ISR Scoring Course!**

**VISIT THE SLEEP ISR DESK TO LEARN MORE**

## OVERALL EDUCATIONAL OBJECTIVES

Attendance at SLEEP 2023 should give participants a broad understanding of current state-of-the-art sleep medicine, including current clinical practices used when investigating and treating sleep disorders in adults and children; areas of controversy in clinical practice; recent basic science research in both animals and humans; and social, business and political issues relevant to sleep medicine.

## LEARNING OBJECTIVES

**After attending SLEEP 2023, participants should be able to:**

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

*Credit is awarded based on the amount of time spent in each activity (rounded to the nearest quarter hour).*

| Day       | Credit Hours Possible |
|-----------|-----------------------|
| Saturday  | Up to 7.50            |
| Sunday    | Up to 7.75            |
| Monday    | Up to 6.00            |
| Tuesday   | Up to 7.00            |
| Wednesday | Up to 8.00            |
| TOTAL     | Up to 36.25           |

*The maximum number of credits available without purchasing ticketed sessions is 24.00.*

## REQUIREMENTS TO CLAIM CONTINUING EDUCATION CREDITS

To receive continuing education credits, SLEEP 2023 attendees must register separately for credits and pay an administrative fee of \$25 (members) or \$40 (non-members). Following the meeting, individuals must complete an online claim form to receive credit. Further information will be detailed on the Reference Forms available at the CE table near registration.

## TARGET AUDIENCE FOR SLEEP 2023

Participants of the SLEEP 2023 meeting include clinicians, scientists, students and other health care professionals seeking to increase their knowledge of the fields of sleep medicine and sleep research.

Attendees should possess a basic knowledge of biological systems and/or operational issues in medical practice.

## CONTINUING MEDICAL EDUCATION (CME) CREDIT FOR PHYSICIANS

SLEEP 2023 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 AASM is accredited by the ACCME to provide continuing medical education for physicians. The AASM designates this live activity for a maximum of 36.25\* AMA PRA Category 1 Credits™ for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

**Physicians should claim only the credit commensurate with the extent of their participation in the activity. To receive proof of participation from SLEEP 2023, please select “Continuing Medical Education (CME) Credits for Physicians” during the registration process.**

## TECHNOLOGIST CONTINUING EDUCATION

The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend SLEEP 2023.

Individuals can earn a maximum of 36.25\* credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. **To receive proof of participation from SLEEP 2023, please select “AASM CEC for Technologists” during the registration process.**

*\*The maximum number of credits available for attending SLEEP 2023 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.*

**The maximum number of credits available without purchasing ticketed sessions is 24.00.**



## CONTINUING EDUCATION (CE) FOR PSYCHOLOGISTS

Amedco LLC designates this live activity for a maximum of 36.25 live Psychologist contact hours.

SLEEP 2023 sessions are not approved for CE credit for psychologists licensed by the states of New York or New Jersey. To receive proof of participation from SLEEP 2023, please select "Continuing Education (CE) for Psychologists" during the registration process.

### ACCREDITATION STATEMENT

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

This course is co-sponsored by Amedco and APSS. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content.

### PSYCHOLOGISTS (APA) CREDIT DESIGNATION

This course is co-sponsored by Amedco and APSS. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content.

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

MI: No CE requirements

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

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

\* OK accepts APA credit for live, in-person activities. For all ethics and/or online courses, an application is required.

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

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

## LETTER OF ATTENDANCE

Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2023 may receive a letter of attendance outlining the number of *AMA PRA Category 1 Credits™* designated for the sessions they attend at SLEEP 2023. To receive proof of participation from SLEEP 2023, please select "Letter of Attendance" during the registration process.

### PHYSICIAN ASSISTANT (PA) CREDIT

PAs may claim a maximum of 36.25\* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. NCCPA accepts *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. To receive proof of participation from SLEEP 2023, please select "Letter of Attendance" during the registration process.

### NURSE PRACTITIONER (NP) CREDIT

NPs may claim a maximum of 36.25\* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

## MAINTENANCE OF CERTIFICATION (MOC)

All individual postgraduate courses will offer Maintenance of Certification (MOC) points and Self-Assessment (SA) CME credits. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.50 MOC points/SA CME credits (for each individual full-day postgraduate course) or 3.75 MOC points/SA CME credits (for each individual half-day postgraduate course) for the following boards:

- Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program;
- MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program; and
- Annual part II self-assessment credits in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC); and

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*\*The maximum number of credits available for attending SLEEP 2023 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.*

**The maximum number of credits available without purchasing ticketed sessions is 24.00.**

The American Board of Psychiatry and Neurology has reviewed the ten 2023 Postgraduate Course Self-Assessment Exams and has approved these programs as a part of a comprehensive self-assessment program, which is mandated by the ABMS as a necessary component of maintenance of certification.

- It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM, ABP, or ABOHNS MOC credit.
- Continuing Education is an additional cost that can be added at the final stage of registration for postgraduate courses.

The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines. **To receive proof of participation from SLEEP 2023, please select "Letter of Attendance" during the registration process.**

*\*The maximum number of credits available for attending SLEEP 2023 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.*

**The maximum number of credits available without purchasing ticketed sessions is 24.00.**

## DO NOT FORGET TO REGISTER FOR CREDITS

**FOLLOW THE INSTRUCTIONS BELOW TO ENSURE THAT YOU RECEIVE CREDIT FOR SLEEP 2023:**

1. When you register for SLEEP 2023, be sure to add the appropriate continuing education credits to your registration. This is a separate fee from the general session registration fee.
2. To claim your credit following the meeting, follow the instructions provided in the email sent to you.

### DEADLINE TO COMPLETE ONLINE CREDIT CLAIM FORMS:

**August 1, 2023**, for CE for psychologists

**December 31, 2023**, for CME, Letters of Attendance, and AASM CEC

**December 31, 2023**, for MOC and ABPN SA CME.

**AFTER THESE DATES, INDIVIDUALS WILL NO LONGER BE ABLE TO RECEIVE CREDITS.**

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# COME EXPERIENCE

# TAKEDA NEUROSCIENCE

# IN AUGMENTED REALITY

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VV-MEDMAT-84448. 03/2023.





## New breakthrough RLS treatment that's clinically proven<sup>1</sup> and FDA granted<sup>2</sup>

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### Sleep Compatible

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### Non-Pharmacologic

- Safe and easy to use
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The NTX100 Tonic Motor Activation (TOMAC) System is intended to reduce symptoms of primary moderate-severe Restless Legs Syndrome and to improve sleep quality in adults refractory to medications.

## Booth 1213

Posters 373, 374, 375

<sup>1</sup> Buchfuhrer, et al. (2021) Journal of Clinical Sleep Medicine 17(8):1685-1694; RESTFUL Trial (NCT04874155), Data on file. Extension Trial (NCT05196828), Data on file.  
<sup>2</sup> FDA De Novo Number DEN220059

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# 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>B</b>   | <b>Bench to Bedside</b>     | Present attendees with the latest advances in translational science and clinical applications on a specific topic.  |
| <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 sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field.  |
| <b>I</b>   | <b>Invited Lectures</b>     | Feature senior-level investigators/clinicians presenting on their areas of expertise.   |
|  <b>L</b> | <b>Lunch Debates</b>        | Large-group lunch sessions during which two experts in the field debate 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. Lunch is provided.   |
| <b>O</b>   | <b>Oral Presentations</b>   | Feature investigators presenting their latest research and new ideas in the field.  |
| <b>P</b>   | <b>Poster Presentations</b> | Visual representations of the latest research and new ideas in the field.   |
| <b>S</b>   | <b>Symposia</b>             | Focuses on the latest data and ideas in the field.  |
| <b>T</b>   | <b>Technologist Track</b>   | Dedicated track for sleep technologists designed to accommodate all levels of sleep technologists and is valuable to all members of the sleep team.   |
| <b>W</b>   | <b>Clinical Workshops</b>   | Reviews of patient- and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices. |

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## TICKETED EVENTS

*Tickets required to attend*

**Postgraduate Courses**  
**Lunch Debates**  
**Meet the Professor Sessions**

*\*All schedule information  
is subject to change.*





# ANNOUNCING WINNERS OF THE CALL FOR RESEARCH PROPOSAL 2022!

SleepImage, in partnership with the Sleep Research Society (SRS), is proud to announce winners of the Call for Research Proposals, presented at Sleep 2022. We thank all the researchers for their high quality submissions. Unfortunately, we could not accept all the submissions that were worthy of support in this round of grants.

We congratulate the following winners:

- Dr. Anna Mullins, Ichan School of Medicine at Mount Sinai, USA
- Dr. Diego R. Mazzotti, University of Kansas & Dr. Jonna L. Morris, University of Pittsburgh, USA
- Dr. Harish Rao, Indiana School of Medicine, USA
- Dr. Jacklyn Ewald, George Fox University, USA
- Dr. Michael Irwig, Beth Israel Medical Center, Boston, USA
- Dr. Nadine Rampf, Stellenbosch University, S-Africa
- Dr. Nirvikalpa Natarajan, Stanford University School of Medicine, USA
- Dr. Stephanie Moriarty, Careica Health, CA

**booth #532**



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Let's defy the concept of "Disposable Devices" for sleep testing and revolutionize the approach with our 6-channel output solution.

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|                              | Sagamore Ballroom 3  | Sagamore Ballroom 4   | Sagamore Ballroom 5  | Wabash Ballroom 1   |
|------------------------------|--|---|--|---|
| 8:00 a.m.                    |  C-01 |  C-04:     |  C-02:                      |  C-03                  |
| 8:15 a.m.                    | Year in Review 2023<br>8:00 a.m. – 5:00 p.m.   | The Lesser-Known<br>"Friends" of RBD and<br>Parasomnia Boundaries<br>8:00 a.m. – 12:00 p.m. | PedSleep 2023: Diagnosis<br>and Treatment of Complex<br>Pediatric Sleep-Disordered...<br>8:00 a.m. – 5:00 p.m. | Sleep, Circadian Rhythms,<br>and Mental Health: A<br>Transdiagnostic Perspective<br>8:00 a.m. – 5:00 p.m. |
| 8:30 a.m.                    |  |   |  |   |
| 9:00 a.m.                    |  |   |  |   |
| 9:15 a.m.                    |  |   |  |   |
| 9:30 a.m.                    |  |   |  |   |
| 9:45 a.m.                    |  |   |  |   |
| Break 9:45 a.m. – 10:00 a.m. |  |   |  |   |
| 10:00 a.m.                   |  |   |  |   |
| 10:15 a.m.                   |  |   |  |   |
| 10:30 a.m.                   |  |   |  |   |
| 10:45 a.m.                   |  |   |  |   |
| 11:00 a.m.                   |  |   |  |   |
| 11:15 a.m.                   |  |   |  |   |
| 11:30 a.m.                   |  |   |  |   |
| 11:45 a.m.                   |  |   |  |   |
| 12:00 p.m.                   | Lunch break on your own 12:00 p.m. – 1:00 p.m.   |   |  |   |
| 1:00 p.m.                    |  |  C-05:     |  |   |
| 1:15 p.m.                    |  | Alternative Therapies<br>for Sleep Apnea<br>1:00 p.m. – 5:00 p.m.                           |  |   |
| 1:30 p.m.                    |  |   |  |   |
| 1:45 p.m.                    |  |   |  |   |
| 2:00 p.m.                    |  |   |  |   |
| 2:15 p.m.                    |  |   |  |   |
| 2:30 p.m.                    |  |   |  |   |
| 2:45 p.m.                    | Break 2:45 p.m. – 3:00 p.m.  |   |  |   |
| 3:00 p.m.                    |  |   |  |   |
| 3:15 p.m.                    |  |   |  |   |
| 3:30 p.m.                    |  |   |  |   |
| 3:45 p.m.                    |  |   |  |   |
| 4:00 p.m.                    |  |   |  |   |
| 4:15 p.m.                    |  |   |  |   |
| 4:30 p.m.                    |  |   |  |   |
| 4:45 p.m.                    |  |   |  |   |
| 5:00 p.m.                    |  |   |  |   |

**REGISTRATION**  
7:00 a.m. – 5:30 p.m.  
Wabash West Corridor

**#SLEEP2023**  




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|                   | Sagamore Ballroom 4                                       | Sagamore Ballroom 5          | Wabash Ballroom 1  |
|-------------------|---|------------------------------|--|
| <b>8:00 a.m.</b>  | <b>C-08</b>   | <b>C-07</b>                  |  |
| 8:15 a.m.         | Artificial Intelligence in Sleep Medicine: Applications   | Sleep Medicine Board Review  |  |
| 8:30 a.m.         | <b>8:00 a.m. – 12:00 p.m.</b>                             | <b>8:00 a.m. – 5:00 p.m.</b> |  |
| 9:00 a.m.         |   |                              |  |
| 9:15 a.m.         |   |                              |  |
| 9:30 a.m.         |   |                              |  |
| <b>9:45 a.m.</b>  | <i>Break 9:45 a.m. – 10:00 a.m.</i>                       |                              |  |
| 10:00 a.m.        |   |                              |  |
| 10:15 a.m.        |   |                              |  |
| 10:30 a.m.        |   |                              |  |
| 10:45 a.m.        |   |                              |  |
| 11:00 a.m.        |   |                              |  |
| 11:15 a.m.        |   |                              |  |
| 11:30 a.m.        |   |                              |  |
| 11:45 a.m.        |   |                              |  |
| <b>12:00 p.m.</b> | <i>Lunch break on your own 12:00 p.m. – 1:00 p.m.</i>     |                              |  |
| <b>1:00 p.m.</b>  | <b>C-09</b>   |                              | <b>C-10</b>  |
| 1:15 p.m.         | Teaching Sleep and Rhythms: Modern Pedagogical Practices  |                              | Sleep in the Littlest Ones: Assessment and Behavioral Sleep Intervention in Young Children |
| 1:30 p.m.         | <b>1:00 p.m. – 5:00 p.m.</b>                              |                              | <b>1:00 p.m. – 5:00 p.m.</b>   |
| 1:45 p.m.         |   |                              |  |
| 2:00 p.m.         |   |                              |  |
| 2:15 p.m.         |   |                              |  |
| 2:30 p.m.         |   |                              |  |
| <b>2:45 p.m.</b>  | <i>Break 2:45 p.m. – 3:00 p.m. (Postgraduate Courses)</i> |                              |  |
| <b>3:00 p.m.</b>  | <i>Break 3:00 p.m. – 3:15 p.m. (General Sessions)</i>     |                              |  |
| 3:15 p.m.         |   |                              |  |
| 3:30 p.m.         |   |                              |  |
| 3:45 p.m.         |   |                              |  |
| 4:00 p.m.         |   |                              |  |
| 4:15 p.m.         |   |                              |  |
| 4:30 p.m.         |   |                              |  |
| 4:45 p.m.         |   |                              |  |
| 5:00 p.m.         |   |                              |  |

**REGISTRATION**  
**7:00 a.m. – 5:30 p.m.**  
Wabash West Corridor

**PJ5K**  
**7:00 a.m. / June 4**  
Military Park located at  
White River State Park

**SRS CLUB HYPNOS**  
**6:00 p.m. – 8:00 p.m. / June 4**  
JW Marriott Grand Ballroom 6-8

**AASM FOUNDATION 25<sup>TH</sup>**  
**ANNIVERSARY GALA**  
**7:00 p.m. – 10:00 p.m. / June 4**  
JW Marriott Grand Ballroom 5

|                   | Room 121  | Room 123  | Room 126   | Sagamore Ballroom 3   |
|-------------------|---|---|--|---|
| <b>8:00 a.m.</b>  |   |   |  |  <b>C-06</b> |
| 8:15 a.m.         |   |   |  | Advances in Clinical Sleep Medicine 2023  |
| 8:30 a.m.         |   |   |  | <b>8:00 a.m. – 5:00 p.m.</b>  |
| 9:00 a.m.         |   |   |  |   |
| 9:15 a.m.         |   |   |  |   |
| 9:30 a.m.         |   |   |  |   |
| <b>9:45 a.m.</b>  | Break 9:45 a.m. – 10:00 a.m.  |   |  |   |
| 10:00 a.m.        |   |   |  |   |
| 10:15 a.m.        |   |   |  |   |
| 10:30 a.m.        |   |   |  |   |
| 10:45 a.m.        |   |   |  |   |
| 11:00 a.m.        |   |   |  |   |
| 11:15 a.m.        |   |   |  |   |
| 11:30 a.m.        |   |   |  |   |
| 11:45 a.m.        |   |   |  |   |
| <b>12:00 p.m.</b> | Lunch break on your own 12:00 p.m. – 1:00 p.m.                              |   |  |   |
| 1:00 p.m.         | <b>O-01</b>   | <b>B-01</b>   | <b>S-01</b>  |   |
| 1:15 p.m.         | Sleep and Circadian Disparities - The Role of Socioeconomic Status, Race... | Women's Symposium on Gender/Sex-Related Differences in Primary Sleep... | Chrononutrition to Optimize Cardiometabolic Health           |   |
| 1:30 p.m.         | <b>1:00 p.m. – 3:00 p.m.</b>  | <b>1:00 p.m. – 3:00 p.m.</b>  | <b>1:00 p.m. – 3:00 p.m.</b>                                 |   |
| 1:45 p.m.         |   |   |  |   |
| 2:00 p.m.         |   |   |  |   |
| 2:15 p.m.         |   |   |  |   |
| 2:30 p.m.         |   |   |  |   |
| <b>2:45 p.m.</b>  | Break 2:45 p.m. – 3:00 p.m. (Postgraduate Courses)                          |   |  |   |
| <b>3:00 p.m.</b>  | Break 3:00 p.m. – 3:15 p.m. (General Sessions)                              |   |  |   |
| <b>3:15 p.m.</b>  | <b>S-03</b>   | <b>S-02</b>   | <b>O-02</b>  |   |
| 3:30 p.m.         | Sleep, Glymphatic Function, and Alzheimer's Disease                         | Pain, the Neuropeptidergic N/OFQ - NOP System and Sleep                 | Sleep Health Across Populations: From Occupations to Couples |   |
| 3:45 p.m.         | <b>3:15 p.m. – 5:15 p.m.</b>  | <b>3:15 p.m. – 5:15 p.m.</b>  | <b>3:15 p.m. – 5:15 p.m.</b>                                 |   |
| 4:00 p.m.         |   |   |  |   |
| 4:15 p.m.         |   |   |  |   |
| 4:30 p.m.         |   |   |  |   |
| 4:45 p.m.         |   |   |  |   |
| 5:00 p.m.         |   |   |  |   |

## REGISTRATION

**7:00 a.m. – 5:30 p.m.**  
Wabash West Corridor

## PJ5K

**7:00 a.m. / June 4**  
Military Park located at White River State Park

## SRS CLUB HYPNOS

**6:00 p.m. – 8:00 p.m. / June 4**  
JW Marriott Grand Ballroom 6-8

## AASM FOUNDATION 25<sup>TH</sup>

**ANNIVERSARY GALA**  
**7:00 p.m. – 10:00 p.m. / June 4**  
JW Marriott Grand Ballroom 5



|            | 500 Ballroom   | Sagamore Ballroom 3  | Sagamore Ballroom 4                                       | Sagamore Ballroom 5  | Wabash Ballroom 1  |
|------------|--|--|---|--|--|
| 8:00 a.m.  |  |  |   |  |  |
| 8:15 a.m.  |  | <b>I-01 (Sagamore Ballroom)</b>                            |   |  |  |
| 8:30 a.m.  |  | Bridging Circadian and Sleep Science to Enhance Healthspan |   |  |  |
| 9:00 a.m.  |  | <b>8:15 a.m. – 10:00 a.m.</b>                              |   |  |  |
| 9:15 a.m.  |  |  |   |  |  |
| 9:30 a.m.  |  |  |   |  |  |
| 9:45 a.m.  |  |  |   |  |  |
| 10:00 a.m. | <i>Break 10:00 a.m. – 10:30 a.m.</i>                               |  |   |  |  |
| 10:15 a.m. |  |  |   |  |  |
| 10:30 a.m. | <b>I-02</b>  | <b>S-05</b>  | <b>S-04</b>   | <b>O-04</b>  | <b>O-03</b>  |
| 10:45 a.m. | Does One Size Fit All? Understanding Sleep Health Inequities in... | Clinical Practice Guideline Update for the Management...   | The Role of Light in Health via Biological Rhythms        | Hypersomnia: New Data on Pharmaceutical Options                  | Sleep in Toddlers: One Strategy Does Not Fit All           |
| 11:00 a.m. |  |  |   |  |  |
| 11:15 a.m. | <b>10:30 a.m. – 11:30 a.m.</b>                                     | <b>10:30 a.m. – 11:30 a.m.</b>                             | <b>10:30 a.m. – 11:30 a.m.</b>                            | <b>10:30 a.m. – 11:30 a.m.</b>                                   | <b>10:30 a.m. – 11:30 a.m.</b>                             |
| 11:30 a.m. |  |  |   |  |  |
| 11:45 a.m. |  |  |   |  |  |
| 12:00 p.m. | <i>Lunch break on your own 11:30 a.m. – 1:30 p.m.</i>              |  |   |  |  |
| 1:15 p.m.  |  |  |   |  |  |
| 1:30 p.m.  | <b>O-08</b>  | <b>O-07</b>  | <b>W-01</b>   | <b>D-01</b>  | <b>D-02</b>  |
| 1:45 p.m.  | Future Trends in Sleep Apnea Diagnosis and Care                    | Objective Sleep in Insomnia Disorder: Discrepancy...       | Melatonin Use in Children: The Good, the Bad and the Ugly | Delay in Diagnosis: How Health Disparities, Lack of Awareness... | Tumbleweeds and Frontier land – is Rural Sleep Medicine... |
| 2:00 p.m.  |  |  |   |  |  |
| 2:15 p.m.  | <b>1:30 p.m. – 3:30 p.m.</b>                                       | <b>1:30 p.m. – 3:30 p.m.</b>                               | <b>1:30 p.m. – 3:30 p.m.</b>                              | <b>1:30 p.m. – 3:30 p.m.</b>                                     | <b>1:30 p.m. – 3:30 p.m.</b>                               |
| 2:30 p.m.  |  |  |   |  |  |
| 2:45 p.m.  |  |  |   |  |  |
| 3:00 p.m.  |  |  |   |  |  |
| 3:15 p.m.  |  |  |   |  |  |
| 3:30 p.m.  | <i>Break 3:30 p.m. – 4:00 p.m.</i>                                 |  |   |  |  |
| 3:45 p.m.  |  |  |   |  |  |
| 4:00 p.m.  | <b>I-04</b>  | <b>D-03</b>  | <b>S-08</b>   | <b>O-10</b>  | <b>O-11</b>  |
| 4:15 p.m.  | Disordered Sleep and Rhythms: Causes or Consequences of...         | AASM Scoring Manual 3: Overview of Recent Changes...       | Obstructive Sleep Apnea in Youth and Young Adults with... | Sleep Determinants and Predictors of Disease                     | Ethnic Health Disparities in Sleep Apnea Diagnosis...      |
| 4:30 p.m.  |  |  |   |  |  |
| 4:45 p.m.  | <b>4:00 p.m. – 5:00 p.m.</b>                                       | <b>4:00 p.m. – 5:00 p.m.</b>                               | <b>4:00 p.m. – 5:00 p.m.</b>                              | <b>4:00 p.m. – 5:00 p.m.</b>                                     | <b>4:00 p.m. – 5:00 p.m.</b>                               |
| 5:00 p.m.  |  |  |   |  |  |

## REGISTRATION

7:00 a.m. – 5:30 p.m.  
Wabash West Corridor

## POSTER PRESENTATIONS

12:00 p.m. – 1:15 p.m. and  
5:00 p.m. – 6:00 p.m. / June 5  
Hall D

## EXHIBIT HALL

10:00 a.m. – 4:00 p.m.  
Halls A, B & C

## AASM ANNUAL MEMBERSHIP MEETING

12:00 p.m. – 1:30 p.m.  
Wabash Ballroom 3

## PLENARY SESSION

8:15 a.m. – 10:00 a.m.  
Sagamore Ballroom

## LATE BREAKING ABSTRACTS

11:45 a.m. – 12:45 p.m.  
Wabash Ballroom 1

|            | Room 103  | Room 117   | Room 121  | Room 123  | Room 126  |
|------------|---|--|---|---|---|
| 8:00 a.m.  |   |  |   |   |   |
| 8:15 a.m.  |   |  |   |   |   |
| 8:30 a.m.  |   |  |   |   |   |
| 9:00 a.m.  |   |  |   |   |   |
| 9:15 a.m.  |   |  |   |   |   |
| 9:30 a.m.  |   |  |   |   |   |
| 9:45 a.m.  |   |  |   |   |   |
| 10:00 a.m. | Break 10:00 a.m. – 10:30 a.m.   |  |   |   |   |
| 10:15 a.m. |   |  |   |   |   |
|            | <b>T-01</b>   |  | <b>O-05</b>   | <b>O-06</b>   | <b>I-03</b>   |
| 10:30 a.m. | Comorbid Insomnia and Sleep Apnea (COMISA)  |  | Sleep, Stress, and Emotion  | Wearable Devices and Deep Learning Techniques                           | Why We Sleep Differently: How the Aging   |
| 10:45 a.m. | 10:30 a.m. - 11:30 a.m.   |  | 10:30 a.m. - 11:30 a.m.   | 10:30 a.m. - 11:30 a.m.   | Brain Changes the Way We Sleep...   |
| 11:00 a.m. |   |  |   |   | 10:30 a.m. - 11:30 a.m.   |
| 11:15 a.m. |   |  |   |   |   |
| 11:30 a.m. | Lunch break on your own 11:30 a.m. – 1:30 p.m.  |  |   |   |   |
| 11:45 a.m. |   | <b>L-01</b>  |   |   |   |
|            | <b>T-02</b>   | Do You Need to Use Hypnotic Medications with CBTI? |   |   |   |
| 1:30 p.m.  | Respiratory Physiology and the Pathophysiology of Complex Sleep-Related Breathing Disorders | 11:45 a.m. – 12:45 p.m.                            | <b>S-07</b>   | <b>S-06</b>   | <b>O-09</b>   |
| 2:30 p.m.  | 1:30 p.m. - 3:30 p.m.   |  | Advances in our Understanding of Neural Activity During REM Sleep                           | What Circadian Rhythms Outside of the Brain Can Tell Us About Sleep     | Associations of Sleep and Rhythm Development with...                                    |
| 2:45 p.m.  |   |  | 1:30 p.m. - 3:30 p.m.   | 1:30 p.m. - 3:30 p.m.   | 1:30 p.m. - 2:30 p.m.   |
| 3:00 p.m.  |   |  |   |   | <b>F-01</b>   |
| 3:15 p.m.  |   |  |   |   | Application of Acoustic Stimulation of Slow Wave Sleep...                               |
| 3:30 p.m.  | Break 3:30 p.m. – 4:00 p.m.   |  |   |   |   |
| 3:45 p.m.  |   |  |   |   |   |
| 4:00 p.m.  | <b>T-03</b>   |  | <b>S-09</b>   | <b>D-04</b>   | <b>I-05</b>   |
| 4:15 p.m.  | Pediatrics Update   |  | Neurobiology of the Inter-Relationship Between Circadian Rhythms and Substance Use Disorder | Promoting Diversity, Equity and Inclusion in the Sleep Research Society | The Burden of Wake and the Reasons of Sleep: How Sleep Promotes Synaptic Homeostasis... |
| 4:30 p.m.  | 4:00 p.m. – 5:00 p.m.   |  | 4:00 p.m. – 5:00 p.m.   | 4:00 p.m. – 5:00 p.m.   | 4:00 p.m. – 5:00 p.m.   |
| 4:45 p.m.  |   |  |   |   |   |
| 5:00 p.m.  |   |  |   |   |   |

## REGISTRATION

7:00 a.m. – 5:30 p.m.  
Wabash West Corridor

## POSTER PRESENTATIONS

12:00 p.m. – 1:15 p.m. and  
5:00 p.m. – 6:00 p.m. / June 5  
Hall D

## EXHIBIT HALL

10:00 a.m. – 4:00 p.m.  
Halls A, B & C

## AASM ANNUAL MEMBERSHIP MEETING

12:00 p.m. – 1:30 p.m.  
Wabash Ballroom 3

## PLENARY SESSION

8:15 a.m. – 10:00 a.m.  
Sagamore Ballroom

## LATE BREAKING ABSTRACTS

11:45 a.m. – 12:45 p.m.  
Wabash Ballroom 1

# Monday

Session Types:

**B** Bench to Bedside

**C**  Postgraduate Courses

**D** Discussion Groups

**F** Rapid-Fire Symposia

**I** Invited Lecturers

**L**  Lunch Debates

**M**  Meet the Professors






**O** Oral Presentations

**P** Poster Presentations

**S** Symposia

**T** Technologist Track

**W** Clinical Workshops

|                   | Room 205  | Room 206  | Room 207  | Room 208  | Room 209  |
|-------------------|---|---|---|---|---|
| 8:00 a.m.         |   |   |   |   |   |
| 8:15 a.m.         |   |   |   |   |   |
| 8:30 a.m.         |   |   |   |   |   |
| 9:00 a.m.         |   |   |   |   |   |
| 9:15 a.m.         |   |   |   |   |   |
| 9:30 a.m.         |   |   |   |   |   |
| 9:45 a.m.         |   |   |   |   |   |
| <b>10:00 a.m.</b> | Break 10:00 a.m. – 10:30 a.m.   |   |   |   |   |
| 10:15 a.m.        |   |   |   |   |   |
| 10:30 a.m.        |   |   |   |   |   |
| 10:45 a.m.        |   |   |   |   |   |
| 11:00 a.m.        |   |   |   |   |   |
| 11:15 a.m.        |   |   |   |   |   |
| <b>11:30 a.m.</b> | Lunch break on your own 11:30 a.m. – 1:30 p.m.  |   |   |   |   |
| <b>11:45 a.m.</b> |  <b>M-01</b> |  <b>M-02</b> |  <b>M-03</b> |  <b>M-04</b> |  <b>M-05</b> |
| 1:30 p.m.         | Integrating Circadian Medicine in Sleep Disorder Centers                                      | Sleep and Cancer: An Important and Underappreciated...  | The Low-Down on Sleep Problems in Children and Adults...                                      | CCHS: What Every (Adult) Specialist Should Know   | The Contribution of Sleep Health Disparities to Chronic Diseases                                |
| 1:45 p.m.         |   |   |   |   |   |
| 2:00 p.m.         | <b>11:45 a.m. – 12:45 p.m.</b>  | <b>11:45 a.m. – 12:45 p.m.</b>  | <b>11:45 a.m. – 12:45 p.m.</b>  | <b>11:45 a.m. – 12:45 p.m.</b>  | <b>11:45 a.m. – 12:45 p.m.</b>  |
| 2:15 p.m.         |   |   |   |   |   |
| 2:30 p.m.         |   |   |   |   |   |
| 2:45 p.m.         |   |   |   |   |   |
| 3:00 p.m.         |   |   |   |   |   |
| 3:15 p.m.         |   |   |   |   |   |
| <b>3:30 p.m.</b>  | Break 3:30 p.m. – 4:00 p.m.   |   |   |   |   |
| 3:45 p.m.         |   |   |   |   |   |
| 4:00 p.m.         |   |   |   |   |   |
| 4:15 p.m.         |   |   |   |   |   |
| 4:30 p.m.         |   |   |   |   |   |
| 4:45 p.m.         |   |   |   |   |   |
| 5:00 p.m.         |   |   |   |   |   |

## REGISTRATION

7:00 a.m. – 5:30 p.m.  
Wabash West Corridor

## POSTER PRESENTATIONS

12:00 p.m. – 1:15 p.m. and  
5:00 p.m. – 6:00 p.m. / June 5  
Hall D

## EXHIBIT HALL

10:00 a.m. – 4:00 p.m.  
Halls A, B & C

## AASM ANNUAL MEMBERSHIP MEETING

12:00 p.m. – 1:30 p.m.  
Wabash Ballroom 3

## PLENARY SESSION

8:15 a.m. – 10:00 a.m.  
Sagamore Ballroom

## LATE BREAKING ABSTRACTS

11:45 a.m. – 12:45 p.m.  
Wabash Ballroom 1

|                   | 500 Ballroom  | Sagamore Ballroom 3   | Sagamore Ballroom 4  | Sagamore Ballroom 5   | Wabash Ballroom 1  |
|-------------------|---|---|--|---|--|
| <b>8:00 a.m.</b>  | <b>O-12</b>   | <b>S-10</b>   | <b>D-05</b>  | <b>W-02</b>   | <b>O-13</b>  |
| 8:15 a.m.         | Sleep-Disordered Breathing and Cardiovascular Disease | How do I Prescribe That? Updates on Medications Used to Treat Sleep Disorders | Priority Areas of Research in Artificial Intelligence (AI) in Sleep Medicine           | REM Sleep Behavior Disorder (RBD): Understanding the clinician and patient perspectives | Impact of Sleep on Health in Adolescents   |
| 8:30 a.m.         | <b>8:00 a.m. - 10:00 a.m.</b>                         | <b>8:00 a.m. - 10:00 a.m.</b>   | <b>8:00 a.m. - 10:00 a.m.</b>  | <b>8:00 a.m. - 10:00 a.m.</b>   | <b>8:00 a.m. - 10:00 a.m.</b>  |
| 9:00 a.m.         |   |   |  |   |  |
| 9:15 a.m.         |   |   |  |   |  |
| 9:30 a.m.         |   |   |  |   |  |
| 9:45 a.m.         |   |   |  |   |  |
| <b>10:00 a.m.</b> | <i>Break 10:00 a.m. - 10:30 a.m.</i>                  |   |  |   |  |
| 10:15 a.m.        |   |   |  |   |  |
| 10:30 a.m.        | <b>I-06</b>   | <b>O-16</b>   | <b>S-11</b>  | <b>D-07</b>   | <b>O-17</b>  |
| 10:45 a.m.        | From Snooze to Stroke                                 | Natural Course of Insomnia: Predisposition...                                 | Obesity Hypoventilation Syndromes Across the Lifespan                                  | Identifying and Overcoming Barriers for Clinical Use of Artificial...                   | Sleep Medicine and Oncology  |
| 11:00 a.m.        | <b>10:30 a.m. - 11:30 a.m.</b>                        | <b>10:30 a.m. - 11:30 a.m.</b>  | <b>10:30 a.m. - 11:30 a.m.</b>   | <b>10:30 a.m. - 11:30 a.m.</b>  | <b>10:30 a.m. - 11:30 a.m.</b>   |
| 11:15 a.m.        |   |   |  |   |  |
| <b>11:30 a.m.</b> | <i>Lunch break on your own 11:30 a.m. - 1:30 p.m.</i> |   |  |   |  |
| <b>11:45 a.m.</b> |   |   |  |   | <b>R-01</b>  |
|                   |   |   |  |   | Trainee Case Reports   |
|                   |   |   |  |   | <b>11:45 a.m. - 12:45 p.m.</b>   |
| <b>1:30 p.m.</b>  | <b>O-20</b>   | <b>O-19</b>   | <b>S-13</b>  | <b>S-14</b>   | <b>D-08</b>  |
| 1:45 p.m.         | Real World Outcomes in Sleep-Disordered Breathing     | Intersection of Sleep, Cardiovascular Health, and Endocrinologic Disease      | Sleep and Driving: What Sleep Medicine Clinicians and Researchers Need to Know in 2023 | The Interconnection of Sleep, Circadian Rhythms, and Long COVID                         | The International Classification of Sleep Disorders: Revisions and Controversies |
| 2:00 p.m.         | <b>1:30 p.m. - 3:30 p.m.</b>                          | <b>1:30 p.m. - 3:30 p.m.</b>  | <b>1:30 p.m. - 3:30 p.m.</b>   | <b>1:30 p.m. - 3:30 p.m.</b>  | <b>1:30 p.m. - 3:30 p.m.</b>   |
| 2:15 p.m.         |   |   |  |   |  |
| 2:30 p.m.         |   |   |  |   |  |
| 2:45 p.m.         |   |   |  |   |  |
| 3:00 p.m.         |   |   |  |   |  |
| 3:15 p.m.         |   |   |  |   |  |
| <b>3:30 p.m.</b>  | <i>Break 3:30 p.m. - 4:00 p.m.</i>                    |   |  |   |  |
| 3:45 p.m.         |   |   |  |   |  |
| <b>4:00 p.m.</b>  | <b>I-08</b>   | <b>O-23</b>   | <b>D-10</b>  | <b>D-09</b>   | <b>O-22</b>  |
| 4:15 p.m.         | Physiologic Phenotyping of Sleep Apnea                | Childhood OSA: Outcomes of Novel Evaluation and...                            | Identifying and Prioritizing Strategies to Increase Access to...                       | The Effect of Disparities in Sleep Care on Cardiovascular...                            | The Role of Nightmares in Sleep and Mental Health: The Effect of...              |
| 4:30 p.m.         | <b>4:00 p.m. - 5:00 p.m.</b>                          | <b>4:00 p.m. - 5:00 p.m.</b>  | <b>4:00 p.m. - 5:00 p.m.</b>   | <b>4:00 p.m. - 5:00 p.m.</b>  | <b>4:00 p.m. - 5:00 p.m.</b>   |
| 4:45 p.m.         |   |   |  |   |  |
| 5:00 p.m.         |   |   |  |   |  |

**REGISTRATION**  
7:30 a.m. - 5:00 p.m.  
Wabash West Corridor

**POSTER PRESENTATIONS**  
12:00 p.m. - 1:15 p.m. and  
5:00 p.m. - 6:00 p.m. / June 6  
Hall D

**EXHIBIT HALL**  
10:00 a.m. - 4:00 p.m.  
Halls A, B & C

**SRS ANNUAL MEMBERSHIP MEETING**  
12:30 p.m. - 1:30 p.m.  
Wabash Ballroom 3

**#SLEEP2023**  
  



|                   | Room 103  | Room 117                                 | Room 121   | Room 123  | Room 126  |
|-------------------|---|--|--|---|---|
| <b>8:00 a.m.</b>  | <b>T-04</b>   |  | <b>F-02</b>  | <b>D-06</b>   | <b>O-15</b>   |
| 8:15 a.m.         | Advanced PAP Titrations                               |  | Expanding the Shift Work Ecology: Social...                  | NIH Resources to Accelerate Translation and Biomedical...           | Effects of Sleep and Sleep Loss on Cognition and Emotion            |
| 8:30 a.m.         | <b>8:00 a.m. - 10:00 a.m.</b>                         |  | <b>8:00 a.m. - 9:00 a.m.</b>                                 | <b>8:00 a.m. - 10:00 a.m.</b>                                       | <b>8:00 a.m. - 10:00 a.m.</b>                                       |
| <b>9:00 a.m.</b>  |   |  | <b>O-14</b>  |   |   |
| 9:15 a.m.         |   |  | Omics-Based Insights on Sleep Regulation                     |   |   |
| 9:30 a.m.         |   |  | <b>9:00 a.m. - 10:00 a.m.</b>                                |   |   |
| 9:45 a.m.         |   |  |  |   |   |
| <b>10:00 a.m.</b> | <i>Break 10:00 a.m. - 10:30 a.m.</i>                  |  |  |   |   |
| <b>10:15 a.m.</b> |   |  |  |   |   |
| <b>10:30 a.m.</b> | <b>T-05</b>   |  | <b>S-12</b>  | <b>O-18</b>   | <b>I-07</b>   |
| 10:45 a.m.        | Alternatives to PAP Therapy for Sleep-Disordered...   |  | The Locus Coeruleus Noradrenergic System in Healthy and...   | Sleep and Sleep Loss in Aging and Alzheimer's Disease               | Sleep, Development, and Social Context: Implications for...         |
| 11:00 a.m.        |   |  | <b>10:30 a.m. - 11:30 a.m.</b>                               | <b>10:30 a.m. - 11:30 a.m.</b>                                      | <b>10:30 a.m. - 11:30 a.m.</b>                                      |
| 11:15 a.m.        | <b>10:30 a.m. - 11:30 a.m.</b>                        |  |  |   |   |
| <b>11:30 a.m.</b> | <i>Lunch break on your own 11:30 a.m. - 1:30 p.m.</i> |  |  |   |   |
| <b>11:45 a.m.</b> |   | <b>L-02</b>                              |  |   |   |
| 12:00 p.m.        |   | Sleep Quality vs. Sleep Duration Measure |  |   |   |
| 1:15 p.m.         |   | <b>11:45 a.m. - 12:45 p.m.</b>           |  |   |   |
| <b>1:30 p.m.</b>  | <b>T-06</b>   |  | <b>B-02</b>  | <b>O-21</b>   | <b>F-03</b>   |
| 1:45 p.m.         | Sleep Lab Emergencies                                 |  | Sleep Extension: From Research to Practice                   | Observing and Intervening on Circadian Rhythms                      | The Effect of Household, Familial, and Neighborhood...              |
| 2:00 p.m.         | <b>1:30 p.m. - 2:30 p.m.</b>                          |  | <b>1:30 p.m. - 3:30 p.m.</b>                                 | <b>1:30 p.m. - 3:30 p.m.</b>  | <b>1:30 p.m. - 2:30 p.m.</b>  |
| 2:15 p.m.         |   |  |  |   |   |
| <b>2:30 p.m.</b>  | <b>T-07</b>   |  |  |   | <b>F-04</b>   |
| 2:45 p.m.         | Substances of Abuse and Related Polysomnographic...   |  |  |   | Understanding Child and Adolescent Sleep and Mental Health Using... |
| 3:00 p.m.         |   |  |  |   | <b>2:30 p.m. - 3:30 p.m.</b>  |
| 3:15 p.m.         | <b>2:30 p.m. - 3:30 p.m.</b>                          |  |  |   |   |
| <b>3:30 p.m.</b>  | <i>Break 3:30 p.m. - 4:00 p.m.</i>                    |  |  |   |   |
| 3:45 p.m.         |   |  |  |   |   |
| <b>4:00 p.m.</b>  | <b>T-08</b>   |  | <b>S-15</b>  | <b>D-11</b>   | <b>I-09</b>   |
| 4:15 p.m.         | Current Issues in Sleep Center Management             |  | Parenting-Related Factors, Youth Sleep, and Mental Health... | Optimizing Sleep Health in First Responders & Military Personnel... | Evolving Perspectives on the Evolution of REM Sleep                 |
| 4:30 p.m.         | <b>4:00 p.m. - 5:00 p.m.</b>                          |  | <b>4:00 p.m. - 5:00 p.m.</b>                                 | <b>4:00 p.m. - 5:00 p.m.</b>  | <b>4:00 p.m. - 5:00 p.m.</b>  |
| 4:45 p.m.         |   |  |  |   |   |
| 5:00 p.m.         |   |  |  |   |   |






**REGISTRATION**  
7:30 a.m. - 5:00 p.m.  
Wabash West Corridor

**POSTER PRESENTATIONS**  
12:00 p.m. - 1:15 p.m. and  
5:00 p.m. - 6:00 p.m. / June 6  
Hall D

**EXHIBIT HALL**  
10:00 a.m. - 4:00 p.m.  
Halls A, B & C

**SRS ANNUAL MEMBERSHIP MEETING**  
12:30 p.m. - 1:30 p.m.  
Wabash Ballroom 3

**#SLEEP2023**

|                   | Room 205  | Room 206  | Room 207  | Room 208  | Room 209  |
|-------------------|---|---|---|---|---|
| 8:00 a.m.         |   |   |   |   |   |
| 8:15 a.m.         |   |   |   |   |   |
| 8:30 a.m.         |   |   |   |   |   |
| 9:00 a.m.         |   |   |   |   |   |
| 9:15 a.m.         |   |   |   |   |   |
| 9:30 a.m.         |   |   |   |   |   |
| 9:45 a.m.         |   |   |   |   |   |
| <b>10:00 a.m.</b> | Break 10:00 a.m. – 10:30 a.m.   |   |   |   |   |
| 10:15 a.m.        |   |   |   |   |   |
| 10:30 a.m.        |   |   |   |   |   |
| 10:45 a.m.        |   |   |   |   |   |
| 11:00 a.m.        |   |   |   |   |   |
| 11:15 a.m.        |   |   |   |   |   |
| <b>11:30 a.m.</b> | Lunch break on your own 11:30 a.m. – 1:30 p.m.  |   |   |   |   |
| <b>11:45 a.m.</b> |  <b>M-06</b> |  <b>M-07</b> |  <b>M-08</b> |  <b>M-09</b> |  <b>M-10</b> |
| 1:15 p.m.         | The Multiple Pathways Linking Sleep Apnea and Cardiovascular Disease                          | Don't Blow It Off - Meeting the Challenge of Ventilation Failure in Neuromuscular Disease     | Sleeping for Two: Maternal Sleep and Infant Health  | Sleep and Metabolism: Building Blocks of Mental Health and Cognition                            | Insufficient Sleep and Circadian Misalignment: Contributions to Cardiometabolic Disease         |
| 1:30 p.m.         |   |   |   |   |   |
| 1:45 p.m.         |   |   |   |   |   |
| 2:00 p.m.         | <b>11:45 a.m. - 12:45 p.m.</b>  | <b>11:45 a.m. - 12:45 p.m.</b>  | <b>11:45 a.m. - 12:45 p.m.</b>  | <b>11:45 a.m. - 12:45 p.m.</b>  | <b>11:45 a.m. - 12:45 p.m.</b>  |
| 2:15 p.m.         |   |   |   |   |   |
| 2:30 p.m.         |   |   |   |   |   |
| 2:45 p.m.         |   |   |   |   |   |
| 3:00 p.m.         |   |   |   |   |   |
| 3:15 p.m.         |   |   |   |   |   |
| <b>3:30 p.m.</b>  | Break 3:30 p.m. – 4:00 p.m.   |   |   |   |   |
| 3:45 p.m.         |   |   |   |   |   |
| 4:00 p.m.         |   |   |   |   |   |
| 4:15 p.m.         |   |   |   |   |   |
| 4:30 p.m.         |   |   |   |   |   |
| 4:45 p.m.         |   |   |   |   |   |
| 5:00 p.m.         |   |   |   |   |   |

**REGISTRATION**  
7:30 a.m. – 5:00 p.m.  
Wabash West Corridor

**POSTER PRESENTATIONS**  
12:00 p.m. – 1:15 p.m. and  
5:00 p.m. – 6:00 p.m. / June 6  
Hall D

**EXHIBIT HALL**  
10:00 a.m. – 4:00 p.m.  
Halls A, B & C

**SRS ANNUAL MEMBERSHIP MEETING**  
12:30 p.m. – 1:30 p.m.  
Wabash Ballroom 3

**#SLEEP2023**  
  

|                   | 500 Ballroom   | Sagamore Ballroom 3   | Sagamore Ballroom 4   | Sagamore Ballroom 5  | Wabash Ballroom 1   |
|-------------------|--|---|---|--|---|
| <b>8:00 a.m.</b>  | <b>S-16</b>  | <b>S-18</b>   | <b>W-03</b>   | <b>S-17</b>  | <b>O-24</b>   |
| 8:15 a.m.         | Emerging Alternative Treatments for Sleep-Disordered Breathing: An Update from the Experts | The Dark Side of the Moon: Sleep-Disordered Breathing in Hospitalized Patients                          | Impact of the Environmental Exposome on Sleep and Sleep Disorders in Fetus, Infants, Children and Adolescents             | Sleep and Cardiometabolic Health: Results from Funded AASM Foundation Grants                         | Interrelations Among Sleep, Light Therapy, and Trauma: Effects on Mood Disorders... |
| 8:30 a.m.         |  |   |   |  |   |
| 9:00 a.m.         |  |   |   |  |   |
| 9:15 a.m.         | <b>8:00 a.m. – 10:00 a.m.</b>  | <b>8:00 a.m. – 10:00 a.m.</b>   | <b>8:00 a.m. – 10:00 a.m.</b>   | <b>8:00 a.m. – 10:00 a.m.</b>  | <b>8:00 a.m. – 10:00 a.m.</b>   |
| 9:30 a.m.         |  |   |   |  |   |
| 9:45 a.m.         |  |   |   |  |   |
| <b>10:00 a.m.</b> | <i>Break 10:00 a.m. – 10:30 a.m.</i>   |   |   |  |   |
| 10:15 a.m.        |  |   |   |  |   |
| <b>10:30 a.m.</b> | <b>O-26</b>  | <b>O-27</b>   | <b>S-21</b>   | <b>S-22</b>  | <b>D-12</b>   |
| 10:45 a.m.        | New Data on the Impact of Sleep on Co-Morbidities and Mortality                            | Digital and Novel Applications of Behavioral Therapies for Insomnia in Comorbid and Special Populations | Sleep Dental and Medical Collaborative Models for the Optimal Diagnosis and Treatment of Obstructive Sleep Apnea Patients | Sleep Apnea in Heart Failure: the SERVE HF and ADVENT HF Outcomes                                    | Time to Rethink CPAP Therapy: A Review of the AHRQ Report and Future Directions     |
| 11:00 a.m.        |  |   |   |  |   |
| 11:15 a.m.        |  |   |   |  |   |
| 11:30 a.m.        | <b>10:30 a.m. – 12:30 p.m.</b>   | <b>10:30 a.m. – 12:30 p.m.</b>  | <b>10:30 a.m. – 12:30 p.m.</b>  | <b>10:30 a.m. – 12:30 p.m.</b>   | <b>10:30 a.m. – 12:30 p.m.</b>  |
| 11:45 a.m.        |  |   |   |  |   |
| 12:00 p.m.        |  |   |   |  |   |
| 12:15 p.m.        |  |   |   |  |   |
| <b>12:30 p.m.</b> | <i>Lunch break on your own 12:30 p.m. – 1:45 p.m.</i>                                      |   |   |  |   |
| 1:30 p.m.         |  |   |   |  |   |
| <b>1:45 p.m.</b>  | <b>S-24</b>  | <b>I-10</b>   | <b>S-25</b>   | <b>O-30</b>  | <b>O-29</b>   |
| 2:00 p.m.         | Advancing the Science at the Co-Morbidity Between Sleep...                                 | Beyond Daytime Sleepiness: Disrupted Nighttime Sleep...   | Sleep, Circadian Rhythms, and Mental Health in Student...   | Sleep and Circadian Health in Addiction, Mood Disorders...   | Sleep Medicine Training and Healthcare Delivery                                     |
| 2:15 p.m.         |  |   |   |  |   |
| 2:30 p.m.         | <b>1:45 p.m. – 2:45 p.m.</b>   | <b>1:45 p.m. – 2:45 p.m.</b>  | <b>1:45 p.m. – 2:45 p.m.</b>  | <b>1:45 p.m. – 2:45 p.m.</b>   | <b>1:45 p.m. – 2:45 p.m.</b>  |
| <b>2:45 p.m.</b>  | <i>Break 2:45 p.m. – 3:15 p.m.</i>   |   |   |  |   |
| 3:00 p.m.         |  |   |   |  |   |
| <b>3:15 p.m.</b>  | <b>O-31</b>  | <b>S-27</b>   | <b>S-26</b>   | <b>O-32</b>  | <b>D-16</b>   |
| 3:30 p.m.         | Hypersomnia: Advances in Diagnosis and Treatment   | Cannabinoids for the Treatment of Sleep Disorders – The Current State of Play Around the World          | Sudden Infant Death Syndrome: Brainstem Research and Reducing the Risk  | The Link Between Sleep Disorders and REM Behavior on Migraine, Cognitive Aging and Neurodegeneration | Sleep Health Advocacy: Permanent Standard Time and Later School Start Times         |
| 3:45 p.m.         |  |   |   |  |   |
| 4:00 p.m.         | <b>3:15 p.m. – 5:15 p.m.</b>   | <b>3:15 p.m. – 5:15 p.m.</b>  | <b>3:15 p.m. – 5:15 p.m.</b>  | <b>3:15 p.m. – 5:15 p.m.</b>   | <b>3:15 p.m. – 5:15 p.m.</b>  |
| 4:15 p.m.         |  |   |   |  |   |
| 4:30 p.m.         |  |   |   |  |   |
| 4:45 p.m.         |  |   |   |  |   |
| 5:00 p.m.         |  |   |   |  |   |

**REGISTRATION**  
**7:30 a.m. – 5:00 p.m.**  
Wabash West Corridor

**EXHIBIT HALL**  
**10:00 a.m. – 1:30 p.m.**  
Halls A, B & C

**#SLEEP2023**  
  

| Room 117          | Room 121   | Room 123   | Room 126  |
|-------------------|--|--|---|
| <b>8:00 a.m.</b>  | <b>S-20</b>  | <b>O-25</b>  | <b>S-19</b>   |
| 8:15 a.m.         | Sleep in Animal Models of Neurodevelopmental Conditions  | The Brain and Body in Sleep Loss, Disruption, or Extension   | Sleep EEG Signatures in Neuropsychiatric Disorders Across the Lifespan  |
| 8:30 a.m.         | <b>8:00 a.m. – 10:00 a.m.</b>  | <b>8:00 a.m. – 10:00 a.m.</b>                                | <b>8:00 a.m. – 10:00 a.m.</b>   |
| 9:00 a.m.         |  |  |   |
| 9:15 a.m.         |  |  |   |
| 9:30 a.m.         |  |  |   |
| 9:45 a.m.         |  |  |   |
| 10:00 a.m.        |  |  |   |
| 10:15 a.m.        |  |  |   |
| 10:30 a.m.        | <b>O-28</b>  | <b>S-23</b>  | <b>F-05</b>   |
| 10:45 a.m.        | Health Behaviors, Performance, and Fatigue Across...   | New Insights into the Waking, Sleeping, and Dreaming Brain   | Culturally-Tailored Interventions to Promote Sleep Health...  |
| 11:00 a.m.        | <b>10:30 a.m. – 12:30 p.m.</b>   | <b>10:30 a.m. – 12:30 p.m.</b>                               | <b>10:30 a.m. – 11:30 a.m.</b>  |
| 11:15 a.m.        |  |  | <b>D-13</b>   |
| <b>11:30 a.m.</b> |  |  | Practical Guidelines for Using Wearable Technology in Sleep and Circadian Research                                  |
| 11:45 a.m.        |  |  | <b>11:30 a.m. – 12:30 p.m.</b>  |
| 12:00 p.m.        |  |  |   |
| 12:15 p.m.        |  |  |   |
| 12:30 p.m.        |  |  |   |
| <b>12:45 p.m.</b> | <b>L-03</b>  |  |   |
| 1:15 p.m.         | Mild OSA: To Treat or Not To Treat – That Is the Question  |  |   |
| 1:30 p.m.         | <b>12:45 p.m. – 1:45 p.m.</b>  |  |   |
| <b>1:45 p.m.</b>  | <b>D-14</b>  | <b>D-15</b>  | <b>I-11</b>   |
| 2:00 p.m.         | Are Lab-Based Human Research Studies Going Extinct?  | The Future of Real-World Data Collection for Military and... | Sleep as an Opportunity to Improve Severe Maternal Morbidity  |
| 2:15 p.m.         | <b>1:45 p.m. – 2:45 p.m.</b>   | <b>1:45 p.m. – 2:45 p.m.</b>                                 | <b>1:45 p.m. – 2:45 p.m.</b>  |
| 2:30 p.m.         |  |  |   |
| 2:45 p.m.         |  |  |   |
| 3:00 p.m.         |  |  |   |
| <b>3:15 p.m.</b>  | <b>S-28</b>  |  | <b>F-06</b>   |
| 3:30 p.m.         | Basic Fatigue Research: From Molecular Underpinnings to Comprehensive Brain Modeling of Sleepiness and Cognitive Fatigue |  | Sleep, Emotions, and Mood Disorders During the COVID-19 Pandemic Across Countries and Populations: Lasting Effects? |
| 3:45 p.m.         | <b>3:15 p.m. – 5:15 p.m.</b>   |  | <b>3:15 p.m. – 5:15 p.m.</b>  |
| 4:00 p.m.         |  |  |   |
| 4:15 p.m.         |  |  |   |
| 4:30 p.m.         |  |  |   |
| 4:45 p.m.         |  |  |   |
| 5:00 p.m.         |  |  |   |

**REGISTRATION**

 7:30 a.m. – 5:00 p.m.  
 Wabash West Corridor

**EXHIBIT HALL**

 10:00 a.m. – 1:30 p.m.  
 Halls A, B & C


**#SLEEP2023**




## Wednesday

Session Types:

**B** Bench to Bedside


**C**  Postgraduate Courses

**D** Discussion Groups

**F** Rapid-Fire Symposia

**I** Invited Lecturers

**L**  Lunch Debates

**M**  Meet the Professors






**O** Oral Presentations

**P** Poster Presentations

**S** Symposia

**T** Technologist Track

**W** Clinical Workshops

|                   | Room 205  | Room 206   | Room 207   | Room 208   | Room 209   |
|-------------------|---|--|--|--|--|
| 8:00 a.m.         |   |  |  |  |  |
| 8:15 a.m.         |   |  |  |  |  |
| 8:30 a.m.         |   |  |  |  |  |
| 9:00 a.m.         |   |  |  |  |  |
| 9:15 a.m.         |   |  |  |  |  |
| 9:30 a.m.         |   |  |  |  |  |
| 9:45 a.m.         |   |  |  |  |  |
| 10:00 a.m.        |   |  |  |  |  |
| 10:15 a.m.        |   |  |  |  |  |
| 10:30 a.m.        |   |  |  |  |  |
| 10:45 a.m.        |   |  |  |  |  |
| 11:00 a.m.        |   |  |  |  |  |
| 11:15 a.m.        |   |  |  |  |  |
| 11:30 a.m.        |   |  |  |  |  |
| 11:45 a.m.        |   |  |  |  |  |
| 12:00 p.m.        |   |  |  |  |  |
| 12:15 p.m.        |   |  |  |  |  |
| 12:30 p.m.        |   |  |  |  |  |
| <b>12:45 p.m.</b> | <b> M-11</b>                | <b> M-12</b> | <b> M-13</b> | <b> M-14</b> | <b> M-15</b> |
| 1:00 p.m.         | Impact of Insufficient, Disturbed, and Misaligned Sleep on Cardiometabolic and Psychiatric Morbidity in Youth | Teaching Courses in Sleep and Circadian Rhythms  | Recent Advancements in Structural and Social Determinants of Sleep Health Research             | The Impact of Treating Sleep Disorders on the Course of Psychiatric Disorders                    | Consumer Sleep Technologies, Where Are We Now?   |
| 1:15 p.m.         |   | <b>12:45 p.m. - 1:45 p.m.</b>  | <b>12:45 p.m. - 1:45 p.m.</b>  | <b>12:45 p.m. - 1:45 p.m.</b>  | <b>12:45 p.m. - 1:45 p.m.</b>  |
| 1:30 p.m.         |   |  |  |  |  |
| 1:45 p.m.         |   |  |  |  |  |
| 2:00 p.m.         | <b>12:45 p.m. - 1:45 p.m.</b>   |  |  |  |  |
| 2:15 p.m.         |   |  |  |  |  |
| 2:30 p.m.         |   |  |  |  |  |
| 2:45 p.m.         |   |  |  |  |  |
| 3:00 p.m.         |   |  |  |  |  |
| 3:15 p.m.         |   |  |  |  |  |
| 3:30 p.m.         |   |  |  |  |  |
| 3:45 p.m.         |   |  |  |  |  |
| 4:00 p.m.         |   |  |  |  |  |
| 4:15 p.m.         |   |  |  |  |  |
| 4:30 p.m.         |   |  |  |  |  |
| 4:45 p.m.         |   |  |  |  |  |
| 5:00 p.m.         |   |  |  |  |  |

### REGISTRATION

**7:30 a.m. - 5:00 p.m.**  
Wabash West Corridor

### EXHIBIT HALL

**10:00 a.m. - 1:30 p.m.**  
Halls A, B & C

### #SLEEP2023





# Sleep Research Society®

## 28<sup>th</sup> Annual Trainee Symposia Series

### Sunday, June 4th

The 28th Annual Sleep Research Society Trainee Symposia Series will be held Sunday, June 4, 2023, at the Indiana Convention Center. The event is free to SRS and AASM student members. On-site registration for this program is NOT available.

### Trainee Networking Development Suite

ROOM 210

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 2023. During lunch Monday through Wednesday, up to 30 trainees will be welcomed on a first-come, first-serve basis to enjoy a complimentary meal and a beverage.

### VIEW THE FULL SCHEDULE:

<https://www.sleepmeeting.org/schedule/highlights/srs-trainee-day/>

### MONDAY, JUNE 5

11:30 A.M. – 12:30 P.M.

#### Mentoring Relationships

Susan Redline, MD, MPH  
Kenneth P. Wright Jr., PhD  
Allan I. Pack, MBChB, PhD

### TUESDAY, JUNE 6

11:30 A.M. – 12:30 P.M.

#### Women in Academia

Jennifer R. Goldschmied, PhD  
Patricia L. Haynes, PhD  
Christina McCrae, PhD, DBSM

### WEDNESDAY, JUNE 7

11:30 A.M. – 12:30 P.M.

#### Making a Successful Transition from Post-Doc to Professor

Jessee Dietch, PhD, DBSM  
Christopher Depner, PhD

Sponsored by  
Takeda Pharmaceuticals



# INVITED LECTURERS



## ★ KEYNOTE SPEAKER

**PHYLLIS ZEE, MD, PHD**

**MONDAY, JUNE 5**

**9:00 A.M. – 10:00 A.M.**

**Sagamore Ballroom**

**Bridging Circadian and Sleep  
Science to Enhance Healthspan**

Phyllis C. Zee, MD, PhD is the Benjamin and Virginia T. Boshes Professor in Neurology and professor of Neurobiology at Northwestern University, director of the Center for Circadian and Sleep Medicine and chief of the Division of Sleep Medicine at Northwestern University's Feinberg School of Medicine. Her primary research focuses on understanding the mechanisms that link alterations in sleep, circadian rhythms and sleep disorders with neurological and cardio-metabolic disorders. She serves as a past president of the Sleep Research Society, past president of the Sleep Research Foundation, and is currently president of the World Sleep Society.



**CARMELA ALCANTARA, PHD**

**MONDAY, JUNE 5**

**10:30 A.M. – 11:30 A.M.**

**500 Ballroom**

**Does One Size Fit All?  
Understanding Sleep Health  
Inequities in Latinx Populations**

Carmela Alcantara, PhD, is an associate professor at the School of Social Work at Columbia University. She works to advance health equity, and studies how discrimination and other stressors affect sleep and physical and mental health, particularly among Latina/o adults. Her research integrates psychology, public health, social work and medicine to understand how structural and social factors affect sleep, mental health and cardiovascular health, particularly in racial/ethnic and immigrant communities. A licensed clinical psychologist with postdoctoral training in public health and behavioral medicine, she is a faculty affiliate of the Social Intervention Group and the Columbia Population Research Center.



**BRYCE MANDER, PHD**

**MONDAY, JUNE 5**

**10:30 A.M. – 11:30 A.M.**

**ROOM 126**

**Why We Sleep Differently:  
How the Aging Brain Changes  
the Way We Sleep**

Bryce Mander, PhD, is an assistant professor of psychiatry and human behavior, pathology and laboratory medicine and cognitive sciences, at the University of California Irvine. His career research goals involve explaining the role of sleep in cognition across the lifespan in healthy populations and populations with neurological disorders, including neurodegenerative disease. He has conducted studies in healthy adult populations, clinical populations with neurological disorders, and preclinical and prodromal cohorts at risk for Alzheimer's disease. These studies

have provided him with expertise in the analysis of structural and functional MRI neuroimaging data, PET imaging data, as well as high density EEG data, supporting his research program focused on sleep and cognitive neurophysiology across the lifespan.



## 🏆 TOM ROTH LECTURE OF EXCELLENCE

**RUTH BENCA, MD, PHD**

**MONDAY, JUNE 5**

**4:00 P.M. – 5:00 P.M.**

**500 Ballroom**

**Disordered Sleep and  
Rhythms: Causes or**

**Consequences of Psychiatric Disorders?**

Ruth Benca, MD, PhD is a professor and chair of the Department of Psychiatry and Behavioral Health at Wake Forest University School of Medicine. Previously, she was chair of the Department of Psychiatry and Human Behavior at the University of California, Irvine, and director of the University of Wisconsin-Madison Center for Sleep Medicine and Sleep Research. Her research focuses on the interface between sleep and psychiatric disorders, and the role of sleep and sleep disorders on Alzheimer's disease. She has served as president of the Sleep Research Society and on the board of directors of the American Academy of Sleep Medicine and is Editor-in-Chief of Current Sleep Medicine Reports and Insomnia Section Editor of UpToDate.



**CHIARA CIRELLI, MD, PHD**

**MONDAY, JUNE 5**

**4:00 P.M. – 5:00 P.M.**

**ROOM 126**

**The Burden of Wake and the  
Reasons of Sleep: How Sleep  
Promotes Synaptic Homeostasis**

Chiara Cirelli, MD, PhD is a professor of psychiatry at the University of Wisconsin. She received her medical degree and her PhD in Neuroscience from the University of Pisa, Italy, where she started investigating the molecular correlates of sleep and wake and the role of the noradrenergic system in sleep regulation. She continued this work as fellow in experimental neuroscience at the Neuroscience Institute in San Diego, California, and since 2001 at the University of Wisconsin – Madison. Her research investigates sleep functions by using a combination of electrophysiological, molecular, genetic, and ultrastructural approaches.





**DEVIN BROWN, MD**  
**TUESDAY, JUNE 6**  
**10:30 A.M. – 11:30 A.M.**  
**500 Ballroom**  
**From Snooze to Stroke**

Devin Brown, MD, is a professor of neurology at the University of Michigan where she directs the Vascular Neurology Fellowship Program. She has served as the PI or multiple PI of 10 NIH grants – work that has focused on two main areas: stroke-related health disparities and sleep apnea after stroke. She is currently a multiple PI of Sleep SMART, a trial implemented through StrokeNet. She has published over 180 peer-reviewed papers, has served on multiple editorial boards, and is currently a member of the board of directors of the American Neurological Association.



**MONA EL-SHEIKH, PhD**  
**TUESDAY, JUNE 6**  
**10:30 A.M. – 11:30 A.M.**  
**ROOM 126**  
**Sleep Discrimination/Disparities in Pediatric Populations**

Mona El-Sheikh, PhD, the Leonard Peterson & Co. Inc. Professor in the Department of Human Development and Family Science at Auburn University. Her research program addresses child and adolescent development in the context of risk and has advanced a biopsychosocial approach for understanding adaptation and maladaptation. She examines multiple domains of development in youth in the context of family and socioecological (e.g., health disparities associated with poverty) risk. Studying cohorts of children and their families over long periods has revealed how these processes relate to developmental outcomes over time and provide insights into mitigating interventions. Her work has been funded by the National Institutes of Health (NICHD and NHLBI), and the National Science Foundation.



**NIELS RATTENBORG, PhD**  
**TUESDAY, JUNE 6**  
**4:00 P.M. – 5:00 P.M.**  
**ROOM 126**  
**Evolving Perspectives on the Evolution of REM Sleep**

Niels C. Rattenborg, PhD, is the head of the Avian Sleep research group at the Max Planck Institute for Biological Intelligence in Germany. He aims to gain insight into the evolution and functions of sleep through studying birds using various methods, including functional magnetic resonance imaging. He is pioneering the use of microchips to measure sleep-related brain activity in animals in the wild. He has published in Nature and Science, and received the Outstanding Scientific Achievement Award from the Sleep Research Society for demonstrating that birds can sleep in flight.



**ANDREW WELLMAN, MD, PhD**  
**TUESDAY, JUNE 6**  
**4:00 P.M. – 5:00 P.M.**  
**500 Ballroom**  
**Physiologic Phenotyping of Sleep Apnea**

Andrew Wellman, MD, PhD is an associate professor of medicine at Harvard Medical School, Associate Physician and director of the Sleep-Disordered Breathing Laboratory at Brigham and Women's Hospital. He trained as both a medical doctor and engineer and focuses his research on sleep medicine and respiratory physiology. He has served as PI or CO-I on several NIH funded grants where he made notable contributions in the development of effective measures of ventilatory control sensitivity, arousal mechanisms and pharyngeal mechanics in sleeping humans.

**GHADA BOURJEILY, MD**  
**WEDNESDAY, JUNE 7**  
**1:45 P.M. – 2:45 P.M.**  
**ROOM 126**  
**Sleep as an Opportunity to Improve Severe Maternal Morbidity**

Ghada Bourjeily, MD, is a professor of medicine at The Warren Alpert Medical School of Brown University. She has extensive clinical practice and research experience in pulmonary, critical care and sleep medicine. She has researched in the areas of sleep-disordered breathing (SDB) and investigated the prediction of SDB, its impact on cardiovascular outcomes in pregnancy, and the impact of therapy for SDB on biological pathways. She has been invited as a speaker at many NIH workshops, with many focusing on the interaction of sleep and cardiovascular outcomes such as severe maternal morbidity and mortality in 2020 and 2022, sleep in women in 2019, and predicting, preventing, and treating preeclampsia in 2018.



**KIRAN MASKI, MD**  
**WEDNESDAY, JUNE 7**  
**1:45 P.M. – 2:45 P.M.**  
**Sagamore Ballroom 3**  
**Beyond Daytime Sleepiness: Disrupted Nighttime Sleep in Narcolepsy**

Kiran Maski, MD, is an associate professor of neurology at Harvard Medical School and clinical researcher and physician at Boston Children's Hospital. Her research is focused on identifying sleep biomarkers of neurological disorders, as well as determining the direct cognitive, behavioral and psychological consequences of sleep disruptions in children and adults with these conditions. She served as chair for Treatment of central disorders of hypersomnolence, an American Academy of Sleep Medicine (AASM) clinical practice guideline and was an AASM taskforce member on the International Classification of Sleep Disorders Text revision (ICSD3-TR). She is also currently serving as the chair for recommended protocols of the MSLT and MWT protocol task force.



# POSTGRADUATE COURSES

## All postgraduate courses require additional registration fees

Tickets for available sessions can be purchased at the SLEEP 2023 registration counters.

## The APSS will provide postgraduate course materials in an electronic format only

Prior to the meeting, attendees who pre-registered are allowed to download and print the course materials. Please note that the APSS will not supply computers or tablets to view the material or power for computers or tablets. It is imperative that attendees wishing to view the course materials on their laptops or tablets have them sufficiently powered prior to arrival at the meeting each day.

The SLEEP 2023 Postgraduate Course On-Demand Recordings are available for purchase now for SLEEP attendees.



Purchase access to the recordings at registration.

## SATURDAY, JUNE 3, 2023

### C-01: YEAR IN REVIEW 2023

Sagamore Ballroom 3 | 8:00 a.m. – 5:00 p.m.

Co-Chairs: Romy Hoque, MD and Anne-Marie Chang, PhD

| TIME                    | LECTURE TITLE   |
|-------------------------|---|
| 8:00 a.m. – 8:15 a.m.   | Introduction  |
| 8:15 a.m. – 9:00 a.m.   | <b>Trends in Insomnia Management in the U.S.: Insights from Real-World Evidence</b><br><i>Emerson Wickwire, PhD</i>                           |
| 9:00 a.m. – 9:45 a.m.   | <b>Rationale and Practical Considerations for Diagnosing and Treating OSA in the Transportation Industry</b><br><i>Aneesa Das, MD</i>         |
| 9:45 a.m. – 10:00 a.m.  | Break   |
| 10:00 a.m. – 10:45 a.m. | <b>Improving Outcomes of Hypoglossal Nerve Stimulation Therapy: Current Practice, Future Directions</b><br><i>Maria Suurna, MD</i>            |
| 10:45 a.m. – 11:30 a.m. | <b>Sleep-Disordered Breathing and Cardiac Arrhythmias in Adults: Mechanistic Insights and Clinical Implications</b><br><i>Reena Mehra, MD</i> |
| 11:30 a.m. – 12:00 p.m. | Q & A   |
| 12:00 p.m. – 1:00 p.m.  | Lunch (on your own)   |
| 1:00 p.m. – 1:15 p.m.   | Recap   |

|                       |  |
|-----------------------|--|
| 1:15 p.m. – 2:00 p.m. | <b>Transvenous Phrenic Nerve stimulation for Treatment of Central Sleep Apnea: Safety and Efficacy</b><br><i>Shahrokh Javaheri, MD</i>   |
| 2:00 p.m. – 2:45 p.m. | <b>RLS Treatment Guidelines: Updates and Efficacy</b><br><i>John Winkelman, MD, PhD</i>  |
| 2:45 p.m. – 3:00 p.m. | Break  |
| 3:00 p.m. – 3:45 p.m. | <b>Video-Polysomnography Procedures for Diagnosis of Rapid Eye Movement Sleep Behavior Disorder and the Identification of its Prodromal Stage</b><br><i>Erik St. Louis, MD</i> |
| 3:45 p.m. – 4:30 p.m. | <b>Management of Obesity Hypoventilation: What Sleep Medicine Providers Need to Know</b><br><i>Babak Mokhlesi, MD</i>  |
| 4:30 p.m. – 5:00 p.m. | Q & A  |

## C-02: PEDSLEEP 2023: DIAGNOSIS AND TREATMENT OF COMPLEX PEDIATRIC SLEEP- DISORDERED BREATHING UPDATE

Sagamore Ballroom 5 | 8:00 a.m. – 5:00 p.m.

Chair: Madeleine M. Grigg-Damberger, MD

| TIME                    | LECTURE TITLE  |
|-------------------------|--|
| 8:00 a.m. – 8:15 a.m.   | Introduction   |
| 8:15 a.m. – 9:00 a.m.   | <b>Adenotonsillectomy: Who, When and Why: Data from the CHAT and PATS studies and Beyond</b><br><i>Amal Isaiah, MD, PhD</i>  |
| 9:00 a.m. – 9:45 a.m.   | <b>Adolescent OSA: Influence of Obesity, Asthma, Metabolic Syndrome, Gut Microbiome, and Circadian Rhythm</b><br><i>Anne Marie Morse, DO</i>   |
| 9:45 a.m. – 10:00 a.m.  | Break  |
| 10:00 a.m. – 10:45 a.m. | <b>Infant Breathing Patterns: Normative Data, Central, Obstructive and Beyond. What to Do?</b><br><i>Eliot Katz, MD</i>  |
| 10:45 a.m. – 11:30 a.m. | <b>Beyond CPAP: Treating Persistent Pediatric Obstructive Sleep Apnea Using Non-PAP Therapies</b><br><i>Daniel Ignatiuk, MD</i>  |
| 11:30 a.m. – 12:00 p.m. | Q & A  |
| 12:00 p.m. – 1:00 p.m.  | Lunch (on your own)  |
| 1:00 p.m. – 1:15 p.m.   | Recap  |
| 1:15 p.m. – 2:00 p.m.   | <b>Managing Sleep Disordered Breathing in Infants, Children and Adolescents with Craniocervical Disorders (Chiari, Achondroplasia and Joubert Syndromes)</b><br><i>Sanjeev Kothare, MD</i> |
| 2:00 p.m. – 2:45 p.m.   | <b>Managing Sleep-Related Hypoventilation in Children and Adolescents with Neuromuscular Disorders</b><br><i>Umakanth Katwa, MD</i>  |
| 2:45 p.m. – 3:00 p.m.   | Break  |
| 3:00 p.m. – 3:45 p.m.   | <b>Impact, Diagnosis and Management of Sleep Apnea in Down Syndrome</b><br><i>Kathy Wolfe, MD</i>  |
| 3:45 p.m. – 4:30 p.m.   | <b>Impact of Air Pollution, Bedroom Environment, and Climate Change on Sleep Disordered Breathing in Children</b><br><i>Madeleine M. Grigg-Damberger, MD</i>                               |
| 4:30 p.m. – 5:00 p.m.   | Q & A  |

## C-03: SLEEP, CIRCADIAN RHYTHMS, AND MENTAL HEALTH: A TRANSDIAGNOSTIC PERSPECTIVE

Wabash Ballroom 1 | 8:00 a.m. – 5:00 p.m.

Chair: Philip Gehrman, PhD

| TIME                    | LECTURE TITLE  |
|-------------------------|--|
| 8:00 a.m. – 8:15 a.m.   | Introduction   |
| 8:15 a.m. – 9:00 a.m.   | <b>The Role of REM Sleep in Mental Health and Illness</b><br><i>Philip Gehrman, PhD</i>                      |
| 9:00 a.m. – 9:45 a.m.   | <b>Slow Wave Activity and Neuroplasticity as Transdiagnostic Factors</b><br><i>Jennifer Goldschmied, PhD</i> |
| 9:45 a.m. – 10:00 a.m.  | Break  |
| 10:00 a.m. – 10:45 a.m. | <b>Circadian Rhythms Factors in Pathophysiology and Treatment</b><br><i>Elaine M. Boland, PhD</i>            |
| 10:45 a.m. – 11:30 a.m. | <b>The Role of Sleep Disparities in Mental Health</b><br><i>Philip Cheng, PhD</i>                            |
| 11:30 a.m. – 12:00 p.m. | Q & A  |
| 12:00 p.m. – 1:00 p.m.  | Lunch (on your own)  |
| 1:00 p.m. – 1:15 p.m.   | Recap  |
| 1:15 p.m. – 2:00 p.m.   | <b>SCRD and Mental Health in Childhood and Adolescence</b><br><i>Christine So, PhD</i>                       |
| 2:00 p.m. – 2:45 p.m.   | <b>SCRD and Mental Health in Older Adults</b><br><i>Ellen Lee, MD</i>  |
| 2:45 p.m. – 3:00 p.m.   | Break  |
| 3:00 p.m. – 3:45 p.m.   | <b>Impact of Sleep and Circadian Rhythms on Women's Mental Health</b><br><i>Sammy Dhaliwal, PhD</i>          |
| 3:45 p.m. – 4:30 p.m.   | <b>The Trans S-C Protocol</b><br><i>Adriane Soehner, PhD</i>   |
| 4:30 p.m. – 5:00 p.m.   | Q & A  |

## C-04: THE LESSER-KNOWN "FRIENDS" OF RBD AND PARASOMNIA BOUNDARIES

Sagamore Ballroom 4 | 8:00 a.m. – 12:00 p.m.

Chair: Daniel Barone, MD

| TIME                    | LECTURE TITLE   |
|-------------------------|---|
| 8:00 a.m. – 8:15 a.m.   | Introduction  |
| 8:15 a.m. – 9:00 a.m.   | <b>The Other CNS Causes of Secondary RBD</b><br><i>Daniel Barone, MD</i>  |
| 9:00 a.m. – 9:45 a.m.   | <b>Isolated RSWA: A Common Entity and Emerging Candidate Marker for Synucleinopathies and Other Neurological Disorders</b><br><i>Erik St. Louis, MD</i> |
| 9:45 a.m. – 10:00 a.m.  | Break   |
| 10:00 a.m. – 10:45 a.m. | <b>Parasomnia Overlap Disorder and Sleep-Related Psychogenic Dissociative Disorders</b><br><i>Carlos Schenck, MD</i>                                    |
| 10:45 a.m. – 11:30 a.m. | <b>Trauma-Associated Sleep Disorder</b><br><i>Vincent Mysliwiec, MD</i>   |
| 11:30 a.m. – 12:00 p.m. | Q & A   |

## C-05: ALTERNATIVE THERAPIES FOR SLEEP APNEA

Sagamore Ballroom 4 | 1:00 p.m. – 5:00 p.m.

Chair: Sanjay Patel, MD

| TIME                  | LECTURE TITLE   |
|-----------------------|---|
| 1:00 p.m. – 1:15 p.m. | <b>Overview of OSA and CSA Recent Therapeutic Developments</b><br><i>Sanjay Patel, MD</i> |
| 1:15 p.m. – 2:00 p.m. | <b>Oral Appliance for OSA: What is New?</b><br><i>Fernanda Almeida, DDS, PhD</i>          |
| 2:00 p.m. – 2:45 p.m. | <b>Surgery for OSA: How Strong are the Data</b><br><i>Maria Suurna, MD</i>                |
| 2:45 p.m. – 3:00 p.m. | Break   |
| 3:00 p.m. – 3:30 p.m. | <b>Obesity and OSA: What Sleep Providers Should Know</b><br><i>Ron Grunstein, MD, PhD</i> |
| 3:30 p.m. – 4:00 p.m. | <b>Pharmacotherapy for OSA and CSA</b><br><i>Sanjay Patel, MD</i>                         |
| 4:00 p.m. – 4:15 p.m. | <b>Pharmacotherapy for Obesity</b><br><i>Ron Grunstein, MD, PhD</i>                       |
| 4:15 p.m. – 4:30 p.m. | <b>Surgery for OSA: What is New?</b><br><i>Maria Suurna, MD</i>                           |
| 4:30 p.m. – 5:00 p.m. | Q & A   |

# REIMAGINING SLEEP MEDICINE

VISIT US AT BOOTH 600



**Jazz** Pharmaceuticals.

## C-06: ADVANCES IN CLINICAL SLEEP MEDICINE 2023

Sagamore Ballroom 3 | 8:00 a.m. – 5:00 p.m.

Co-Chairs: Rebecca Spencer, PhD and Robert Stansbury, MD

| TIME                    | LECTURE TITLE   |
|-------------------------|---|
| 8:00 a.m. – 8:15 a.m.   | Introduction  |
| 8:15 a.m. – 9:00 a.m.   | <b>Dual Orexin Receptor Antagonists: What Clinicians Need to Know</b><br><i>David Neubauer, MD</i>  |
| 9:00 a.m. – 9:45 a.m.   | <b>Circadian Hygiene and Health Outcomes</b><br><i>Randy Nelson, PhD</i>  |
| 9:45 a.m. – 10:00 a.m.  | Break   |
| 10:00 a.m. – 10:45 a.m. | <b>Addressing Access to Care: Novel OSA Care Models to Address the Growing Sleep-Disordered Breathing Epidemic</b><br><i>Luke Donovan, MD</i>       |
| 10:45 a.m. – 11:30 a.m. | <b>Time to Integrate Artificial Intelligence Into My Practice?</b><br><i>Jaspal Singh, MD</i>   |
| 11:30 a.m. – 12:00 p.m. | Q & A   |
| 12:00 p.m. – 1:00 p.m.  | Lunch (on your own)   |
| 1:00 p.m. – 1:15 p.m.   | Recap   |
| 1:15 p.m. – 2:00 p.m.   | <b>The Invisible in Plain Sight: Sleep Disordered Breathing in Hospitalized Patients</b><br><i>Sunil Sharma, MD</i>                                 |
| 2:00 p.m. – 2:45 p.m.   | <b>Clinical Use of MSLT in 2023: When, How, and Common Mistakes</b><br><i>Lois Krahn, MD</i>  |
| 2:45 p.m. – 3:00 p.m.   | Break   |
| 3:00 p.m. – 3:45 p.m.   | <b>If All Else Fails: Pharmacotherapy Considerations for Children and Adolescents in the Management of Insomnia</b><br><i>Judith Owens, MD</i>      |
| 3:45 p.m. – 4:30 p.m.   | <b>The Future of the Sleep Technologist: Clinical Integration of the Sleep Technologist Into My Practice</b><br><i>Massey Arrington, RST, RPSGT</i> |
| 4:30 p.m. – 5:00 p.m.   | Q & A   |

## C-07: SLEEP MEDICINE BOARD REVIEW

Sagamore Ballroom 5 | 8:00 a.m. – 5:00 p.m.

Chair: Alon Y. Avidan, MD

| TIME                    | LECTURE TITLE   |
|-------------------------|---|
| 8:00 a.m. – 8:05 a.m.   | Introduction  |
| 8:05 a.m. – 9:00 a.m.   | <b>Normal Sleep and Variants</b><br><i>Douglas Kirsch, MD</i>                       |
| 9:00 a.m. – 9:45 a.m.   | <b>Sleep Scoring, Instrumentation, and Testing</b><br><i>Teofilo Lee-Chiong, MD</i> |
| 9:45 a.m. – 10:00 a.m.  | Break   |
| 10:00 a.m. – 10:45 a.m. | <b>Pediatric Sleep Disorders</b><br><i>Judith Owens, MD</i>                         |
| 10:45 a.m. – 11:30 a.m. | <b>Circadian Rhythm Sleep Disorders</b><br><i>Cathy Goldstein, MD</i>               |
| 11:30 a.m. – 12:00 p.m. | Q & A   |
| 12:00 p.m. – 1:00 p.m.  | Lunch (on your own)   |
| 1:00 p.m. – 1:05 p.m.   | Recap   |
| 1:05 p.m. – 2:00 p.m.   | <b>Central Disorders of Hypersomnia</b><br><i>Michael Silber, MBChB</i>             |
| 2:00 p.m. – 2:45 p.m.   | <b>Sleep-Related Breathing Disorders</b><br><i>Nancy Collop, MD</i>                 |
| 2:45 p.m. – 3:00 p.m.   | Break   |
| 3:00 p.m. – 3:45 p.m.   | <b>Insomnia</b><br><i>Deirdre Conroy, PhD</i>                                       |
| 3:45 p.m. – 4:30 p.m.   | <b>REM and NREM Parasomnias</b><br><i>Alon Avidan, MD, MPH</i>                      |
| 4:30 p.m. – 5:00 p.m.   | Q & A   |



## C-08: ARTIFICIAL INTELLIGENCE IN SLEEP MEDICINE: APPLICATIONS

Sagamore Ballroom 4 | 8:00 a.m. – 12:00 p.m.

Chair: Robert J. Thomas, MD

| TIME                    | LECTURE TITLE   |
|-------------------------|---|
| 8:00 a.m. – 8:15 a.m.   | Introduction  |
| 8:15 a.m. – 9:00 a.m.   | <b>U-Sleep: A Study of High-Frequency Sleep Dynamics using Automatic Scoring</b><br><i>Mathias Perslev, PhD</i>             |
| 9:00 a.m. – 9:45 a.m.   | <b>CAISR - Complete AI Sleep Report</b><br><i>Samaneh Nasiri, PhD</i>   |
| 9:45 a.m. – 10:00 a.m.  | Break   |
| 10:00 a.m. – 10:45 a.m. | <b>Deep Learning Applied to Sleep Neurology: Narcolepsy and RBD</b><br><i>Emmanuel Mignot, MD, PhD</i>                      |
| 10:45 a.m. – 11:30 a.m. | <b>Wearables, Earables, and Nearables - Non-EEG Sleep Analysis in Non-Normal Populations</b><br><i>Gari Clifford, DPhil</i> |
| 11:30 a.m. – 12:00 p.m. | Q & A   |

## C-09: TEACHING SLEEP AND RHYTHMS: MODERN PEDAGOGICAL PRACTICES

Sagamore Ballroom 4 | 1:00 p.m. – 5:00 p.m.

Chair: Michael Scullin, PhD

| TIME                  | LECTURE TITLE  |
|-----------------------|--|
| 1:00 p.m. – 1:15 p.m. | Introduction   |
| 1:15 p.m. – 2:00 p.m. | <b>Equitable Teaching Practices</b><br><i>Alexandria M. Reynolds, PhD</i>                                      |
| 2:00 p.m. – 2:45 p.m. | <b>Approaches to Developing Content for Sleep and Rhythms Courses</b><br><i>Mary Carskadon, PhD</i>            |
| 2:45 p.m. – 3:00 p.m. | Break  |
| 3:00 p.m. – 3:45 p.m. | <b>Student Assessment and Integrating Research Projects into the Classrooms</b><br><i>Michael Scullin, PhD</i> |
| 3:45 p.m. – 4:30 p.m. | <b>Syllabus Development and Starting on Day One</b><br><i>Alexandria M. Reynolds, PhD</i>                      |
| 4:30 p.m. – 5:00 p.m. | Q & A  |

## C-10: SLEEP IN THE LITTLEST ONES: ASSESSMENT AND BEHAVIORAL SLEEP INTERVENTION IN YOUNG CHILDREN

Wabash Ballroom 1 | 1:00 p.m. – 5:00 p.m.

Chair: Sarah M. Honaker, PhD, DBSM

| TIME                  | LECTURE TITLE  |
|-----------------------|--|
| 1:00 p.m. – 1:15 p.m. | Introduction   |
| 1:15 p.m. – 2:00 p.m. | <b>In-home Sleep Assessment for Infants and Young Children Experiencing Typical and Atypical Development</b><br><i>AJ Schwichtenberg, PhD</i>                                  |
| 2:00 p.m. – 2:45 p.m. | <b>Behavioral Sleep Treatment of Insomnia in Young Children</b><br><i>Jodi A. Mindell, PhD</i>   |
| 2:45 p.m. – 3:00 p.m. | Break  |
| 3:00 p.m. – 3:45 p.m. | <b>Behavioral Sleep Treatment of Insomnia in Young Children with Neurodevelopmental Disorders</b><br><i>Sarah M. Honaker, PhD, DBSM</i>  |
| 3:45 p.m. – 4:30 p.m. | <b>Initiation and Management of Positive Airway Pressure (PAP) for the Treatment of Obstructive Sleep Apnea (OSA) in Young Children</b><br><i>Melissa S. Xanthopoulos, PhD</i> |
| 4:30 p.m. – 5:00 p.m. | Q & A  |

## SEATING

Open seating general sessions are filled on a first-come, first served basis. The Associated Professional Sleep Societies, LLC (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 Convention Center Fire Marshal. We encourage you to arrive at meeting rooms as early as possible for best seating.

### B-01 WOMEN'S SYMPOSIUM ON GENDER/SEX-RELATED DIFFERENCES IN PRIMARY SLEEP DISORDERS: HOW ANIMAL MODELS CAN INFORM CLINICAL RESEARCH

1:00 p.m. - 3:00 p.m. | Room 123

Chair: Rosalia Silvestri, MD

|                       |  |
|-----------------------|--|
| 1:00 p.m. - 1:20 p.m. | <b>Gender/Sex-Related Differences in Animal Models of Narcolepsy Type 1: How to Use these Data for Patient Benefits in Clinical Studies</b><br><i>Christelle Peyron, PhD</i> |
| 1:20 p.m. - 1:50 p.m. | <b>Gender Effects on Clinical Features of Narcolepsy Type 1 and 2</b><br><i>Mariana Fernandes, PhD</i>   |
| 1:50 p.m. - 2:20 p.m. | <b>Sex Differences in Sleep-Disordered Breathing: From PSG to Treatment Adherence</b><br><i>Monica Levy Andersen, PhD</i>  |
| 2:20 p.m. - 2:40 p.m. | <b>Insomnia Dimensional Aspects in Women vs. Men: Epidemiology, Risk Factors, and Outcome</b><br><i>Rosalia Silvestri, MD</i>  |
| 2:40 p.m. - 3:00 p.m. | Group Discussion/Q&A   |

### O-01 SLEEP AND CIRCADIAN DISPARITIES – THE ROLE OF SOCIOECONOMIC STATUS, RACE, FAMILY, AND NEIGHBORHOOD

1:00 p.m. - 3:00 p.m. | Room 121

Co-Chairs: Philip Cheng, PhD and Chandra Jackson, PhD

|                       |  |
|-----------------------|--|
| 1:00 p.m. - 1:15 p.m. | <b>0236</b><br><b>Assessing the Impact of Race and Income on Children's Sleep Habits</b><br><i>Presenting Author: Devon Hansen, PhD</i>  |
| 1:15 p.m. - 1:30 p.m. | <b>0237</b><br><b>Day-to-Day Associations Between Nightly Sleep, Sedentary Behavior, and Physical Activity in Under-Resourced Caregiver-Child Dyads</b><br><i>Presenting Author: Lauren Covington, PhD, RN</i> |
| 1:30 p.m. - 1:45 p.m. | <b>0235</b><br><b>Social Jetlag and Diet Quality Among US Young Adults</b><br><i>Presenting Author: Xiru Lyu</i>   |

|                       |  |
|-----------------------|--|
| 1:45 p.m. - 2:00 p.m. | <b>0232</b><br><b>A Mindfulness Intervention to Improve Sleep in a Diverse Sample: Results from a Pilot Feasibility Study</b><br><i>Presenting Author: Dayna Johnson, PhD</i>                      |
| 2:00 p.m. - 2:15 p.m. | <b>0234</b><br><b>Sleep Health Disparity and Frailty in Middle Aged People Living with HIV in an African Setting</b><br><i>Presenting Author: Xi Zheng</i>   |
| 2:15 p.m. - 2:30 p.m. | <b>0239</b><br><b>Perceptions of Sleep Health Among Black Americans: Recommendations for Improving Sleep</b><br><i>Presenting Author: Lauren Barber, PhD</i>                                       |
| 2:30 p.m. - 2:45 p.m. | <b>0238</b><br><b>Neighborhood Determinants of Sleep and the Moderating Role of Cultural Factors Among American Indian and Alaska Native Adolescents</b><br><i>Presenting Author: Lu Dong, PhD</i> |
| 2:45 p.m. - 3:00 p.m. | <b>0233</b><br><b>Racial/Ethnic Residential Segregation - A Component of Structural Racism - and Sleep Health by Neighborhood-Level Poverty</b><br><i>Presenting Author: Symielle Gaston, PhD</i>  |

### S-01 CHRONONUTRITION TO OPTIMIZE CARDIOMETABOLIC HEALTH (NON-CME)

1:00 p.m. - 3:00 p.m. | Room 126

Chair: Frank Scheer, PhD

|                       |  |
|-----------------------|--|
| 1:00 p.m. - 1:22 p.m. | <b>Effects of Caloric Restriction, Circadian Alignment of Feeding, and Fasting on Aging and Longevity in Mice</b><br><i>Joseph Takahashi, PhD</i>                        |
| 1:22 p.m. - 1:44 p.m. | <b>Chrononutrition: Impact of meal timing on Energy Balance Control, Glucoregulation, and Mood</b><br><i>Frank Scheer, PhD</i>   |
| 1:44 p.m. - 2:06 p.m. | <b>Effects of Time-Restricted Eating on Cardiometabolic Risk Factors in Shift Workers</b><br><i>Emily Manoogian, PhD</i>   |
| 2:06 p.m. - 2:38 p.m. | <b>Effects of Time-Restricted Eating on Cardiometabolic Risk Factors and Sleep in Patients with Obesity and Cardiometabolic Disease</b><br><i>Courtney Peterson, PhD</i> |
| 2:28 p.m. - 3:00 p.m. | <b>Effects of Interaction Between Genetics, Nutrition, and Meal Timing on Metabolism</b><br><i>Marta Garaulet, PhD</i>   |

## REFRESHMENT BREAK

3:00 p.m. – 3:15 p.m.

### O-02 SLEEP HEALTH ACROSS POPULATIONS: FROM OCCUPATIONS TO COUPLES

3:15 p.m. - 5:15 p.m. | Room 126

Co-Chairs: Joel Billings, PhD and Heather Gunn, PhD

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|--------------------------|---|
| 3:15 p.m. -<br>3:30 p.m. | <b>0282</b><br><b>Behavioral-Social Rhythms and Metabolic Syndrome Prevalence in Retired Night Shift and Day Workers</b><br><i>Presenting Author: Eunjin Tracy, PhD</i>               |
| 3:30 p.m. -<br>3:45 p.m. | <b>0284</b><br><b>Sleep Health in Latino Day Laborers: Occupational Health and Wellbeing</b><br><i>Presenting Author: Jahanett Ramirez, MD</i>  |
| 3:45 p.m. -<br>4:00 p.m. | <b>0288</b><br><b>Multidimensional Sleep Health and Cognitive Function in Retired Night Shift Workers and Retired Day Workers</b><br><i>Presenting Author: H. Matthew Lehrer, PhD</i> |
| 4:00 p.m. -<br>4:15 p.m. | <b>0281</b><br><b>An Assessment of the Agreement Between Sleep Diary and Actigraphy in Firefighters</b><br><i>Presenting Author: Logan McGoldrick-Ruth</i>                            |
| 4:15 p.m. -<br>4:30 p.m. | <b>0283</b><br><b>Firefighters' Sleep Changes After Switching Shift Schedules: A Longitudinal Study</b><br><i>Presenting Author: Joel Billings, PhD</i>                               |
| 4:30 p.m. -<br>4:45 p.m. | <b>0287</b><br><b>Humans are Capable of Achieving Sufficient Sleep in Microgravity</b><br><i>Presenting Author: Erin Evans, PhD</i>   |
| 4:45 p.m. -<br>5:00 p.m. | <b>0285</b><br><b>Sleep Health in Veteran Population with and Without Mild Traumatic Brain Injury</b><br><i>Presenting Author: Yeilim Cho, MD</i>                                     |
| 5:00 p.m. -<br>5:15 p.m. | <b>0286</b><br><b>Yours, Mine, or Ours? Exploring Sleep Hygiene Concordance in Mixed-Gender, Bed-Sharing Couple Relationships</b><br><i>Presenting Author: Joshua Novak, PhD</i>      |

### S-02 PAIN, THE NEUROPEPTIDERGIC N/OFQ - NOP SYSTEM, AND SLEEP (NON-CME)

3:15 p.m. - 5:15 p.m. | Room 123

Chair: Thomas Kilduff, PhD

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|--------------------------|--|
| 3:15 p.m. -<br>3:45 p.m. | <b>The Effects of Sleep Loss on Pain Sensitivity, Recovery, and Analgesic Treatments</b><br><i>Chloe Alexandre, PhD</i>  |
| 3:45 p.m. -<br>4:15 p.m. | <b>The NOP (Not Opioid) Receptor and N/OFQ, Involvement in Pain and Drug Abuse and More...</b><br><i>Lawrence Toll, PhD</i>  |
| 4:15 p.m. -<br>4:45 p.m. | <b>Activation of the Nociceptin/Orphanin-FQ Receptor Promotes NREM Sleep and EEG Slow Wave Activity</b><br><i>Thomas Kilduff, PhD</i>  |
| 4:45 p.m. -<br>5:15 p.m. | <b>Sunobinop; a Novel Selective Partial Agonist at Nociceptin/Orphanin-FQ Peptide (NOP) with Sleep Promoting and Wake Suppressing Actions</b><br><i>Garth Whiteside, PhD</i> |

### S-03 SLEEP, GLYMPHATIC FUNCTION, AND ALZHEIMER'S DISEASE

3:15 p.m. - 5:15 p.m. | Room 121

Chair: Miranda Lim, MD, PhD

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|--------------------------|--|
| 3:15 p.m. -<br>3:20 p.m. | <b>Overview</b><br><i>Miranda Lim, MD, PhD</i>   |
| 3:20 p.m. -<br>3:45 p.m. | <b>A Glymphatic Molecular Regulator, Aquaporin4 Stop Codon Readthrough, Facilitates Amyloid-<math>\beta</math> Clearance from the Brain in Rodents</b><br><i>John Cirrito, PhD</i> |
| 3:45 p.m. -<br>4:10 p.m. | <b>Autonomic Arousals Contribute to Brain Fluid Pulsations During Human Sleep: Implications for Regulation of Glymphatic Function</b><br><i>Dante Picchioni, PhD</i>               |
| 4:10 p.m. -<br>4:35 p.m. | <b>Infraslow Global Brain Activity During Sleep and its Potential Role in Brain Waste Clearance in Alzheimer Disease-Related Pathology in Humans</b><br><i>Xiao Liu, PhD</i>       |
| 4:35 p.m. -<br>5:00 p.m. | <b>The Glymphatic System and Alzheimer's Disease: What we Know, and What we Don't Know</b><br><i>Jeffrey Iliff, PhD</i>  |
| 5:00 p.m. -<br>5:15 p.m. | <b>Panel Discussion</b>  |



## SRS CLUB HYPNOS

**6:00 p.m. - 8:00 p.m.**  
**JW Marriott Grand Ballroom 6-8**

Enjoy the SRS Club Hypnos and data blitz Sunday evening! Reconnect with your colleagues; congratulate SRS and SRSF Awardees; and vote for the Club Hypnos Cup Data Blitz winner. Delicious food will be provided. Don't miss it!

**Attending a conference in 2023 and want to host your own Club Hypnos? Email [coordinator@srsnet.org](mailto:coordinator@srsnet.org) for information!**



## AASM FOUNDATION GALA

**7:00 p.m. - 10:30 p.m.**  
**JW Marriott Grand Ballroom 5**

The AASM Foundation invites the sleep community to join us on Sunday, June 4, for a festive evening with dinner, drinks, and dancing as we celebrate 25 years of Championing a Bright Future in Sleep Health. The AASM Foundation is the leading organization helping investigators, community leaders and clinicians address the challenges of the evolving field of sleep.

# A-STEP CASH EDUCATION PROGRAM

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## ADVANCED PRACTICE PROVIDERS BREAKFAST AND SLEEP TEAM ASSEMBLY MEETING

**7:00 a.m. – 8:00 a.m. | Room 117**

*Sponsored by Harmony Biosciences*

Nurses, advanced practice registered nurses, and physician assistants are invited to gather together and discuss their involvement in managing patients with sleep disorders over a light breakfast.

## POSTER SET UP

**7:30 a.m. - 8:00 a.m. | Hall D**

Posters should be set up during this time and should not be removed until 6:00 p.m.

## PLENARY SESSION

**8:15 a.m. - 10:00 a.m. | Sagamore Ballroom**

## WELCOME ADDRESS

*Rebecca Spencer, PhD, APSS Program Committee Chair*

## AASM AND SRS PRESENTATIONS

### KEYNOTE ADDRESS

#### I-01 BRIDGING CIRCADIAN AND SLEEP SCIENCE TO ENHANCE HEALTHSPAN

*Phyllis Zee, MD, PhD*

## EXHIBIT HALL OPEN

**10:00 a.m. - 4:00 p.m. | Halls A, B & C**

## REFRESHMENT BREAK IN EXHIBIT HALL

**10:00 a.m. – 10:30 a.m.**

#### I-02 DOES ONE SIZE FIT ALL? UNDERSTANDING SLEEP HEALTH INEQUITIES IN LATINX POPULATIONS

**10:30 a.m. - 11:30 a.m. | 500 Ballroom**

*Carmela Alcantara, MD*

#### I-03 WHY WE SLEEP DIFFERENTLY: HOW THE AGING BRAIN CHANGES THE WAY WE SLEEP

**10:30 a.m. - 11:30 a.m. | Room 126**

*Bryce Mander, PhD*

#### O-03 SLEEP IN TODDLERS: ONE STRATEGY DOES NOT FIT ALL

**10:30 a.m. - 11:30 a.m. | Wabash Ballroom 1**

*Co-Chairs: Jodi Mindell, PhD and Christina Zhang, MD*

**0753**

10:30 a.m. -  
10:45 a.m.

**Mothers' Sleep and Executive Function:  
Downstream Implications for Parenting  
and Toddlers' Executive Function**

*Presenting Author: Maureen McQuillan, PhD*

**0750**

10:45 a.m. -  
11:00 a.m.

**Earlier Bedtimes Mediate the Effect of a Brief  
Behavioral Intervention on Children's BMIz**

*Presenting Author: Chantelle Hart, PhD*

**0754**

11:00 a.m. -  
11:15 a.m.

**Sleep Ecology in Low-Income  
Mexican American Toddlers**

*Presenting Author: Lisa Meltzer, PhD*

**0758**

11:15 a.m. -  
11:30 a.m.

**Initial Efficacy of a Brief, Trauma-  
Informed Sleep Intervention for  
Children in Foster Care Presenting**

*Presenting Author: Candice Alfano, PhD*

#### O-04 HYPERSOMNIA: NEW DATA ON PHARMACEUTICAL OPTIONS (NON-CME)

**10:30 a.m. - 11:30 a.m. | Sagamore Ballroom 5**

*Co-Chairs: Kiran Maski, MD and Romy Hoque, MD*

**0581**

10:30 a.m. -  
10:45 a.m.

**Patient Preferences and Nocturnal  
Experiences with Oxybate Therapy for  
Narcolepsy: RESTORE Study Interim Analysis**

*Presenting Author: John Harsh, PhD*

**0576**

10:45 a.m. -  
11:00 a.m.

**Characterization of Patients with Narcolepsy  
Treated vs. Not Treated with Sodium Oxybate:  
A Propensity Score-Matched Cohort Study**

*Presenting Author: Melissa Lipford, MD*

**0580**

11:00 a.m. -  
11:15 a.m.

**Patient Experiences with Sodium  
Oxybate Therapy for Narcolepsy:  
A Social Listening Analysis**

*Presenting Author: Matthew Horsnell*

0578

11:15 a.m. -  
11:30 a.m.

**Clinician and Patient Global Impression in a Phase 2 Study of Mazindol (NLS-1021) in Adults with Narcolepsy Type 1 and Type 2**

*Presenting Author: George Apostol, MD*

## O-05 SLEEP, STRESS, AND EMOTION

10:30 a.m. - 11:30 a.m. | Room 121

*Co-Chairs: Kimberly Honn, PhD and Briean Satterfield, PhD*

0129

10:30 a.m. -  
10:45 a.m.

**Delta-9-Tetrahydrocannabinol (THC) Ingestion Before Bedtime Reduces Nocturnal Parasympathetic Control of the Heart**

*Presenting Author: Joshua Gonzalez, PhD*

0131

10:45 a.m. -  
11:00 a.m.

**Sleep Deprivation Alters Two Physiological Systems' Responses to Repeated Stressors Differentially**

*Presenting Author: Kirsie Lundholm*

0132

11:00 a.m. -  
11:15 a.m.

**The Role of Stress in the Association Between Neighborhood Environment and Sleep**

*Presenting Author: Lauren Barber, PhD*

0130

11:15 a.m. -  
11:30 a.m.

**Reduced Entropy in EEG During Rapid Eye Movement Sleep in Men with Depression**

*Presenting Author: Shahab Haghayegh, PhD*

## O-06 WEARABLE DEVICES AND DEEP LEARNING TECHNIQUES

10:30 a.m. - 11:30 a.m. | Room 123

*Co-Chairs: Mary Carskadon, PhD and Meredith Wallace, PhD*

0265

10:30 a.m. -  
10:45 a.m.

**Validation Framework for Sleep Stage Scoring in Wearable Sleep Trackers and Monitors with Polysomnography Ground Truth**

*Presenting Author: Trung Le, PhD*

0262

10:45 a.m. -  
11:00 a.m.

**Comparing Wrist Actigraphy to a Novel Wearable (Actigpatch): Nonparametric Activity Estimation**

*Presenting Author: Alexandros Markowitz*

0263

11:00 a.m. -  
11:15 a.m.

**Feasibility of Measuring Sleep Spindles Using a Wearable EEG Headband in Adolescents with Neurodevelopmental Disorders**

*Presenting Author: Kathleen O'Hora*

0264

11:15 a.m. -  
11:30 a.m.

**Untangling Correlations Between Positive Affect and Light and Activity Data Using Deep Learning**

*Presenting Author: Bradley Wheeler*

## S-04 THE ROLE OF LIGHT IN HEALTH VIA BIOLOGICAL RHYTHMS

10:30 a.m. - 11:30 a.m. | Sagamore Ballroom 4

*Chair: Anahid Hekmat, MD*

**The Concept of Circadian Medicine and the Role of Light in Synchronizing Biological Rhythms**

*Kenneth Wright, PhD*

**The Recent Literature on Impact of Light on Cardiovascular, Neurobehavioral, and Gastrointestinal Function**

*Anahid Hekmat, MD*

**Natural Light and Lighting Technologies as an Intervention to Promote Health**

*Anahid Hekmat, MD*

## S-05 CLINICAL PRACTICE GUIDELINE UPDATE FOR THE MANAGEMENT OF REM SLEEP BEHAVIOR DISORDER

10:30 a.m. - 11:30 a.m. | Sagamore Ballroom 3

*Chair: Alon Avidan, MD*

10:30 a.m. -  
10:35 a.m. **Introduction**  
*Alon Avidan, MD*

10:35 a.m. -  
10:50 a.m. **Update on the Management of Isolated RBD**  
*Nancy Foldvary-Schaefer, DO*

10:50 a.m. -  
11:05 a.m. **Management of RBD Secondary to a Medical Disorder (Secondary RBD)**  
*Roneil Malkani, MD*

11:05 a.m. -  
11:15 a.m. **Neurodegenerative Risk Assessment and Counseling for Patients with RBD**  
*Alon Avidan, MD*

11:15 a.m. -  
11:30 a.m. **Discussion/Q&A**

## T-01 COMORBID INSOMNIA AND SLEEP APNEA (COMISA)

10:30 a.m. - 11:30 a.m. | Room 103

*Chair: Amber Allen, RST, RPSGT, CCSH*

10:30 a.m. -  
11:00 a.m. **COMISA Evaluation and Management**  
*Kara Dupuy-McCauley, MD*

11:00 a.m. -  
11:30 a.m. **How the CCSH Can Be Used in Improving Sleep Outcomes in COMISA Patients**  
*Amber Allen, RST, RPSGT, CCSH*

## AASM ANNUAL MEMBERSHIP MEETING

**12:00 p.m. – 1:30 p.m. | Wabash Ballroom 3**

Join us to meet the board of directors, congratulate the 2023 Young Investigator Award recipients, members that were awarded Fellow status for 2023 and listen to AASM leaders provide an update on the state of the organization. You will learn about our recent accomplishments and the plans for the year ahead.

### Late Breaking Abstract (LBA) Presentations

**11:45 a.m. - 12:45 p.m. | Wabash Ballroom 1**

|                         |  |
|-------------------------|--|
| 11:45 a.m. – 12:00 p.m. | <b>LBA001</b><br><b>Chronobiotic Use of Melatonin Improves DaT-Binding in iRBD</b><br><i>Presenting Author: Dieter Kunz, MD</i>                                      |
| 12:00 p.m. – 12:15 p.m. | <b>LBA002</b><br><b>Diurnal Variation in Suicidal Ideation and Behavior in Youth</b><br><i>Presenting Author: Anastacia Kudinova, PhD</i>                            |
| 12:15 p.m. – 12:30 p.m. | <b>LBA003</b><br><b>Intracranial Electrical Stimulation of Corticolimbic Sites Modulates Sleep-Wake Levels in Humans</b><br><i>Presenting Author: Joline Fan, MD</i> |
| 12:30 p.m. – 12:45 p.m. | <b>LBA004</b><br><b>Suppressed 24-h Rest-activity Rhythms Linked to Higher Stroke Risk and Adverse Stroke Outcome</b><br><i>Presenting Author: Sarah Baker</i>       |

## LUNCH BREAK

**11:30 a.m. - 1:30 p.m.**

## LUNCH DEBATE SESSION

**11:45 a.m. - 12:45 p.m. | Room 117**

*Pre-Registration is required.*

### **L-01: DO YOU NEED TO USE HYPNOTIC MEDICATIONS WITH CBT?**

Jack Edinger, PhD (Pro) | Spencer Dawson, PhD (Con)

## MEET THE PROFESSOR SESSIONS

**11:45 a.m. – 12:45 p.m.**

*Pre-Registration is required.*

### **M-01: INTEGRATING CIRCADIAN MEDICINE IN SLEEP DISORDER CENTERS**

**Room 205 | Phyllis Zee, MD, PhD**

### **M-02: SLEEP AND CANCER: AN IMPORTANT AND UNDERAPPRECIATED RELATIONSHIP**

**Room 206 | Saadia Faiz, MD**

### **M-03: THE LOW-DOWN ON SLEEP PROBLEMS IN CHILDREN AND ADULTS WITH TRISOMY 21**

**Room 207 | Christopher Cielo, DO**

### **M-04: CCHS: WHAT EVERY (ADULT) SPECIALIST SHOULD KNOW**

**Room 208 | Maida Lynn Chen, MD**

### **M-05: THE CONTRIBUTION OF SLEEP HEALTH DISPARITIES TO CHRONIC DISEASES**

**Room 209 | Dayna Johnson, PhD**

## POSTER PRESENTATIONS

**12:00 p.m. – 1:15 p.m. | Hall D**

SLEEP 2023 will feature poster presentations from 12:00 p.m.-1:15 p.m. and from 5:00 p.m.-6:00 p.m. on Monday and Tuesday. This is your opportunity to explore the poster hall, discuss new discoveries in the field, and network with colleagues. The evening session will feature a cash bar. See the SLEEP 2023 mobile app for a full listing of posters. Odd-numbered poster board IDs will be presented from 12:00 p.m.-1:15 p.m. Even-numbered poster board IDs will be presented from 5:00 p.m.-6:00 p.m.

### **D-01 DELAY IN DIAGNOSIS: HOW HEALTH DISPARITIES, LACK OF AWARENESS, AND THE PAYER POLICIES ULTIMATELY IMPACT THE PATIENT**

**1:30 p.m. - 3:30 p.m. | Sagamore Ballroom 5**

*Chair: Raman Malhotra, MD*

*Amy Clifton, RN | John Ensminger | Gilles Frydman  
Rebecca King | Monica Mallampalli | Allison Puglisi  
Stephen Smith | Alexandra Wharton*

### **D-02 TUMBLEWEEDS AND FRONTIER LAND – IS RURAL SLEEP MEDICINE DYING? THREATS TO RURAL SLEEP MEDICINE AND PROPOSED SOLUTIONS**

**1:30 p.m. - 3:30 p.m. | Wabash Ballroom 1**

*Chair: Seema Khosla, MD*

*Eric Albrecht | Evin Jerkins, DO | Michael Rizzitiello, RPSGT, RST*

## O-07 OBJECTIVE SLEEP IN INSOMNIA DISORDER: DISCREPANCY, COMORBIDITY, AND MANIPULATION

1:30 p.m. - 3:30 p.m. | Sagamore Ballroom 3

Co-Chairs: Daniel Buysse, MD and Matthew Gratton

|                          |   |
|--------------------------|---|
| 1:30 p.m. -<br>1:45 p.m. | <b>0335</b><br><b>Persistence of Sleep Duration Phenotypes Across Nights of Laboratory and Home Sleep Recording</b><br><i>Presenting Author: Jack Edinger, PhD</i>                                |
| 1:45 p.m. -<br>2:00 p.m. | <b>0334</b><br><b>Insomnia with Objective Short Sleep Duration is Associated with Metabolic Syndrome</b><br><i>Presenting Author: Alexandros Vgontzas, MD</i>                                     |
| 2:00 p.m. -<br>2:15 p.m. | <b>0333</b><br><b>Insomnia with Objective Short Sleep Duration is Associated with Incident Cardiovascular and/or Cerebrovascular Disease</b><br><i>Presenting Author: Alexandros Vgontzas, MD</i> |
| 2:15 p.m. -<br>2:30 p.m. | <b>0329</b><br><b>Wake Intrusions in the EEG: A Novel Application of the Odds Ratio Product in Identifying Subthreshold Arousals</b><br><i>Presenting Author: Matt Gratton</i>                    |
| 2:30 p.m. -<br>2:45 p.m. | <b>0322</b><br><b>Measuring Sleep-Wake State Discrepancy in a Heterogeneous Sample of Cancer Survivors with Insomnia Symptoms</b><br><i>Presenting Author: Misol Kwon, PhD, RN</i>                |
| 2:45 p.m. -<br>3:00 p.m. | <b>0321</b><br><b>Manually Scoring Actigraphy in the Absence of a Sleep Diary: Reliability Analysis in Gulf War Veterans</b><br><i>Presenting Author: Mary Katherine Howell, PhD</i>              |
| 3:00 p.m. -<br>3:15 p.m. | <b>0327</b><br><b>The Effects of Wearable Device Data on Sleep Diary-Derived Metrics of Sleep</b><br><i>Presenting Author: Sarah Conklin, PhD</i>   |
| 3:15 p.m. -<br>3:30 p.m. | <b>0332</b><br><b>Improving Sleep with Continuous Theta Burst Transcranial Magnetic Stimulation (TMS) of the Default Mode Network</b><br><i>Presenting Author: William Killgrove, PhD</i>         |

## O-08 FUTURE TRENDS IN SLEEP APNEA DIAGNOSIS AND CARE

1:30 p.m. - 3:30 p.m. | 500 Ballroom

Co-Chairs: Ricardo Osorio, MD and Robert Stansbury, MD

|                          |   |
|--------------------------|---|
| 1:30 p.m. -<br>1:45 p.m. | <b>0431</b><br><b>Different Physiological Characteristics of Obstructive Sleep Apnea Symptom Subtypes Across International Sleep Centers</b><br><i>Presenting Author: Brendan Keenan</i>            |
| 1:45 p.m. -<br>2:00 p.m. | <b>0443</b><br><b>Proposing a 'Projected Apnea-Hypopnea Index (AHI)' to Mitigate Intrinsic Pitfalls of Conventional AHI and Testing its Validity</b><br><i>Presenting Author: SangHyuk Im</i>       |
| 2:00 p.m. -<br>2:15 p.m. | <b>0435</b><br><b>Machine-Learned Combination of Ventilatory, Hypoxic, and Arousal Burdens Classifies Daytime Sleepiness Better than AHI</b><br><i>Presenting Author: Sajila Wickramaratne</i>      |
| 2:15 p.m. -<br>2:30 p.m. | <b>0450</b><br><b>Backscattered Ultrasound Imaging of the Tongue Correlates with Severity of Obstructive Sleep Apnea in Adults</b><br><i>Presenting Author: Pien Bosschieter, MD, PhD</i>           |
| 2:30 p.m. -<br>2:45 p.m. | <b>0427</b><br><b>Airway Pressures Define Collapsibility of Specific Pharyngeal Sites of Obstruction during Drug-Induced Sleep Endoscopy</b><br><i>Presenting Author: Akshay Tangutu</i>            |
| 2:45 p.m. -<br>3:00 p.m. | <b>0425</b><br><b>A Novel Acceptance-Based Approach for PAP Adherence in Women Veterans: Improvements in Measures of Sleep Quality</b><br><i>Presenting Author: Gwendolyn Carlson, PhD</i>          |
| 3:00 p.m. -<br>3:15 p.m. | <b>0451</b><br><b>Dronabinol Plus Acetazolamide for the Treatment of Obstructive Sleep Apnoea: A Proof of Concept and Mechanistic Exploration Study</b><br><i>Presenting Author: Jen Walsh, PhD</i> |
| 3:15 p.m. -<br>3:30 p.m. | <b>0442</b><br><b>Progress in the SUPRA Trial for the Treatment of CPAP-Intolerant OSA Patients: AHI and Safety</b><br><i>Presenting Author: Kingman Strohl, MD</i>                                 |



## S-06 WHAT CIRCADIAN RHYTHMS OUTSIDE OF THE BRAIN CAN TELL US ABOUT SLEEP

1:30 p.m. - 3:30 p.m. | Room 123

Chair: Ketema Paul, PhD

|                       |  |
|-----------------------|--|
| 1:30 p.m. - 1:40 p.m. | <b>Introduction</b><br><i>Ketema Paul, PhD</i>   |
| 1:40 p.m. - 2:05 p.m. | <b>Interrelationships Between Skeletal Muscle Rhythms and Sleep Regulatory Processes in the Brain</b><br><i>Allison Brager, PhD</i>                                    |
| 2:05 p.m. - 2:30 p.m. | <b>Sleep and Circadian-Specific Neuroinflammation and Genomic Profiles in Alzheimer's Dementia</b><br><i>Reena Mehra, MD</i>   |
| 2:30 p.m. - 2:55 p.m. | <b>Time-Restricted Feeding Improves Sleep and Behaviors in Genetic Models of Neurodegeneration</b><br><i>Daniel Whittaker, PhD</i>                                     |
| 2:55 p.m. - 3:20 p.m. | <b>A Prebiotic Diet Alters the Fecal Microbiome, Fecal Bile Acid Pool, and Improves Sleep in Response to Sleep Disruption in Rats</b><br><i>Samuel Bowers, MD, PhD</i> |
| 3:20 p.m. - 3:30 p.m. | Discussion/Q&A   |

## S-07 ADVANCES IN OUR UNDERSTANDING OF NEURAL ACTIVITY DURING REM SLEEP

1:30 p.m. - 3:30 p.m. | Room 121

Chair: James Dooley, PhD

|                       |   |
|-----------------------|---|
| 1:30 p.m. - 1:54 p.m. | <b>Remodeling Neural Circuits During Sleep</b><br><i>Guang Yang, PhD</i>  |
| 1:54 p.m. - 2:18 p.m. | <b>Orienting Eye Movement During REM Sleep</b><br><i>Yuta Senzai, PhD</i>   |
| 2:18 p.m. - 2:42 p.m. | <b>The Role of Astrocytes in Sleep Expression</b><br><i>Ashley Ingiosi, PhD</i>   |
| 2:42 p.m. - 3:06 p.m. | <b>The Temporal Structure of REM Sleep Shows Minute-Scale Fluctuations Across Brain and Body in Mice and Humans</b><br><i>Brendon Watson, MD, PhD</i> |
| 3:06 p.m. - 3:30 p.m. | <b>REM Sleep Promotes the Development of Cortically-Mediated Motor Control</b><br><i>James Dooley, PhD</i>  |

## T-02 RESPIRATORY PHYSIOLOGY AND THE PATHOPHYSIOLOGY OF COMPLEX SLEEP-RELATED BREATHING DISORDERS

1:30 p.m. - 3:30 p.m. | Room 103

Chair: Saiprakash Venkateshiah, MD

|                       |   |
|-----------------------|---|
| 1:30 p.m. - 2:00 p.m. | <b>COPD and OSA (Overlap Syndrome)</b><br><i>Lauren Tobias, MD</i>            |
| 2:00 p.m. - 2:30 p.m. | <b>Obesity Hypoventilation Syndrome</b><br><i>Saiprakash Venkateshiah, MD</i> |
| 2:30 p.m. - 3:00 p.m. | <b>Neuromuscular Disease</b><br><i>Michelle Cao, DO</i>                       |
| 3:00 p.m. - 3:30 p.m. | <b>Obstructive Sleep Apnea in Women</b><br><i>Christine Won, MD</i>           |

## W-01 MELATONIN USE IN CHILDREN: THE GOOD, THE BAD, AND THE UGLY

1:30 p.m. - 3:30 p.m. | Sagamore Ballroom 4

Chair: Narong Simakajornboon, MD

|                       |   |
|-----------------------|---|
| 1:30 p.m. - 1:50 p.m. | <b>Melatonin in Normal Children: Literature Review from Melatonin Task Force</b><br><i>Suresh Kotagal, MD</i>                               |
| 1:50 p.m. - 2:10 p.m. | <b>Melatonin in Children with Developmental Disability: Literature Review from Melatonin Task Force</b><br><i>Narong Simakajornboon, MD</i> |
| 2:10 p.m. - 2:25 p.m. | <b>Adverse Effects of Melatonin Use in Pediatric Populations</b><br><i>Guanghai Wang, PhD</i>   |
| 2:25 p.m. - 2:40 p.m. | <b>Final Report from Melatonin Task Force of the International Pediatric Sleep Association</b><br><i>Suresh Kotagal, MD</i>                 |
| 2:40 p.m. - 2:55 p.m. | <b>Melatonin Use in the United States Children</b><br><i>Emily Ricketts, PhD</i>  |
| 2:55 p.m. - 3:10 p.m. | <b>Navigating the Challenges in Talking to Patients and Families about Melatonin</b><br><i>Judith Owens, MD</i>                             |
| 3:10 p.m. - 3:30 p.m. | Discussion/Q&A  |

## O-09 ASSOCIATIONS OF SLEEP AND RHYTHM DEVELOPMENT WITH EMOTIONAL AND WEIGHT-RELATED OUTCOMES

1:30 p.m. - 2:30 p.m. | Room 126

Co-Chairs: Julio Fernandez-Mendoza, PhD and Nana Jiao

|                       |  |
|-----------------------|--|
| 1:30 p.m. - 1:45 p.m. | <b>0098</b><br><b>Prenatal Maternal Sleep Quality Predicts Neonatal White Matter Microstructure and Infant Negative Emotionality</b><br><i>Presenting Author: Melissa Nevarez-Brewster</i>                   |
| 1:45 p.m. - 2:00 p.m. | <b>0099</b><br><b>Circadian Rest-Activity Rhythm Development is Associated with Weight Gain in Early Infancy</b><br><i>Presenting Author: Megan Petrov, PhD</i>  |
| 2:00 p.m. - 2:15 p.m. | <b>0101</b><br><b>Greater Variability in Sleep Health is Associated with Obesogenic Appetitive Traits in 6-Year-Olds in the INSIGHT Study</b><br><i>Presenting Author: Emily Hohman, PhD</i>                 |
| 2:15 p.m. - 2:30 p.m. | <b>0100</b><br><b>Developmental Trajectories of SWA and ORP Since Childhood in Young Adults: Association with Psychiatric/Behavioral Disorders</b><br><i>Presenting Author: Julio Fernandez-Mendoza, PhD</i> |

## F-01 APPLICATION OF ACOUSTIC STIMULATION OF SLOW WAVE SLEEP FOR COGNITIVE FUNCTION AND IN NEUROCOGNITIVE DISORDERS

2:30 p.m. - 3:30 p.m. | Room 126

Chair: Roneil Malkani, MD

|                       |   |
|-----------------------|---|
| 2:30 p.m. - 2:39 p.m. | <b>Overview of Acoustic Stimulation of Slow Wave Sleep</b><br><i>Roneil Malkani, MD</i>   |
| 2:39 p.m. - 2:56 p.m. | <b>Role of Autonomic Function in Slow Wave Sleep Stimulation</b><br><i>Daniel Grimaldi, MD, PhD</i>   |
| 2:56 p.m. - 3:13 p.m. | <b>The Use of Slow Wave Sleep Enhancement as a Treatment Modality in Alzheimer's Disease and Other Dementias</b><br><i>Maarten Van Den Bossche, MD, PhD</i>   |
| 3:13 p.m. - 3:30 p.m. | <b>Enhancement of Slow Wave Sleep by Closed-Loop Acoustic Stimulation in Alzheimer's Disease: Results of a Pilot Study</b><br><i>Laura Van den Bulcke, MD</i> |

## REFRESHMENT BREAK IN EXHIBIT HALL

3:30 p.m. - 4:00 p.m.

## D-03 AASM SCORING MANUAL 3: OVERVIEW OF RECENT CHANGES AND CONSIDERATIONS FOR THE FUTURE

4:00 p.m. - 5:00 p.m. | Sagamore Ballroom 3

Chair: David Plante, MD, PhD

Anuja Bandyopadhyay, MD

Alcibiades Rodriguez, MD | Matthew Troester, DO

## D-04 PROMOTING DIVERSITY, EQUITY, AND INCLUSION IN THE SLEEP RESEARCH SOCIETY

4:00 p.m. - 5:00 p.m. | Room 123

Chair: Dayna Johnson, PhD

Namni Goel, PhD | Sanjay Patel, MD

## I-04 DISORDERED SLEEP AND RHYTHMS: CAUSES OR CONSEQUENCES OF PSYCHIATRIC DISORDERS

4:00 p.m. - 5:00 p.m. | 500 Ballroom

Ruth Benca, MD, PhD

## I-05 THE BURDEN OF WAKE AND THE REASONS OF SLEEP: HOW SLEEP PROMOTES SYNAPTIC HOMEOSTASIS

4:00 p.m. - 5:00 p.m. | Room 126

Chiara Cirelli, MD, PhD

## O-10 SLEEP DETERMINANTS AND PREDICTORS OF DISEASE

4:00 p.m. - 5:00 p.m. | Sagamore Ballroom 5

Co-Chairs: Constance Fung, MD and Brienne Miner, MD

|                       |  |
|-----------------------|--|
| 4:00 p.m. - 4:15 p.m. | <b>0817</b><br><b>Associations Between Sleep Health and Injuries Among Adults in the US: Findings from the National Health Interview Survey</b><br><i>Presenting Author: Clarence Locklear</i>   |
| 4:15 p.m. - 4:30 p.m. | <b>0825</b><br><b>Association of Sleep Disturbance and Physical Functioning Following Acute Hospitalization in Older Adults</b><br><i>Presenting Author: Sara Nowakowski, PhD</i>                |
| 4:30 p.m. - 4:45 p.m. | <b>0830</b><br><b>Novel OSA-Driven Metric Predicts Incident Dementia in Sleep Apnea in Two Different Community-Based Cohort Studies</b><br><i>Presenting Author: Gonzalo Labarca Trucios, MD</i> |
| 4:45 p.m. - 5:00 p.m. | <b>0823</b><br><b>Social Determinants of Sleep Disorders Among Multiethnic Americans in the NIH All of Us Research Program</b><br><i>Presenting Author: Judite Blanc, PhD</i>                    |

## O-11 ETHNIC HEALTH DISPARITIES IN SLEEP APNEA DIAGNOSIS AND TREATMENT

4:00 p.m. - 5:00 p.m. | Wabash Ballroom 1

Co-Chairs: Vivian Asare, MD and Martha Billings, MD

|                       |   |
|-----------------------|---|
| 4:00 p.m. - 4:15 p.m. | <b>0440</b><br><b>Peripheral Arterial Tonometry-Based Measures of Obstructive Sleep Apnea in Black, Mexican American and Non-Hispanic White Adults</b><br><i>Presenting Author: Yue Leng, PhD</i> |
| 4:15 p.m. - 4:30 p.m. | <b>0444</b><br><b>Racial Differences in Positive Airway Pressure Requirements Amongst Obstructive Sleep Apnea Patients (The RACE-PAP Study)</b><br><i>Presenting Author: Yi Cai, MD</i>           |
| 4:30 p.m. - 4:45 p.m. | <b>0432</b><br><b>Estimating the Prevalence of Obesity Hypoventilation Syndrome in a Rural Appalachian Inpatient Cohort</b><br><i>Presenting Author: Christine Del Prado-Rico, MD</i>             |
| 4:45 p.m. - 5:00 p.m. | <b>0434</b><br><b>Long-Term Positive Airway Pressure Usage Disparities in Black or Hispanic of Any Race Adults with OSA</b><br><i>Presenting Author: Amy Sawyer, PhD, RN</i>                      |

## S-08 OBSTRUCTIVE SLEEP APNEA IN YOUTH AND YOUNG ADULTS WITH DOWN SYNDROME

4:00 p.m. - 5:00 p.m. | Sagamore Ballroom 4

Chair: Melissa Xanthopoulos, PhD

|                       |  |
|-----------------------|--|
| 4:00 p.m. - 4:20 p.m. | <b>Home Sleep Apnea Testing in Youth with Down Syndrome: Acceptability, Feasibility, and Lessons Learned</b><br><i>Ignacio Tapia, PhD</i>                                  |
| 4:20 p.m. - 4:40 p.m. | <b>Positive Airway Pressure Adherence Trajectories Observed in Youth with Down Syndrome and Considerations for Improving Adherence</b><br><i>Melissa Xanthopoulos, PhD</i> |
| 4:40 p.m. - 4:55 p.m. | <b>Neurobehavioral Outcomes for Children with Down Syndrome with or Without Obstructive Sleep Apnea</b><br><i>Anna Esbensen, PhD</i>                                       |
| 4:55 p.m. - 5:00 p.m. | Discussion/Q&A   |

## S-09 NEUROBIOLOGY OF THE INTER-RELATIONSHIP BETWEEN CIRCADIAN RHYTHMS AND SUBSTANCE USE DISORDER

4:00 p.m. - 5:00 p.m. | Room 121

Chair: Sunila Nair, PhD

|                       |  |
|-----------------------|--|
| 4:00 p.m. - 4:15 p.m. | <b>Circadian Rhythms and Substance Use Disorder - NIH Program Perspective</b><br><i>Sunila Nair, PhD</i>       |
| 4:15 p.m. - 4:30 p.m. | <b>Circadian Transcription Factor NPAS 2 in the Regulation of Drug Reward</b><br><i>Colleen McClung, PhD</i>   |
| 4:30 p.m. - 4:45 p.m. | <b>Molecular Circadian Rhythm Alterations in the Brain in Substance Use Disorder</b><br><i>Ryan Logan, PhD</i> |
| 4:45 p.m. - 5:00 p.m. | <b>Effects of Cocaine on Peripheral Circadian Organization</b><br><i>Emiliana Borrelli, PhD</i>                |

## T-03 PEDIATRICS UPDATE

4:00 p.m. - 5:00 p.m. | Room 103

Chair: Olufunke Afolabi-Brown, MD

4:00 p.m. - 4:30 p.m. **Pediatric Sleep-Disordered Breathing Overview**  
Pallavi Patwari, MD

4:30 p.m. - 5:00 p.m. **Infant Sleep Studies**  
Ameet Daftary, MBBS and Demetria Adzic, RPSGT

## POSTER PRESENTATIONS

5:00 p.m.-6:00 p.m. | Hall D

SLEEP 2023 will feature poster presentations from 12:00 p.m.-1:15 p.m. and from 5:00 p.m.-6:00 p.m. on Monday and Tuesday. This is your opportunity to explore the poster hall, discuss new discoveries in the field, and network with colleagues. The evening session will feature a cash bar. See the SLEEP 2023 mobile app for a full listing of posters. Odd-numbered poster board IDs will be presented from 12:00 p.m.-1:15 p.m. Even-numbered poster board IDs will be presented from 5:00 p.m.-6:00 p.m.



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## POSTER SET UP

7:30 a.m. – 8:00 a.m. | Hall D

Posters should be set up during this time and should not be removed until 6:00 p.m.

### D-05 PRIORITY AREAS OF RESEARCH IN ARTIFICIAL INTELLIGENCE (AI) IN SLEEP MEDICINE

8:00 a.m. - 10:00 a.m. | Sagamore Ballroom 4

Chair: Ramesh Sachdeva, MD, PhD, JD

Steven Holfinger, MD

Felicia Jefferson, PhD | Seema Khosla, MD

Emmanuel Mignot, MD, PhD | Azizi Seixas, PhD

### D-06 NIH RESOURCES TO ACCELERATE TRANSLATION AND BIOMEDICAL PRODUCT DEVELOPMENT FOR IMPROVED SLEEP HEALTH (NON-CME)

8:00 a.m. - 10:00 a.m. | Room 123

Chair: Julia Berzhanskaya, PhD

Jonathan Charlesworth, PhD

Shilpy Dixit, PhD | Jessica Forbes, PhD

Daniel Gartenberg, PhD | Olivia Walch, PhD

### O-12 SLEEP-DISORDERED BREATHING AND CARDIOVASCULAR DISEASE

8:00 a.m. - 10:00 a.m. | 500 Ballroom

Co-Chairs: Edward Rojas, MD and Neomi Shah, MD

|                       |   |
|-----------------------|---|
| 8:00 a.m. - 8:15 a.m. | <b>0437</b><br><b>Obstructive Sleep Apnea Symptom Subtypes and Hypoxic Burden Independently Predict Distinct Cardiovascular Outcomes</b><br><i>Presenting Author: Diego Mazzotti, PhD</i>                     |
| 8:15 a.m. - 8:30 a.m. | <b>0430</b><br><b>Central Sleep Apnea and Incident Atrial Fibrillation in a Sleep Disorders Clinic</b><br><i>Presenting Author: Amanda Tompkins, MD</i>   |
| 8:30 a.m. - 8:45 a.m. | <b>0441</b><br><b>Positive Airway Pressure Therapy Associated Changes in Ventricular Repolarization in Patients with Heart Failure</b><br><i>Presenting Author: Salma Patel, MD</i>                           |
| 8:45 a.m. - 9:00 a.m. | <b>0438</b><br><b>Obstructive Sleep Apnoea in Patients with Stroke Verses Those with Refractory Hypertension Search for Common Pathogenic Mechanism</b><br><i>Presenting Author: Anupama Gupta, MBBS, PhD</i> |
| 9:00 a.m. - 9:15 a.m. | <b>0452</b><br><b>Mild-to-Moderate OSA and Mortality in General Population: The Modifying Effect of Age and Cardiovascular/Cerebrovascular Morbidity</b><br><i>Presenting Author: Alexandros Vgontzas, MD</i> |

|   |   |
|---|---|
| 9:15 a.m. - 9:30 a.m.   | <b>0449</b><br><b>Polysomnographic Biomarkers of Sleep Disruption and Sleep Disordered Breathing in Migraine: a Large Matched Case Control Clinical Registry-Based Study</b><br><i>Presenting Author: Imama Ahmad</i> |
| 9:30 a.m. - 9:45 a.m.   | <b>0428</b><br><b>Area Deprivation Index, Sleep-Disordered Breathing, and Incident Major Cardiovascular Events and Mortality in a Large Cohort</b><br><i>Presenting Author: Cinthya Pena Orbea, MD</i>                |
| 9:45 a.m. - 10:00 a.m.  | <b>0433</b><br><b>Home Sleep Apnea Testing in Patients with a LVAD: Is It Feasible?</b><br><i>Presenting Author: Snigdhasmrithi Pusalavidyasagar, MD</i>  |
| <b>O-13 IMPACT OF SLEEP ON HEALTH IN ADOLESCENTS</b><br><b>8:00 a.m. - 10:00 a.m.   Wabash Ballroom 1</b><br><i>Co-Chairs: Lourdes M. DelRosso, MD, PhD and Sonal Malhotra, MD, MPH</i> |   |
| 8:00 a.m. - 8:15 a.m.   | <b>0752</b><br><b>Later Chronotype, Insufficient, and Disturbed Sleep Are Linked to Menstruation Problems in Early Adolescent Girls</b><br><i>Presenting Author: Orsolya Kiss, PhD</i>                                |
| 8:15 a.m. - 8:30 a.m.   | <b>0756</b><br><b>Amount and Timing of Sedentary Behavior and Physical Activity Following Experimental Sleep Extension in Adolescents</b><br><i>Presenting Author: Jordan Davidson</i>                                |
| 8:30 a.m. - 8:45 a.m.   | <b>0757</b><br><b>Associations Between Objective Sleep Health and Cardiovascular Health in Adolescents with Type 1 Diabetes</b><br><i>Presenting Author: Sydney Holtman</i>   |
| 8:45 a.m. - 9:00 a.m.   | <b>0759</b><br><b>Multidimensional Sleep Health is Associated with Emotional Well-Being in Adolescents</b><br><i>Presenting Author: Casandra Nyhuis</i>   |
| 9:00 a.m. - 9:15 a.m.   | <b>0747</b><br><b>Association of a Novel EEG Biomarker of Sleep Depth with Cardiac Autonomic Modulation in Adolescents</b><br><i>Presenting Author: Julio Fernandez-Mendoza, PhD</i>                                  |
| 9:15 a.m. - 9:30 a.m.   | <b>0751</b><br><b>Early Childhood Sleep Associated with Adolescent Sleep Physiology Among Youth with ADHD</b><br><i>Presenting Author: Jessica Lunsford-Avery, PhD</i>  |



0755

9:30 a.m. -  
9:45 a.m.

**The Relationships Between Sleep Duration, Sleep Efficiency, and Blood Pressure During Late Adolescence**

*Presenting Author: Shameka Phillips, PhD, FNP-C*

0746

9:45 a.m. -  
10:00 a.m.

**Designing Realistic Management of Insomnia in Teens (DREAM-IT): Perspectives on CBT-I from Teens, Parents, and Providers**

*Presenting Author: Maureen McQuillan, PhD*

## 0-15 EFFECTS OF SLEEP AND SLEEP LOSS ON COGNITION AND EMOTION

8:00 a.m. - 10:00 a.m. | Room 126

*Co-Chairs: Rebecca Cox, PhD and Christopher Depner, PhD*

0054

8:00 a.m. -  
8:15 a.m.

**Does the Early Bird Get the Worm? Associations of Waketime Variability and Metacognition in College Students**

*Presenting Author: Amy Costa*

0058

8:15 a.m. -  
8:30 a.m.

**The Sleepy Eyewitness: Self-Reported Sleep Predicts Eyewitness Memory**

*Presenting Author: Corinne Fitzsimmons*

0059

8:30 a.m. -  
8:45 a.m.

**Acoustic Enhancement of Sleep Slow Oscillations Nested to Spindles Relative to Delta Waves Improves Memory Consolidation**

*Presenting Author: Daniela Grimaldi, MD, PhD*

0052

8:45 a.m. -  
9:00 a.m.

**A Novel Biomarker of Alzheimer's Disease Based on High-Order Interactions of Low-Density Electroencephalography**

*Presenting Author: Shahab Haghayegh, PhD*

0055

9:00 a.m. -  
9:15 a.m.

**Effect of Acute Sleep Restriction on Sleep Physiology and Emotional Imagery Memory in Schizophrenia**

*Presenting Author: Korey Kam, PhD*

0056

9:15 a.m. -  
9:30 a.m.

**Sleep Characteristics Predict Metacognitive Functioning Above-and-Beyond Age, Education, and Mood**

*Presenting Author: Spencer Nielson*

0053

9:30 a.m. -  
9:45 a.m.

**Circadian Regulation in the Social Brain: How Sleep Deprivation Compromises Empathy**

*Presenting Author: Mark Turnbull*

0057

9:45 a.m. -  
10:00 a.m.

**The Impact of Cortical Oxygenation During Sleep-Disordered Breathing on Cognition**

*Presenting Author: Makoto Kawai, MD, DSc*

## S-10 HOW DO I PRESCRIBE THAT? UPDATES ON MEDICATIONS USED TO TREAT SLEEP DISORDERS

8:00 a.m. - 10:00 a.m. | Sagamore Ballroom 3

*Chair: Anita Rajogopal, MD*

8:00 a.m. -  
8:05 a.m.

**Introduction**

*Anita Rajogopal, MD*

8:05 a.m. -  
8:30 a.m.

**Treating Restless Legs Syndrome: Time to Catch Up with Recent Recommendations**

*John Winkelman, MD, PhD*

8:30 a.m. -  
8:55 a.m.

**Pharmacotherapy Options in the Treatment of Obstructive Sleep Apnea**

*Atul Malhotra, MD*

8:55 a.m. -  
9:20 a.m.

**Pharmacological Treatment of Insomnia**

*Mark Goetting, MD*

9:20 a.m. -  
9:45 a.m.

**Update on Medication Management for Central Disorders of Hypersomnolence**

*Hrayr Attarian, MD*

9:45 a.m. -  
10:00 a.m.

Discussion/Q&A

## W-02 REM SLEEP BEHAVIOR DISORDER (RBD): UNDERSTANDING THE CLINICIAN AND PATIENT PERSPECTIVES

8:00 a.m. - 10:00 a.m. | Sagamore Ballroom 5

*Chair: Joyce Lee-Iannotti, MD*

8:00 a.m. -  
8:30 a.m.

**Screening and Diagnosing REM Sleep Behavior Disorder**

*Joyce Lee-Iannotti, MD and Carlos Schenck, MD*

8:30 a.m. -  
9:00 a.m.

**REM Sleep Without Atonia Scoring on Polysomnogram**

*Erik St. Louis, MD and Aleksandar Videnovic, MD*

9:00 a.m. -  
9:30 a.m.

**Management and Bioethics of Disclosure in RBD**

*Alon Avidan, MD and Michael Silber, MBChB*

9:30 a.m. -  
10:00 a.m.

Discussion/Q&A

## T-04 ADVANCED PAP TITRATIONS

8:00 a.m. - 10:00 a.m. | Room 103

Chair: Michelle Cao, DO

|                        |  |
|------------------------|--|
| 8:00 a.m. - 9:00 a.m.  | <b>How to Titrate for Central Sleep Apnea Secondary to Heart Failure – The ADVENT Data</b><br><i>Shahrokh Javaheri, MD</i> |
| 9:00 a.m. - 10:00 a.m. | <b>PAP Titration for Hypoventilation Syndromes</b><br><i>Ashima Sahni, MD</i>  |

## F-02 EXPANDING THE SHIFT WORK ECOLOGY: SOCIAL, ENVIRONMENTAL, AND OCCUPATIONAL FACTORS TO OPTIMIZE INTERVENTIONS

8:00 a.m. - 9:00 a.m. | Room 121

Chair: Philip Cheng, MD

|                       |  |
|-----------------------|--|
| 8:00 a.m. - 8:12 a.m. | <b>Working Around the Clock; How Work Schedules Influence Health and Workplace Satisfaction</b><br><i>Andrew McHill, PhD</i>                           |
| 8:12 a.m. - 8:24 a.m. | <b>People Just Don't Get It: Considering Patient and Stakeholder Voices in Shift Work Interventions</b><br><i>Philip Cheng, PhD</i>                    |
| 8:24 a.m. - 8:36 a.m. | <b>Sleep Health, Sleep Problems, and Psychosocial Functioning Among Shift-Working Parents and Their Young Children</b><br><i>Ariel Williamson, PhD</i> |
| 8:36 a.m. - 8:48 a.m. | <b>A Natural Experiment for the Impact of Work Schedule on Sleep and Social Health in Firefighters</b><br><i>Nicole Bowles, PhD</i>                    |
| 8:48 a.m. - 9:00 a.m. | Discussion/Q&A   |

## O-14 OMICS-BASED INSIGHTS ON SLEEP REGULATION

9:00 a.m. - 10:00 a.m. | Room 121

Co-Chairs: Sabra Abbott, MD, PhD and Bryce Mander, PhD

|                        |   |
|------------------------|---|
| 9:00 a.m. - 9:15 a.m.  | <b>0033</b><br><b>Genome-Wide Association Analysis of Composite Sleep Scores in 413,904 Individuals</b><br><i>Presenting Author: Matthew Goodman, PhD</i>                           |
| 9:15 a.m. - 9:30 a.m.  | <b>0030</b><br><b>Insomnia is Associated with Lower Serum Antioxidants in the Hispanic Community Health Study/Study of Latinos</b><br><i>Presenting Author: Jose Santos Cabrera</i> |
| 9:30 a.m. - 9:45 a.m.  | <b>0032</b><br><b>ADA Functional Polymorphism Modulates REM Sleep Following Total Sleep Deprivation</b><br><i>Presenting Author: Sofia Fluke</i>                                    |
| 9:45 a.m. - 10:00 a.m. | <b>0031</b><br><b>Whole Genome Sequence Analyses for Excessive Daytime Sleepiness in the NHLBI TOPMed Program</b><br><i>Presenting Author: Yiyang Zhang</i>                         |

## EXHIBIT HALL OPEN

10:00 a.m. - 4:00 p.m. | Halls A, B & C

## REFRESHMENT BREAK IN EXHIBIT HALL

10:00 a.m. - 10:30 a.m.

## D-07 IDENTIFYING AND OVERCOMING BARRIERS FOR CLINICAL USE OF ARTIFICIAL INTELLIGENCE IN SLEEP MEDICINE (NON-CME)

10:30 a.m. - 11:30 a.m. | Sagamore Ballroom 5

Chair: Anuja Bandyopadhyay, MD  
Dennis Hwang, MD | Samuel Rusk  
M. Brandon Westover, MD, PhD

## I-06 FROM SNOOZE TO STROKE

10:30 a.m. - 11:30 a.m. | 500 Ballroom

Devin Brown, MD

## I-07 SLEEP, DEVELOPMENT, AND SOCIAL CONTEXT: IMPLICATIONS FOR HEALTH DISPARITIES

10:30 a.m. - 11:30 a.m. | Room 126

Mona El-Sheikh, PhD

## O-16 NATURAL COURSE OF INSOMNIA: PREDISPOSITION, PERPETUATION, AND RESILIENCE

10:30 a.m. - 11:30 a.m. | Sagamore Ballroom 3

Co-Chairs: Jessica Dietch, PhD and Charles Morin, PhD

|                         |  |
|-------------------------|--|
| 10:30 a.m. - 10:45 a.m. | <b>0324</b><br><b>Protective and Risk Factors for Insomnia over 5 Years in a Population-Based Sample of Adults</b><br><i>Presenting Author: Charles Morin, PhD</i>                               |
| 10:45 a.m. - 11:00 a.m. | <b>0328</b><br><b>The Natural History of Insomnia: High Sleep Reactivity Interacts with Greater Life Stress to Predict the Onset of Acute Insomnia</b><br><i>Presenting Author: Jamie Walker</i> |
| 11:00 a.m. - 11:15 a.m. | <b>0319</b><br><b>Evaluating Illness Severity from Acute to Chronic Insomnia: Is the First the Worst?</b><br><i>Presenting Author: Julia Boyle, PsyD</i>   |
| 11:15 a.m. - 11:30 a.m. | <b>0323</b><br><b>Natural Evolution of Insomnia in Major Depressive Disorders</b><br><i>Presenting Author: Maurice Ohayon, MD, PhD</i>   |

## O-17 SLEEP MEDICINE AND ONCOLOGY

10:30 a.m. - 11:30 a.m. | Wabash Ballroom 1

Co-Chairs: Saadia Faiz, MD and Miranda Tan, DO

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|-------------------------|--|
| 10:30 a.m. - 10:45 a.m. | <b>0816</b><br><b>Actigraphy-Measured Sleep Timing and Risk of Breast Cancer in the UK Biobank</b><br><i>Presenting Author: Joshua Freeman, PhD</i>  |
| 10:45 a.m. - 11:00 a.m. | <b>0827</b><br><b>Effect of Virtual Cognitive Behavioral Therapy for Insomnia on Perceived Cognitive Functioning Among Cancer Survivors</b><br><i>Presenting Author: Sheila Garland, PhD</i> |
| 11:00 a.m. - 11:15 a.m. | <b>0824</b><br><b>The Effect of CBT-I Dose on Sleep Outcomes in Cancer Survivors at 3-Month Follow-Up</b><br><i>Presenting Author: Alexandria Muench, PsyD</i>                               |
| 11:15 a.m. - 11:30 a.m. | <b>0831</b><br><b>Sleep in Long-Term Childhood Cancer Survivors Compared to Siblings: A Report from the Childhood Cancer Survivor Study</b><br><i>Presenting Author: Lauren Daniel, PhD</i>  |

## O-18 SLEEP AND SLEEP LOSS IN AGING AND ALZHEIMER'S DISEASE

10:30 a.m. - 11:30 a.m. | Room 123

Co-Chairs: Jeffrey Iliff, PhD and Miranda Lim, MD PhD

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|-------------------------|---|
| 11:30 a.m. - 11:45 a.m. | <b>0083</b><br><b>Longitudinal Sleep Instability is Associated with Increased MRI-Visible Perivascular Space Burden</b><br><i>Presenting Author: Samantha Keil, PhD</i> |
| 11:45 a.m. - 12:00 p.m. | <b>0087</b><br><b>Associations Between AHA's Life's Essential 8 and Cognition in a Sample of Diverse Midlife Adults</b><br><i>Presenting Author: Yuqi Shen</i>          |
| 12:00 p.m. - 12:15 p.m. | <b>0085</b><br><b>Peripheral Glucose Metabolism Bidirectionally Modulates Sleep in a Model of Alzheimer's Disease</b><br><i>Presenting Author: Caitlin Carroll, PhD</i> |
| 12:15 p.m. - 12:30 p.m. | <b>0084</b><br><b>Napping in the Morning is Associated with Risk of Alzheimer's Dementia in Older Adults</b><br><i>Presenting Author: Chenlu Gao, PhD</i>               |

## S-11 OBESITY HYPOVENTILATION SYNDROMES ACROSS THE LIFESPAN

10:30 a.m. - 11:30 a.m. | Sagamore Ballroom 4

Chair: Pallavi Patwari, MD

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|-------------------------|--|
| 10:30 a.m. - 10:45 a.m. | <b>Are You Up-to-Date on Obesity Hypoventilation Syndrome?</b><br><i>Babak Mokhlesi, MD</i>                            |
| 10:45 a.m. - 11:00 a.m. | <b>Pediatric Obesity Hypoventilation Disorders: Prader-Willi Syndrome and ROHHAD</b><br><i>Pallavi Patwari, MD</i>     |
| 11:00 a.m. - 11:15 a.m. | <b>Advanced Ventilator Modes and Other Considerations for Hypoventilation Disorders</b><br><i>Alejandra Lastra, MD</i> |
| 11:15 a.m. - 11:30 a.m. | <b>How to Address Challenges with Getting Respiratory Support at Home</b><br><i>Lisa Wolfe, MD</i>                     |

## S-12 THE LOCUS COERULEUS NORADRENERGIC SYSTEM IN HEALTHY AND PATHOLOGICAL SLEEP: FROM MECHANISMS TO IMPACTS

10:30 a.m. - 11:30 a.m. | Room 121

Chair: Alejandro Osorio-Forero, PhD

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|-------------------------|---|
| 10:30 a.m. - 10:45 a.m. | <b>Locus Coeruleus Roles in Sleep, from Brain Rhythms and Stage Transitions Regulation to Translational Neuroscience in Insomnia</b><br><i>Alejandro Osorio-Forero, PhD</i> |
| 10:45 a.m. - 11:00 a.m. | <b>Regulation of Stress-Induced Sleep Disturbances by Locus Coeruleus</b><br><i>Hanna Antila, PhD</i>   |
| 11:00 a.m. - 11:15 a.m. | <b>Effects of Pharmacological LC-NA Silencing on Sleep in Subclinical Insomnia</b><br><i>Laura Schnider</i>   |
| 11:15 a.m. - 11:30 a.m. | <b>In Vivo Locus Coeruleus Activity While Awake is Associated with REM Sleep in Healthy Older Individuals</b><br><i>Ekaterina Koshmanova, PhD</i>                           |

## T-05 ALTERNATIVES TO PAP THERAPY FOR SLEEP-DISORDERED BREATHING: ESSENTIALS

10:30 a.m. - 11:30 a.m. | Room 103

Chair: Caroline Okorie, MD

|                         |  |
|-------------------------|--|
| 10:30 a.m. - 11:00 a.m. | <b>Hypoglossal Nerve Stimulation Therapy</b><br><i>Ninotchka Sigua, MD</i> |
| 11:00 a.m. - 11:30 a.m. | <b>Phrenic Nerve Stimulation Therapy</b><br><i>Rami Khayat, MD</i>         |

## LUNCH BREAK

11:30 a.m. - 1:30 p.m.

## LUNCH DEBATE

11:45 a.m. - 12:45 p.m. | Room 117

Pre-Registration is required.

## L-02: SLEEP QUALITY VS. SLEEP DURATION MEASURE

Atul Malhotra, MD (Pro) | Sanjay Patel, MD (Con)

## MEET THE PROFESSORS

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

Pre-Registration is required.

 **M-06: THE MULTIPLE PATHWAYS LINKING SLEEP APNEA AND CARDIOVASCULAR DISEASE**  
205 / Susan Redline, MD

 **M-07: DON'T BLOW IT OFF - MEETING THE CHALLENGE OF VENTILATION FAILURE IN NEUROMUSCULAR DISEASE**  
206 / Lisa Wolfe, MD

 **M-08: SLEEPING FOR TWO: MATERNAL SLEEP AND INFANT HEALTH**  
207 / Ghada Bourjeily, MD

 **M-09: SLEEP AND METABOLISM: BUILDING BLOCKS OF MENTAL HEALTH AND COGNITION**  
208 / Ana Pocivavsek, PhD

 **M-10: INSUFFICIENT SLEEP AND CIRCADIAN MISALIGNMENT: CONTRIBUTIONS TO CARDIOMETABOLIC DISEASE**  
209 / Christopher Depner, PhD

## R-01 TRAINEE CASE REPORT PRESENTATIONS

11:45 a.m. - 12:45 p.m. | Wabash Ballroom 1

|                         |   |
|-------------------------|---|
| 11:45 a.m. - 12:00 p.m. | <b>0971</b><br><b>Sleep-Related Painful Erections Treated with Sodium Oxybate</b><br><i>Presenting Author: Hira Chaudhary, MD</i>   |
| 12:00 p.m. - 12:15 p.m. | <b>0972</b><br><b>The Utility of CSF Orexin Testing in Investigating for Narcolepsy Type-1 in a Patient with Diencephalic Mass</b><br><i>Presenting Author: Christopher Cheng, MD</i> |
| 12:15 p.m. - 12:30 p.m. | <b>0973</b><br><b>HGNS Sensing Lead Damage After 3D Mammogram Requiring HGNS IPG and Lead Re-Implantation</b><br><i>Presenting Author: Anand Srikrishnan, MD</i>                      |
| 12:30 p.m. - 12:45 p.m. | <b>0974</b><br><b>Limitations of Hypoglossal Nerve Stimulation in Patients with Down Syndrome</b><br><i>Presenting Author: Tarek Dabboussi, DO</i>                                    |

## POSTER PRESENTATIONS

12:00 p.m.-1:15 p.m. | Hall D

SLEEP 2023 will feature poster presentations from 12:00 p.m.-1:15 p.m. and from 5:00 p.m.-6:00 p.m. on Monday and Tuesday. This is your opportunity to explore the poster hall, discuss new discoveries in the field, and network with colleagues. The evening session will feature a cash bar. See the SLEEP 2023 mobile app for a full listing of posters. Odd-numbered poster board IDs will be presented from 12:00 p.m.-1:15 p.m. Even-numbered poster board IDs will be presented from 5:00 p.m.-6:00 p.m.

## SRS ANNUAL MEMBERSHIP MEETING

12:30 p.m. - 1:30 p.m. | Wabash Ballroom 3

All members are encouraged to attend this business meeting to learn about the past year's accomplishments, meet SRS leadership and discuss the goals for the upcoming year.

### B-02 SLEEP EXTENSION: FROM RESEARCH TO PRACTICE

1:30 p.m. - 3:30 p.m. | Room 121

Chair: Kelly Baron, PhD

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|-----------------------|---|
| 1:30 p.m. - 1:55 p.m. | <b>Sleep Extension: What Is It and How Will We Use It</b><br><i>Christopher Depner, PhD</i>   |
| 1:55 p.m. - 2:20 p.m. | <b>It's About Time: Mental and Physical Health Outcomes Following a Brief Sleep Extension Intervention for Adolescent Night Owls</b><br><i>Kara Duraccio, PhD</i> |
| 2:20 p.m. - 2:45 p.m. | <b>Technology Assisted Sleep Extension in Patient Populations</b><br><i>Kelly Baron, PhD</i>  |
| 2:45 p.m. - 3:10 p.m. | <b>Sleep Extension to Reduce Diabetes Risk or Improve Diabetes Management: Lessons Learned from Real World Applications</b><br><i>Sirimon Reutrakul, MD</i>       |
| 3:10 p.m. - 3:30 p.m. | Discussion/Q&A  |

### D-08 THE INTERNATIONAL CLASSIFICATION OF SLEEP DISORDERS: REVISIONS AND CONTROVERSIES

1:30 p.m. - 3:30 p.m. | Wabash Ballroom 1

Chair: Michael Sateia, MD

R. Robert Auger, MD | Ronald Chervin, MD | Sanjay Patel, MD  
Daniel Picchietti, MD | David Plante, MD, PhD  
Shannon Sullivan, MD | Aleksandar Videnovic, MD

### O-19 INTERSECTION OF SLEEP, CARDIOVASCULAR HEALTH, AND ENDOCRINOLOGIC DISEASE

1:30 p.m. - 3:30 p.m. | Sagamore Ballroom 3

Co-Chairs: Carolyn D'Ambrosio, MD and Jennifer Langstengel, MD

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|-----------------------|--|
| 1:30 p.m. - 1:45 p.m. | <b>0819</b><br><b>Does Sleep Health Modify the Relationship Between Hypertensive Disorders of Pregnancy and Incident Cardiovascular Disease?</b><br><i>Presenting Author: Chandra Jackson, PhD</i>       |
| 1:45 p.m. - 2:00 p.m. | <b>0826</b><br><b>Chronotype, Unhealthy Lifestyle, and Diabetes Risk in Middle-Aged US Women: A Prospective Cohort Study in Nurses' Health Study II</b><br><i>Presenting Author: Sina Kianersi, PhD</i>  |
| 2:00 p.m. - 2:15 p.m. | <b>0828</b><br><b>Greater Sleep Variability is Associated with Higher Systemic Inflammation in Type 2 Diabetes</b><br><i>Presenting Author: Sirimon Reutrakul, MD</i>                                    |
| 2:15 p.m. - 2:30 p.m. | <b>0822</b><br><b>Sleep and Nighttime Urine Production</b><br><i>Presenting Author: Shachi Tyagi, MD</i>   |
| 2:30 p.m. - 2:45 p.m. | <b>0829</b><br><b>Insomnia with Objective Short Sleep Duration is Associated with Hypertension</b><br><i>Presenting Author: Yun Li, MD</i>   |
| 2:45 p.m. - 3:00 p.m. | <b>0818</b><br><b>Comorbid Obstructive Sleep Apnea and Insomnia in Type 2 Diabetes: Association with Diabetes-Related Distress and Glycemic Control</b><br><i>Presenting Author: Bomin Jeon, PhD, RN</i> |
| 3:00 p.m. - 3:15 p.m. | <b>0820</b><br><b>Integrated Polysomnographic and Sleep Symptom-Based Cluster Subtypes Associated with Incident Atrial Fibrillation</b><br><i>Presenting Author: Catherine M. Heininger, DO</i>          |
| 3:15 p.m. - 3:30 p.m. | <b>0821</b><br><b>Nighttime Average and Dipping Blood Pressure Can Differ Based on the Temporal Distribution of Ambulatory Measurements at Nighttime</b><br><i>Presenting Author: Leandro Brito, PhD</i> |



## O-20 REAL WORLD OUTCOMES IN SLEEP- DISORDERED BREATHING

1:30 p.m. - 3:30 p.m. | 500 Ballroom

Co-Chairs: Snigdhasmrithi Pusalavidyasagar, MD  
and Sunil Sharma, MD

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|--------------------------|---|
| 1:30 p.m. -<br>1:45 p.m. | <b>0429</b><br><b>Association Between Healthcare Costs and Continuous Positive Airway Pressure Adherence for Treatment of Obstructive Sleep Apnea</b><br><i>Presenting Author: Joseph Kim, MD</i>   |
| 1:45 p.m. -<br>2:00 p.m. | <b>0436</b><br><b>Obstructive Sleep Apnea (OSA) Patient Journey: Retrospective Analysis of Real-World Data</b><br><i>Presenting Author: Emerson Wickwire, PhD</i>                                   |
| 2:00 p.m. -<br>2:15 p.m. | <b>0447</b><br><b>Study of PAP Response and Compliance in Patients with ILD and OSA: A Case-Control Single Center Cohort</b><br><i>Presenting Author: Michelle Herberts, MD</i>                     |
| 2:15 p.m. -<br>2:30 p.m. | <b>0446</b><br><b>Sleep-Disordered Breathing Treatment is Associated with Improved Mental Health Symptoms and Quality of Life in Women Veterans</b><br><i>Presenting Author: Isabel Moghtaderi</i>  |
| 2:30 p.m. -<br>2:45 p.m. | <b>0445</b><br><b>Real-World Evaluation of Upper Airway Stimulation System Survival Using Post-Market Surveillance Data</b><br><i>Presenting Author: Colin Huntley, MD</i>                          |
| 2:45 p.m. -<br>3:00 p.m. | <b>0439</b><br><b>Patient-Reported Experience with Hypoglossal Nerve Stimulation for Obstructive Sleep Apnea - Influence of Symptom Improvements</b><br><i>Presenting Author: Marcel Braun, PhD</i> |
| 3:00 p.m. -<br>3:15 p.m. | <b>0426</b><br><b>A Real-World Exploration of Non-CPAP Therapies for Mild Obstructive Sleep Apnea in the Veteran Population</b><br><i>Presenting Author: Shanta Pillai, DO</i>                      |
| 3:15 p.m. -<br>3:30 p.m. | <b>0448</b><br><b>Telemedicine Management of Obstructive Sleep Apnea Disorder: A Randomized Controlled Trial</b><br><i>Presenting Author: Liyue Xu</i>  |

## O-21 OBSERVING AND INTERVENING ON CIRCADIAN RHYTHMS

1:30 p.m. - 3:30 p.m. | Room 123

Co-Chairs: Josiane Broussard, PhD and Christopher Drake, PhD

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|--------------------------|--|
| 1:30 p.m. -<br>1:45 p.m. | <b>0004</b><br><b>Using Apple Watch to Predict Circadian Phase in Night Shift Workers</b><br><i>Presenting Author: Philip Cheng, PhD</i>   |
| 1:45 p.m. -<br>2:00 p.m. | <b>0007</b><br><b>Later Circadian Phase and Increased Sleep Variability are Associated with Overnight Blood Pressure Dipping in Chronic Shiftworkers</b><br><i>Presenting Author: Brooke Shafer, PhD</i> |
| 2:00 p.m. -<br>2:15 p.m. | <b>0003</b><br><b>Sleep and Circadian Disruption Induced by Simulated Night Shift Work Impair Cardiometabolic Outcomes in Healthy Adults</b><br><i>Presenting Author: Sophie Seward</i>                  |
| 2:15 p.m. -<br>2:30 p.m. | <b>0017</b><br><b>Obstructive Sleep Apnea Is Associated with Altered Circadian Rhythms in Systolic Blood Pressure at Rest and During Exercise</b><br><i>Presenting Author: Saurabh Thosar, PhD</i>       |
| 2:30 p.m. -<br>2:45 p.m. | <b>0008</b><br><b>The Endogenous Circadian System Provides for Enhanced Coronary Microvascular Function in the Morning</b><br><i>Presenting Author: Saurabh Thosar, PhD</i>                              |
| 2:45 p.m. -<br>3:00 p.m. | <b>0006</b><br><b>Circadian Misalignment Increases the Impact of Visceral Adiposity on Metabolic Syndrome Burden in Adolescents</b><br><i>Presenting Author: Natasha Morales-Ghinaglia</i>               |
| 3:00 p.m. -<br>3:15 p.m. | <b>0002</b><br><b>Impact of Acute, Isocaloric Time-Restricted Eating on Resting Metabolic Rate and Obesogenic Factors in Healthy Lean Adults</b><br><i>Presenting Author: Catherine Lowry</i>            |
| 3:15 p.m. -<br>3:30 p.m. | <b>0001</b><br><b>Effect of Time-Restricted Eating on Actigraphy-Derived Sleep Parameters</b><br><i>Presenting Author: Daisy Duan, MD</i>  |

## S-13 SLEEP AND DRIVING: WHAT SLEEP MEDICINE CLINICIANS AND RESEARCHERS NEED TO KNOW IN 2023

1:30 p.m. - 3:30 p.m. | Sagamore Ballroom 4

Chair: Muhammad Rishi, MBBS

|                       |  |
|-----------------------|--|
| 1:30 p.m. - 1:35 p.m. | <b>Drowsy Driving and the Need for Sleep Physician to Engage: An Overview</b><br><i>Muhammad Rishi, MBBS</i>   |
| 1:35 p.m. - 2:00 p.m. | <b>Drowsy Driving Considerations in Non-Commercial Operators from the Perspective of the Sleep Medicine Physician</b><br><i>Jennifer Creamer, MD</i>   |
| 2:00 p.m. - 2:25 p.m. | <b>Sleep, Fatigue, and the Commercial Motor Vehicle Operator: How Sleep Physicians Contribute to Public Safety</b><br><i>Michael Berneking, MD</i>   |
| 2:25 p.m. - 2:55 p.m. | <b>Sleepiness, Motor Vehicle Crashes, and Teens: The Impact of School Start Times and Daylight Savings Time Policy and the Role of the Sleep Medicine Physician and Researcher</b><br><i>Amy Licitis, MD</i> |
| 2:55 p.m. - 3:20 p.m. | <b>Technology for Sleepiness Detection and Risk Mitigation: Potential and Pitfalls - What the Sleep Medicine Physician Needs to Know</b><br><i>Erin Flynn-Evans, PhD</i>                                     |
| 3:20 p.m. - 3:30 p.m. | Discussion/Q&A   |

## S-14 THE INTERCONNECTION OF SLEEP, CIRCADIAN RHYTHMS, AND LONG COVID

1:30 p.m. - 3:30 p.m. | Sagamore Ballroom 5

Chair: Sairam Parthasarathy, MD

|                       |   |
|-----------------------|---|
| 1:30 p.m. - 1:40 p.m. | <b>Epidemiology of Sleep and Circadian Disorders in Long COVID</b><br><i>Sairam Parthasarathy, MD</i> |
| 1:40 p.m. - 1:55 p.m. | <b>Pathobiology and Nature of Hypersomnia in Long COVID</b><br><i>Matthew Maas, DO</i>                |
| 1:55 p.m. - 2:10 p.m. | <b>Sleep Problems During the Pandemic</b><br><i>Rachel Manber, PhD</i>                                |
| 2:10 p.m. - 2:25 p.m. | <b>Insomnia in Patients with Long COVID</b><br><i>Daniel Buysse, MD</i>                               |
| 2:25 p.m. - 2:40 p.m. | <b>REM Parasomnias and Long COVID</b><br><i>Janet Mullington, PhD</i>                                 |
| 2:40 p.m. - 2:55 p.m. | <b>Circadian Rhythms and Long COVID</b><br><i>Phyllis Zee, MD, PhD</i>                                |
| 2:55 p.m. - 3:10 p.m. | <b>Sleep-Disordered Breathing as a Risk Factor for COVID</b><br><i>Brian Cade, PhD</i>                |
| 3:10 p.m. - 3:25 p.m. | <b>Burden of Sleep-Disordered Breathing in Long COVID</b><br><i>Reena Mehra, MD</i>                   |
| 3:25 p.m. - 3:30 p.m. | Discussion/Q&A  |

## F-03 THE EFFECT OF HOUSEHOLD, FAMILIAL, AND NEIGHBORHOOD CONTEXT ON SLEEP AND CIRCADIAN RHYTHMS ACROSS EARLY CHILDHOOD

1:30 p.m. - 2:30 p.m. | Room 126

Chair: Caroline Hoyniak, PhD

|                       |  |
|-----------------------|--|
| 1:30 p.m. - 1:45 p.m. | <b>The Influence of Light on Circadian Timing in Preschool-Aged Children</b><br><i>Lauren Hartstein, PhD</i>               |
| 1:45 p.m. - 2:00 p.m. | <b>What Helps Young Children Sleep Better?: An Investigation into Parenting at Bedtime</b><br><i>Lauren Philbrook, PhD</i> |
| 2:00 p.m. - 2:15 p.m. | <b>The Effect of Neighborhood Crime Rates on Child Sleep and Circadian Rhythms</b><br><i>Caroline Hoyniak, PhD</i>         |
| 2:15 p.m. - 2:30 p.m. | <b>Social Determinants of Health, Bedtime Routines, and Development in Toddlers</b><br><i>Jodi Mindell, PhD</i>            |

## F-04 UNDERSTANDING CHILD AND ADOLESCENT SLEEP AND MENTAL HEALTH USING MULTIPLE METHODS AND INFORMANTS: IMPLICATIONS FOR INTERVENTION

2:30 p.m. - 3:30 p.m. | Room 126

Chair: Jessica Levenson, PhD

2:30 p.m. - 2:45 p.m. **Co-Occurring Snoring and Insufficient Sleep are Associated with Increased Behavioral Health Concerns in Preschoolers**

Eberechukwu Uwah, PhD

2:45 p.m. - 3:00 p.m. **Parent ADHD is Associated with Family Sleep Disruption and Infant Sleep Predicts ADHD-Related Behaviors in Toddlerhood**

Heather Joseph, DO

3:00 p.m. - 3:15 p.m. **Primary Outcomes of a Brief Sleep Promotion Program for Insufficient Sleep Among Adolescents with Clinical Levels of Psychopathology**

Jessica Levenson, PhD

3:15 p.m. - 3:30 p.m. **Qualitative Study of Multilevel Influences on Sleep and Racism-Related Stress in Black Adolescents**

Mattina Davenport, PhD

## T-06 SLEEP LAB EMERGENCIES

1:30 p.m. - 2:30 p.m. | Room 103

Chair: Nancy Collop, MD

1:30 p.m. - 2:00 p.m. **Sleep Lab Emergencies – Part One**

Kara Dupuy-McCauley, MD

2:00 p.m. - 2:30 p.m. **Sleep Lab Emergencies – Part Two**

Nancy Collop, MD

## T-07 SUBSTANCES OF ABUSE AND RELATED POLYSOMNOGRAPHIC CHANGES

2:30 p.m. - 3:30 p.m. | Room 103

Chair: Saiprakash Venkateshiah, MD

2:30 p.m. - 2:50 p.m. **Sleep and Alcohol**

Saiprakash Venkateshiah, MD

2:50 p.m. - 3:10 p.m. **Sleep and Opioids**

Shahrokh Javaheri, MD

3:10 p.m. - 3:30 p.m. **Sleep and Marijuana**

Ashima Sahni, MD

## D-09 THE EFFECT OF DISPARITIES IN SLEEP CARE ON CARDIOVASCULAR OUTCOMES: DEFINING THE PROBLEM AND IMPLEMENTING SOLUTIONS

4:00 p.m. - 5:00 p.m. | Sagamore Ballroom 5

Chair: William Healy, MD

Girardin Jean-Louis, PhD | Dayna Johnson, PhD

Younghoon Kwon, MD

## D-10 IDENTIFYING AND PRIORITIZING STRATEGIES TO INCREASE ACCESS TO HIGH-QUALITY CARE FOR INSOMNIA DISORDER

4:00 p.m. - 5:00 p.m. | Sagamore Ballroom 4

Chair: Joyce Lee-Iannotti, MD

Deirdre Conroy, PhD | Donald Townsend, PhD

Vincent Grbach, MD

## D-11 OPTIMIZING SLEEP HEALTH IN FIRST RESPONDERS AND MILITARY PERSONNEL: EVIDENCE-BASED PRACTICES, CONTROVERSIES AND RESEARCH GAPS

4:00 p.m. - 5:00 p.m. | Room 123

Chair: Joel Billings, PhD

Patricia Haynes, PhD | Vincent Mysliwiec, MD

Daniel Patterson, PhD

## I-08 PHYSIOLOGIC PHENOTYPING OF SLEEP APNEA

4:00 p.m. - 5:00 p.m. | 500 Ballroom

Andrew Wellman, MD, PhD

## I-09 THE EVOLUTION AND DIVERSIFICATION OF SLEEP

4:00 p.m. - 5:00 p.m. | Room 126

Niels Rattenborg, PhD

## REFRESHMENT BREAK IN EXHIBIT HALL

3:30 p.m. - 4:00 p.m.

## O-22 THE ROLE OF NIGHTMARES IN SLEEP AND MENTAL HEALTH: THE EFFECT OF TRAUMA AND AGE

4:00 p.m. - 5:00 p.m. | Wabash Ballroom 1

Co-Chairs: Julio Fernandez-Mendoza, PhD and Caitlin Paquet

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| 4:00 p.m. - 4:15 p.m. | <b>0656</b><br><b>Evaluating the Interrelationship Between Insomnia, Sleep Apnea, and Nightmares in Veterans with Posttraumatic Stress Disorder</b><br><i>Presenting Author: Elena Kennedy, MD</i> |
| 4:15 p.m. - 4:30 p.m. | <b>0659</b><br><b>Nightmares in the Acute Aftermath of Trauma Predict Later Suicidal Ideation in Trauma Survivors</b><br><i>Presenting Author: Grace Seymour</i>                                   |
| 4:30 p.m. - 4:45 p.m. | <b>0657</b><br><b>Incidence and Features of Nightmares and Trauma Associated Sleep Disorder in U.S. Military Personnel with Sleep Disturbances</b><br><i>Presenting Author: Zahari Tchopov, MD</i> |
| 4:45 p.m. - 5:00 p.m. | <b>0661</b><br><b>Natural History of Nightmares from Childhood to Young Adulthood: A Longitudinal, Population-Based Study</b><br><i>Presenting Author: Caitlin Paquet</i>                          |

## O-23 CHILDHOOD OSA: OUTCOMES OF NOVEL EVALUATION AND TREATMENT STRATEGIES

4:00 p.m. - 5:00 p.m. | Sagamore Ballroom 3

Co-Chairs: Rakesh Bhattacharjee, MD and Iris Perez, MD

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| 4:00 p.m. - 4:15 p.m. | <b>0794</b><br><b>Effect of Surgical OSA Treatment on Periodic Limb Movements of Sleep in Pediatric Patients</b><br><i>Presenting Author: Daniel Ignatiuk, MD</i>                                  |
| 4:15 p.m. - 4:30 p.m. | <b>0796</b><br><b>Safety and Efficacy of the Combination of Atomoxetine and Oxybutynin for OSA Treatment in Children with Down Syndrome</b><br><i>Presenting Author: Daniel Combs, MD</i>          |
| 4:30 p.m. - 4:45 p.m. | <b>0795</b><br><b>Implementation of the Pediatric Craniofacial Screening Tool for Sleep-Disordered Breathing (PCSS): An Observational Pilot Study</b><br><i>Presenting Author: Gillian Heckler</i> |
| 4:45 p.m. - 5:00 p.m. | <b>0793</b><br><b>Effect of Sleeping Position on Obstructive Sleep Apnea in Children Undergoing Polysomnography</b><br><i>Presenting Author: Harish Rao, MD, MRCPCH</i>                            |

## S-15 PARENTING-RELATED FACTORS, YOUTH SLEEP, AND MENTAL HEALTH ACROSS DEVELOPMENT

4:00 p.m. - 5:00 p.m. | Room 121

Chair: Darlynn Rojo-Wissar, PhD

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| 4:00 p.m. - 4:15 p.m. | <b>Links Between Temperament in Early Childhood and Sleep in Middle Childhood: The Role of Early Parent-Child Relationship Quality</b><br><i>Maria Valencia Hincapie, MD</i>                       |
| 4:15 p.m. - 4:30 p.m. | <b>The Nighttime Parenting Scale: Assessing the Impact of Specific vs. General Parenting Practices on Youth's Sleep Health During a Sensitive Developmental Stage</b><br><i>Justin Parent, PhD</i> |
| 4:30 p.m. - 4:45 p.m. | <b>Family-Based Treatment for Sleep Problems in Early Adolescence: Preliminary Outcomes from an Open Trial</b><br><i>Juliana Acosta, PhD</i>   |
| 4:45 p.m. - 5:00 p.m. | Discussion/Q&A   |

## T-08 CURRENT ISSUES IN SLEEP CENTER MANAGEMENT

4:00 p.m. - 5:00 p.m. | Room 103

Chair: Christopher Hope, MD

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| 4:00 p.m. - 4:30 p.m. | <b>Coping with Shift Work: Strategies to Promote Well-Being Among Sleep Technologists</b><br><i>Amy Korn-Reavis, RRT, RPSGT</i> |
| 4:30 p.m. - 5:00 p.m. | <b>Recruiting, Developing, and Retaining Your Sleep Center Staff</b><br><i>Rena Davis, RPSGT, CCSH</i>                          |

## POSTER PRESENTATIONS

5:00 p.m.-6:00 p.m. | Hall D

SLEEP 2023 will feature poster presentations from 12:00 p.m.-1:15 p.m. and from 5:00 p.m.-6:00 p.m. on Monday and Tuesday. This is your opportunity to explore the poster hall, discuss new discoveries in the field, and network with colleagues. The evening session will feature a cash bar. See the SLEEP 2023 mobile app for a full listing of posters. Odd-numbered poster board IDs will be presented from 12:00 p.m.-1:15 p.m. Even-numbered poster board IDs will be presented from 5:00 p.m.-6:00 p.m.

## O-24 INTERRELATIONS AMONG SLEEP, LIGHT THERAPY, AND TRAUMA: EFFECTS ON MOOD DISORDERS IN POSTPARTUM POPULATIONS, ADOLESCENCE, AND COLLEGE STUDENTS

8:00 a.m. - 10:00 a.m. | Wabash Ballroom 1

Co-Chairs: Michele Okun, PhD and Katherine Sharkey, MD, PhD

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| 8:00 a.m. - 8:15 a.m.  | <b>0628</b><br><b>Retinal Responsivity Increases After Light Therapy and Is Associated with Improved Depression: Preliminary Findings from a RCT</b><br><i>Presenting Author: Delainey Wescott</i>      |
| 8:15 a.m. - 8:30 a.m.  | <b>0623</b><br><b>Effects of Bright Light Therapy on Objective and Subjective Sleep in Patients with Non-seasonal Depression and Eveningness</b><br><i>Presenting Author: Joey Chan, MBChB</i>          |
| 8:30 a.m. - 8:45 a.m.  | <b>0625</b><br><b>Sleep When the Baby Sleeps? The Effect of Daytime Nap Behaviors on Postpartum Depression Severity: A Stress Buffering Hypothesis</b><br><i>Presenting Author: Sammy Dhaliwal, PhD</i> |
| 8:45 a.m. - 9:00 a.m.  | <b>0621</b><br><b>A Machine Learning Model to Predict the Risk of Perinatal Depression from Sleep Data in Healthy Pregnant Women</b><br><i>Presenting Author: Corrado Garbazza, MD</i>                  |
| 9:00 a.m. - 9:15 a.m.  | <b>0627</b><br><b>Postpartum Insomnia and Poor Sleep Quality Are Uniquely Predictive of Postpartum Mood Disorders</b><br><i>Presenting Author: Michele Okun, PhD</i>                                    |
| 9:15 a.m. - 9:30 a.m.  | <b>0624</b><br><b>Sleep Duration and Insomnia Predict Increases in Depression in Adolescents at Subsequent 3-month Intervals: A Longitudinal Study</b><br><i>Presenting Author: Joud Hijazi</i>         |
| 9:30 a.m. - 9:45 a.m.  | <b>0626</b><br><b>Type of Screen Time and the Relationship Between Anxiety, Depressive and Insomnia Symptoms in College Students</b><br><i>Presenting Author: Ruth Brombach</i>                         |
| 9:45 a.m. - 10:00 a.m. | <b>0660</b><br><b>Identifying Patients at Risk of Acute Sleep Disturbances Within the Immediate Aftermath of Trauma</b><br><i>Presenting Author: Anthony Reffi, PhD</i>                                 |

## O-25 THE BRAIN AND BODY IN SLEEP LOSS, DISRUPTION, OR EXTENSION

8:00 a.m. - 10:00 a.m. | Room 123

Co-Chairs: Courtney Kurinec, PhD and Michael Scullin, PhD

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| 8:00 a.m. - 8:15 a.m.  | <b>0199</b><br><b>Effects of Acute Sleep Deprivation on Cognitive Performance in Depressed Individuals</b><br><i>Presenting Author: Olivia Larson</i>  |
| 8:15 a.m. - 8:30 a.m.  | <b>0205</b><br><b>Catechol-o-methyltransferase Genotype, but Not Dopamine Receptor D2 Genotype, Modulates Slow Wave Sleep</b><br><i>Presenting Author: Rachel Muck</i>                             |
| 8:30 a.m. - 8:45 a.m.  | <b>0202</b><br><b>Sleep Deprivation: Cognitive Decline and Hippocampal Neuroinflammation</b><br><i>Presenting Author: Laura Olsen, PhD</i>   |
| 8:45 a.m. - 9:00 a.m.  | <b>0200</b><br><b>Effects of Early-Life Sleep Disruption on Spatial Learning, Tau Burden, and Neurodegeneration in the PS19 Mouse Model of Tauopathy</b><br><i>Presenting Author: Kenny Vetter</i> |
| 9:00 a.m. - 9:15 a.m.  | <b>0201</b><br><b>Prebiotic Diet Impact on Cognitive Performance, Sleepiness, and Mood During Combined Sleep Restriction and Circadian Misalignment</b><br><i>Presenting Author: Sarila Ekin</i>   |
| 9:15 a.m. - 9:30 a.m.  | <b>0204</b><br><b>Associations of Reallocating Sedentary or Activity Time to Sleep on Body Weight in Postpartum Women</b><br><i>Presenting Author: Erin Kishman</i>                                |
| 9:30 a.m. - 9:45 a.m.  | <b>0198</b><br><b>Effects of a 1-hour Nightly Weeklong Sleep Extension Pilot Study in Undergraduates on Health</b><br><i>Presenting Author: Gina Marie Mathew, PhD</i>                             |
| 9:45 a.m. - 10:00 a.m. | <b>0203</b><br><b>Time-in-Bed Classroom Challenges: Incentivizing Undergraduate Students to Improve Sleep During Final Exams Week</b><br><i>Presenting Author: Andri Cruz</i>                      |



## S-16 EMERGING ALTERNATIVE TREATMENTS FOR SLEEP-DISORDERED BREATHING: AN UPDATE FROM THE EXPERTS

8:00 a.m. - 10:00 a.m. | 500 Ballroom

Chair: Anita Rajogopal, MD

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|------------------------|---|
| 8:00 a.m. - 8:05 a.m.  | <b>Introduction</b><br><i>Anita Rajogopal, MD</i>                   |
| 8:05 a.m. - 8:30 a.m.  | <b>Hypoglossal Nerve Stimulation</b><br><i>David Smith, MD, PhD</i> |
| 8:30 a.m. - 8:55 a.m.  | <b>Phrenic Nerve Stimulation</b><br><i>Shahrokh Javaheri, MD</i>    |
| 8:55 a.m. - 9:20 a.m.  | <b>Oral Appliance Therapy</b><br><i>Harold Smith, DDS</i>           |
| 9:20 a.m. - 9:45 a.m.  | <b>Non-Invasive Therapies</b><br><i>Atul Malhotra, MD</i>           |
| 9:45 a.m. - 10:00 a.m. | Discussion/Q&A  |

## S-17 SLEEP AND CARDIOMETABOLIC HEALTH: RESULTS FROM FUNDED AASM FOUNDATION GRANTS

8:00 a.m. - 10:00 a.m. | Sagamore Ballroom 5

Chair: Neomi Shah, MD

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| 8:00 a.m. - 8:10 a.m.  | <b>Sleep Disorders and Cardiovascular Disease: Current State of Evidence</b><br><i>Neomi Shah, MD</i>  |
| 8:10 a.m. - 8:35 a.m.  | <b>Markers of Subclinical Cardiac Pathology and Atherosclerotic Progression in Insomnia Disorder</b><br><i>Megan Petrov, PhD</i>                           |
| 8:35 a.m. - 9:00 a.m.  | <b>Cardiometabolic Imaging in OSA and Sleep Disorders</b><br><i>Vaishnavi Kundel, MD</i>   |
| 9:00 a.m. - 9:25 a.m.  | <b>The Role of OSA Symptom Subtypes and Novel PSG Biomarkers in Predicting CV Risk</b><br><i>Diego Mazzotti, PhD</i>                                       |
| 9:25 a.m. - 9:50 a.m.  | <b>Impact of High CPAP Adherence on Cardiovascular Outcomes Among Medicare Beneficiaries with Obstructive Sleep Apnea</b><br><i>Jennifer Albrecht, PhD</i> |
| 9:50 a.m. - 10:00 a.m. | Discussion/Q&A   |

## S-18 THE DARK SIDE OF THE MOON: SLEEP-DISORDERED BREATHING IN HOSPITALIZED PATIENTS

8:00 a.m. - 10:00 a.m. | Sagamore Ballroom 3

Chair: Sunil Sharma, MD

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|------------------------|--|
| 8:00 a.m. - 8:25 a.m.  | <b>Hospital Sleep Medicine-A Paradigm Shift in Approach to Patient Health and Outcomes?</b><br><i>Dennis Auckley, MD</i>                                 |
| 8:25 a.m. - 8:50 a.m.  | <b>Inpatient Management of Sleep-Disordered Breathing to Improve Post-Discharge Outcomes in Heart Failure</b><br><i>Rami Khayat, MD</i>                  |
| 8:50 a.m. - 9:15 a.m.  | <b>Management of Sleep-Related Hypoventilation Syndromes and Cardiopulmonary Comorbidities in the Hospitalized Patient</b><br><i>Martha Billings, MD</i> |
| 9:15 a.m. - 9:40 a.m.  | <b>Proposed Model of an In-Patient Sleep Medicine Program and Transitions from Acute to Longitudinal Care</b><br><i>Sunil Sharma, MD</i>                 |
| 9:40 a.m. - 10:00 a.m. | <b>Inpatient Sleep Disorders Screening and Consultation to Address Health Care Disparities</b><br><i>Cinthya Pena Orbea, MD</i>                          |

## S-19 SLEEP EEG SIGNATURES IN NEUROPSYCHIATRIC DISORDERS ACROSS THE LIFESPAN

8:00 a.m. - 10:00 a.m. | Room 126

Chair: Fabio Ferrarelli, MD, PhD

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|------------------------|---|
| 8:00 a.m. - 8:20 a.m.  | <b>Abnormal Sleep Oscillations in Autism Spectrum Disorder</b><br><i>Dimitrios Mylonas, PhD</i>   |
| 8:20 a.m. - 8:40 a.m.  | <b>Interrelating Sleep Neurophysiology, Cognition, and Psychiatric Symptoms in Young People with High Genetic Liability for Schizophrenia</b><br><i>Matt Jones, PhD</i> |
| 8:40 a.m. - 9:05 a.m.  | <b>Sleep EEG Oscillatory Deficits in At-Risk, First Episode Psychosis, and Chronic Schizophrenia (SCZ)</b><br><i>Fabio Ferrarelli, MD, PhD</i>                          |
| 9:05 a.m. - 9:35 a.m.  | <b>Sleep EEG Disturbances in Alzheimer's Disease (AD) Patients</b><br><i>Ruth Benca, MD, PhD</i>  |
| 9:35 a.m. - 10:00 a.m. | Discussion/Q&A  |

## S-20 SLEEP IN ANIMAL MODELS OF NEURODEVELOPMENTAL CONDITIONS

8:00 a.m. - 10:00 a.m. | Room 121

Chair: Michelle Bridi, PhD

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|------------------------|---|
| 8:00 a.m. - 8:30 a.m.  | <b>Sleep and Synaptic Dysregulation in Models of Fragile X Syndrome and Autism Spectrum Disorder</b><br><i>Michelle Bridi, PhD</i>                    |
| 8:30 a.m. - 9:00 a.m.  | <b>Immune Dysregulation and Sleep Disturbances in Neurodevelopmental Disorders</b><br><i>Preeti Vyas, PhD</i>   |
| 9:00 a.m. - 9:30 a.m.  | <b>The Interaction Between Shank3 and Sleep on Chromatin and Transcriptional Regulation at Single-Nuclear Resolution</b><br><i>Lucia Peixoto, PhD</i> |
| 9:30 a.m. - 10:00 a.m. | <b>Early Life Sleep Disruption and Brain Development: Lessons from the Prairie Vole About Autism</b><br><i>Miranda Lim, MD, PhD</i>                   |

## W-03 IMPACT OF THE ENVIRONMENTAL EXPOSOME ON SLEEP AND SLEEP DISORDERS IN FETUS, INFANTS, CHILDREN AND ADOLESCENTS

8:00 a.m. - 10:00 a.m. | Sagamore Ballroom 4

Chair: Madeleine Grigg-Damberger, MD

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|------------------------|---|
| 8:00 a.m. - 8:20 a.m.  | <b>Impact of Neighborhood Environments and Greenspaces on Sleep in Children and Adolescents</b><br><i>Stephanie Mayne, PhD</i>  |
| 8:20 a.m. - 8:40 a.m.  | <b>Impact of Air Pollution and Climate Change on Sleep and Sleep-Disordered Breathing in Infants, Children, and Adolescents</b><br><i>Susan Muraida, MD</i>                         |
| 8:40 a.m. - 9:00 a.m.  | <b>Later Impact of In-Utero Exposure to Pollution, Tobacco Smoke, and Toxins on Sleep and Sleep-Disordered Breathing in Infants and Children</b><br><i>Vlad Ianus, MD</i>           |
| 9:00 a.m. - 9:20 p.m.  | <b>Influence of Food, Meal Timing, and Gut Microbiome on Sleep-Disordered Breathing in Children</b><br><i>Anne Morse, DO</i>  |
| 9:20 a.m. - 9:40 p.m.  | <b>Impact of the Microclimate of the Bedroom, Bed, Bedding, and Sleepwear on Sleep Quality and Thermoregulation in Infants and Children</b><br><i>Madeleine Grigg-Damberger, MD</i> |
| 9:40 a.m. - 10:00 a.m. | Discussion/Q&A  |

## EXHIBIT HALL OPEN

10:00 a.m. - 1:30 p.m. | Halls A, B & C

## REFRESHMENT BREAK IN EXHIBIT HALL

10:00 a.m. - 10:30 a.m.

## D-12 TIME TO RETHINK CPAP THERAPY: A REVIEW OF THE AHRQ REPORT AND FUTURE DIRECTIONS

10:30 a.m. - 12:30 p.m. | Wabash Ballroom 1

Chair: Carolyn D'Ambrosio, MD

Nancy Collop, MD | Susheel Patil, MD, PhD | Neomi Shah, MD

## O-26 NEW DATA ON THE IMPACT OF SLEEP ON CO-MORBIDITIES AND MORTALITY

10:30 a.m. - 12:30 p.m. | 500 Ballroom

Chair: Romy Hoque, MD

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| 10:30 a.m. - 10:45 a.m. | <b>0720</b><br><b>Depression and Pain are Barriers to Benzodiazepine and Z-Drug Deprescribing</b><br><i>Presenting Author: Constance Fung, MD</i>  |
| 10:45 a.m. - 11:00 a.m. | <b>0721</b><br><b>Power Nap or Cognitive Trap? Role of Age in Associations Between Napping and Cognition</b><br><i>Presenting Author: Lauren Nowakowski</i>  |
| 11:00 a.m. - 11:15 a.m. | <b>0719</b><br><b>Association of Subjective-Objective Discrepancy in Sleep Duration with All-Cause Mortality in Community-Dwelling Older Men</b><br><i>Presenting Author: Tomohiro Utusumi</i>           |
| 11:15 a.m. - 11:30 a.m. | <b>0722</b><br><b>Sleep Disturbances and Subsequent Mobility Disability in Chronic Disease: Findings from the Nurses' Health Study</b><br><i>Presenting Author: Daniel Whibley, PhD</i>                  |
| 11:30 a.m. - 11:45 a.m. | <b>0886</b><br><b>Daytime Sleepiness in the Development of Alzheimer's Disease</b><br><i>Presenting Author: Kimberly Espejo</i>  |
| 11:45 a.m. - 12:00 p.m. | <b>0723</b><br><b>Slow Wave Activity Surrounding K-Complexes is Associated with Long-Term All-Cause Mortality in a Large Community-Dwelling Cohort</b><br><i>Presenting Author: Daphne Valencia</i>      |
| 12:00 p.m. - 12:15 p.m. | <b>0724</b><br><b>Objectively Regular Sleep of Optimal Duration and Mortality: The Multi-Ethnic Study of Atherosclerosis</b><br><i>Presenting Author: Joon Chung, PhD</i>                                |
| 12:15 p.m. - 12:30 p.m. | <b>0725</b><br><b>Self-Reported Sleep Quality and Sleep Architecture are Associated with Plasma Neurofilament Light in Older Adults Without Dementia</b><br><i>Presenting Author: Junxin Li, PhD, RN</i> |

## O-27 DIGITAL AND NOVEL APPLICATIONS OF BEHAVIORAL THERAPIES FOR INSOMNIA IN COMORBID AND SPECIAL POPULATIONS

10:30 a.m. - 12:30 p.m. | Sagamore Ballroom 3

Co-Chairs: Julio Fernandez-Mendoza, PhD and Christi Ulmer, PhD

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| 10:30 a.m. - 10:45 a.m. | <b>0331</b><br><b>Effects of Cognitive Behavioral Therapy for Insomnia (CBTI) on Daytime Cognitive Functioning: A Report from the AIR Trial</b><br><i>Presenting Author: Jack Edinger, PhD</i>         |
| 10:45 a.m. - 11:00 a.m. | <b>0325</b><br><b>Reducing Nocturnal Cognitive Arousal and Rumination Mediate Treatment Effects of Digital Cognitive Behavioral Therapy for Insomnia</b><br><i>Presenting Author: Justin Iqal</i>      |
| 11:00 a.m. - 11:15 a.m. | <b>0320</b><br><b>Improvements in Sleep &amp; Drinking Outcomes Among Heavy Drinkers Following a Digital CBT-I Program</b><br><i>Presenting Author: Justin Verlinden</i>                               |
| 11:15 a.m. - 11:30 a.m. | <b>0336</b><br><b>Tele-Self CBTI: Results of a Randomized Controlled Trial of a Nurse-Supported Self-Management Intervention for Insomnia Disorder</b><br><i>Presenting Author: Christi Ulmer, PhD</i> |
| 11:30 a.m. - 11:45 a.m. | <b>0318</b><br><b>Early Sleep Intervention Mitigates Poor Sleep and Improves Mood in the COVID-19 Pandemic</b><br><i>Presenting Author: Raquel Osorno, PsyD</i>  |
| 11:45 a.m. - 12:00 p.m. | <b>0326</b><br><b>Symptom Trajectories in Adults with Stable Heart Failure and Insomnia: Evidence from a Randomized Controlled Trial of CBT-I</b><br><i>Presenting Author: Samantha Conley, PhD</i>    |
| 12:00 p.m. - 12:15 p.m. | <b>0317</b><br><b>A Single-Arm Proof-of-Concept Clinical Trial of a Mindfulness-Based Intervention for Prenatal Insomnia</b><br><i>Presenting Author: Grace Seymour</i>                                |
| 12:15 p.m. - 12:30 p.m. | <b>0330</b><br><b>Blinded Verses Open-Label Hypnotic Tapering for Hypnotic Discontinuation: A Randomized Clinical Trial</b><br><i>Presenting Author: Jack Edinger, PhD</i>                             |

## O-28 HEALTH BEHAVIORS, PERFORMANCE, AND FATIGUE ACROSS THE LIFESPAN

10:30 a.m. - 12:30 p.m. | Room 121

Co-Chairs: Megan Petrov, PhD and Kenneth Wright, PhD

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| 10:30 a.m. - 10:45 a.m. | <b>0163</b><br><b>Impact of Cold-Water Hand Immersion on Cognitive Performance and Sleepiness During Sleep Inertia</b><br><i>Presenting Author: Matthew Adkins, PA-C</i>                               |
| 10:45 a.m. - 11:00 a.m. | <b>0166</b><br><b>Effects of Evening Pre-Sleep Alcohol on Next-Day Psychomotor Vigilance (PVT) Performance</b><br><i>Presenting Author: Mary Carskadon, PhD</i>  |
| 11:00 a.m. - 11:15 a.m. | <b>0169</b><br><b>Variability in Sleep and Eating are Associated with Subclinical Atherosclerosis in Early Adulthood</b><br><i>Presenting Author: Freda Patterson, PhD</i>                             |
| 11:15 a.m. - 11:30 a.m. | <b>0165</b><br><b>The Relationships Between Early Maternal Sleep and Mother-Infant Bonding, and Infant Bedtime Difficulty Later: A Path Analysis</b><br><i>Presenting Author: Nana Jiao</i>            |
| 11:30 a.m. - 11:45 a.m. | <b>0168</b><br><b>The Role of Alertness (vs. Fatigue) in the Performance of Professional Criminal Investigators</b><br><i>Presenting Author: Zlatan Krizan, PhD</i>                                    |
| 11:45 a.m. - 12:00 p.m. | <b>0167</b><br><b>Influence of Light Exposure, Exercise, Caffeine Intake, and Nicotine Use on Sleep of U.S. Navy Sailors During Home Port Operations</b><br><i>Presenting Author: Alice LaGoy, PhD</i> |
| 12:00 p.m. - 12:15 p.m. | <b>0164</b><br><b>Move Your Feet and Sleep: A Longitudinal Dynamic Analysis of Physical Activity, Sedentary Behavior, and Insomnia Symptoms</b><br><i>Presenting Author: Spencer Nielson</i>           |
| 12:15 p.m. - 12:30 p.m. | <b>0170</b><br><b>When to Sleep and Work to Optimize Alertness</b><br><i>Presenting Author: Jaques Reifman, PhD</i>  |

## S-21 SLEEP DENTAL AND MEDICAL COLLABORATIVE MODELS FOR THE OPTIMAL DIAGNOSIS AND TREATMENT OF OBSTRUCTIVE SLEEP APNEA PATIENTS (NON-CME)

10:30 a.m. - 12:30 p.m. | Sagamore Ballroom 4

Chair: Clete Kushida, MD, PhD

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| 10:30 a.m. - 10:32 a.m. | <b>Introduction</b><br><i>Clete Kushida, MD, PhD</i>  |
| 10:32 a.m. - 11:02 a.m. | <b>Sleep Dental and Sleep Medical Providers - "A Personalized Approach"</b><br><i>Patrick Strollo Jr., MD</i>                 |
| 11:02 a.m. - 11:32 a.m. | <b>Novel Patient-Centered Dental Sleep Medicine Approaches to Oral Appliance Therapy</b><br><i>Fernanda Almeida, DDS, PhD</i> |
| 11:32 a.m. - 12:02 p.m. | <b>Imaging Insights on the Management of OSA with Oral Appliances</b><br><i>Pien Bosschieter, MD, PhD</i>                     |
| 12:02 p.m. - 12:30 p.m. | <b>Dental and Medical Collaborations for Pediatric Obstructive Sleep Apnea</b><br><i>Manisha Witmans, MD</i>                  |

## S-22 SLEEP APNEA IN HEART FAILURE: THE SERVE HF AND ADVENT HF OUTCOMES (NON-CME)

10:30 a.m. - 12:30 p.m. | Sagamore Ballroom 5

Chair: Michelle Cao, DO

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|-------------------------|--|
| 10:30 a.m. - 11:00 a.m. | <b>Prevalence and Consequences of Sleep-Disordered Breathing in Heart Failure</b><br><i>Virend Somers, MD, PhD</i> |
| 11:00 a.m. - 11:30 a.m. | <b>SERVE HF - What Went Wrong</b><br><i>Shahrokh Javaheri, MD</i>  |
| 11:30 a.m. - 12:00 p.m. | <b>ADVENT HF - New Insights</b><br><i>Douglas Bradley, MD</i>  |
| 12:00 p.m. - 12:30 p.m. | <b>Panel Discussion</b>  |

## S-23 NEW INSIGHTS INTO THE WAKING, SLEEPING, AND DREAMING BRAIN

10:30 a.m. - 12:30 p.m. | Room 123

Chair: Patrick Fuller, PhD

10:30 a.m. - 10:55 a.m. **Why Are We Sleepy When We Are Bored? -The Gating of Sleep Homeostasis by Motivation**

Michael Lazarus, PhD

10:55 a.m. - 11:20 a.m. **Rapid Eye Movement Sleep is Initiated by Basolateral Amygdala Dopamine Signaling in Mice**

Emi Hasegawa

11:20 a.m. - 11:45 a.m. **Long-Range and Local Networks that Regulate Sleep-Promoting Ventrolateral Preoptic Neurons**

Elda Arrigoni, PhD

11:45 a.m. - 12:10 p.m. **Regulation of Sleep and Arousal by the Suprachiasmatic Circadian Clock**

Patrick Fuller, PhD

12:10 p.m. - 12:30 p.m. Discussion/Q&A

## F-05 CULTURALLY-TAILORED INTERVENTIONS TO PROMOTE SLEEP HEALTH EQUITY AMONG BLACK CHILDREN AND FAMILIES

10:30 a.m. - 11:30 a.m. | Room 126

Chair: Alicia Chung, EdD

10:30 a.m. - 10:45 a.m. **Pediatric Sleep Disparities Among Black Children and Implementation of Digital Sleep Interventions to Support Sleep Health**

Alicia Chung, EdD

10:45 a.m. - 11:00 a.m. **A Mixed Methods Approach to Assess the Quality of Multidimensional Sleep Assessment and Documentation in Pediatric Primary Care**

Mattina Davenport, PhD

11:00 a.m. - 11:15 a.m. **Development and Implementation of a Sleep Navigation Program to Increase Equitable Access to Sleep Specialty Care**

Ariel Williamson, PhD

11:15 a.m. - 11:30 a.m. **SLUMBER, a Qualitative Study on the Acceptability of Infant Sleep Guidance in Black Families**

Sarah Honaker, PhD

## D-13 PRACTICAL GUIDELINES FOR USING WEARABLE TECHNOLOGY IN SLEEP AND CIRCADIAN RESEARCH

11:30 a.m. - 12:30 p.m. | Room 126

Chair: Cathy Goldstein, MD

Philip Cheng, PhD | Jesse Cook

## LUNCH BREAK

12:30 p.m. - 1:45 p.m.

## LUNCH DEBATE

12:45 p.m. - 1:45 p.m. | Room 117

Pre-Registration is required.

## L-03: MILD OSA: TO TREAT OR NOT TO TREAT – THAT IS THE QUESTION

Harneet Walia, MD (Pro) | Neomi Shah, MD (Con)

## MEET THE PROFESSORS

12:45 p.m. - 1:45 p.m.

Pre-Registration is required.

## M-11: IMPACT OF INSUFFICIENT, DISTURBED, AND MISALIGNED SLEEP ON CARDIOMETABOLIC AND PSYCHIATRIC MORBIDITY IN YOUTH

205 / Julio Fernandez-Mendoza, PhD

## M-12: TEACHING COURSES IN SLEEP AND CIRCADIAN RHYTHMS

206 / Michael Scullin, PhD

## M-13: RECENT ADVANCEMENTS IN STRUCTURAL AND SOCIAL DETERMINANTS OF SLEEP HEALTH RESEARCH

207 / Chandra Jackson, PhD

## M-14: THE IMPACT OF TREATING SLEEP DISORDERS ON THE COURSE OF PSYCHIATRIC DISORDERS

208 / David Neubauer, MD

## M-15: CONSUMER SLEEP TECHNOLOGIES: WHERE ARE WE NOW?

209 / Cathy Goldstein, MD

## D-14 ARE LAB-BASED HUMAN RESEARCH STUDIES GOING EXTINCT?

1:45 p.m. - 2:45 p.m. | Room 121

Chair: Devon Hanson, PhD

Erin Flynn-Evans, PhD | Jennifer Goldschmied, PhD

Brieann Satterfield, PhD



## D-15 THE FUTURE OF REAL-WORLD DATA COLLECTION FOR MILITARY AND SHIFTWORK POPULATIONS IN A POST-ACTIWATCH WORLD

1:45 p.m. - 2:45 p.m. | Room 123

Chair: Jaime Devine, PhD

Evan Chinoy, PhD | Tracy Jill Doty, PhD

Kimberly Honn, PhD | J. Kent Werner, Jr., MD, PhD

## I-10 BEYOND DAYTIME SLEEPINESS: DISRUPTED NIGHTTIME SLEEP IN NARCOLEPSY

1:45 p.m. - 2:45 p.m. | Sagamore Ballroom 3

Kiran Maski, MD

## I-11 SLEEP AS AN OPPORTUNITY TO IMPROVE SEVERE MATERNAL MORBIDITY

1:45 p.m. - 2:45 p.m. | Room 126

Ghada Bourjeily, MD

## O-29 SLEEP MEDICINE TRAINING AND HEALTHCARE DELIVERY

1:45 p.m. - 2:45 p.m. | Wabash Ballroom 1

Co-Chairs: Barry Fields, MD and Afifa Shamim-Uzzaman, MD

0916

1:45 p.m. - 2:00 p.m.

**Q4 No More: Optimizing Clinical Decision Support to Decrease Inpatient Sleep Disruptions**

Presenting Author: Sullafa Kadura, MD

0913

2:00 p.m. - 2:15 p.m.

**Evaluation of a Single-Session Sleep Intervention for Air Force Trainees**

Presenting Author: Jordan Ellis, PhD

0915

2:15 p.m. - 2:30 p.m.

**Comparison of In-Person Versus Telehealth Positive Airway Pressure Set-Up for Rural Veterans**

Presenting Author: Benjamin Murray, MD

0914

2:30 p.m. - 2:45 p.m.

**Perception of Sleep Medicine (SM) Training Among Internal Medicine (IM) Trainees in Puerto Rico**

Presenting Author: Juan Irizarry, MD

## O-30 SLEEP AND CIRCADIAN HEALTH IN ADDICTION, MOOD DISORDERS, AND NIGHTMARES

1:45 p.m. - 2:45 p.m. | Sagamore Ballroom 5

Co-Chairs: Daniel Buysse, MD and Bhanuprakash Kolla, MD

0622

1:45 p.m. - 2:00 p.m.

**Clustering Bipolar Disorder Risk Variants by Their Effect on Sleep and Circadian Traits**

Presenting Author: Lovemore Kunoroza

0676

2:00 p.m. - 2:15 p.m.

**Sleep Medication Prescribing Among Patients Receiving Opioid Use Disorder Treatment with Comorbid Insomnia**

Presenting Author: Caitlin Martin, MD

0658

2:15 p.m. - 2:30 p.m.

**Is Evaluating for Dreams and Nightmares During Clinically Indicated Polysomnography Useful?**

Presenting Author: Zahari Tchopev, MD

00675

2:30 p.m. - 2:45 p.m.

**Levels of Depression Differentially Affect Sleep in People Who Have Had Cancer: Findings from the National Health Interview Survey**

Presenting Author: Jesse Moore

## S-24 ADVANCING THE SCIENCE AT THE CO-MORBIDITY BETWEEN SLEEP DISTURBANCE AND OPIOID USE DISORDER THROUGH A SEX-INFORMED LENS

1:45 p.m. - 2:45 p.m. | 500 Ballroom

Chair: Caitlin Martin, MD

**Biopsychosocial Factors That Contribute to Sleep Health Among a Clinical Sample with Comorbid Insomnia and Opioid Use Disorder Receiving Treatment with Buprenorphine**

1:45 p.m. - 2:05 p.m.

Caitlin Martin, MD

**Patterns of Co-Occurring Symptoms Among Individuals with Opioid Use Disorder Experiencing Clinically Significant Sleep Disturbance**

2:05 p.m. - 2:25 p.m.

Jennifer Ellis, PhD

**Behavioral Sleep Medicine Intervention During Early Treatment for Opioid Use Disorder: Feasibility, Effectiveness, and Perspectives of Patients and Providers**

2:25 p.m. - 2:45 p.m.

Allison Wilkerson, PhD

## S-25 SLEEP, CIRCADIAN RHYTHMS, AND MENTAL HEALTH IN STUDENT ATHLETES: PROACTIVE STRATEGIES TO MAXIMIZE HEALTH AND PERFORMANCE

1:45 p.m. - 2:45 p.m. | Sagamore Ballroom 4

Chair: Jonathan Charest, PhD

|                       |  |
|-----------------------|--|
| 1:45 p.m. - 2:00 p.m. | <b>The Validation of the Athlete Sleep Screening Questionnaire (ASSQ) in a Student-Athlete Population</b><br><i>Jonathan Charest, PhD</i>    |
| 2:00 p.m. - 2:15 p.m. | <b>Influence of Sleep and Circadian Health on Mental Health in Student-Athletes</b><br><i>Jesse Cook</i>                                     |
| 2:15 p.m. - 2:30 p.m. | <b>Impact of Discrimination and Interpersonal Violence on Sleep and Mental Health in Student-Athletes</b><br><i>J. Roxanne Prichard, PhD</i> |
| 2:30 p.m. - 2:45 p.m. | Discussion/Q&A   |

## REFRESHMENT BREAK

2:45 p.m. - 3:15 p.m.

## F-06 SLEEP, EMOTIONS, AND MOOD DISORDERS DURING THE COVID-19 PANDEMIC ACROSS COUNTRIES AND POPULATIONS: LASTING EFFECTS?

3:15 p.m. - 5:15 p.m. | Room 126

Chair: Veronica Guadagni, PhD

|                       |  |
|-----------------------|--|
| 3:15 p.m. - 3:41 p.m. | <b>Sex and Gender Differences in Sleep, Mood, and Empathy in Response to the Isolation Period of the COVID-19 Pandemic in the Canadian Population</b><br><i>Veronica Guadagni, PhD</i> |
| 3:41 p.m. - 4:07 p.m. | <b>Sleeping for Two: Sleep Problems During the Perinatal Period</b><br><i>Anna Mackinnon, PhD</i>  |
| 4:07 p.m. - 4:33 p.m. | <b>Links Between Prenatal Distress, Infant Brain Structure, and Infant Sleep Patterns</b><br><i>Claire Donnici</i>   |
| 4:33 p.m. - 4:49 p.m. | <b>The Impact of COVID-19 and Social Distancing on Sleep, Stress, and Mood in a Global Convenience Sample</b><br><i>Tony Cunningham, PhD</i>   |
| 4:49 p.m. - 5:15 p.m. | Discussion/Q&A   |

## D-16 SLEEP HEALTH ADVOCACY: PERMANENT STANDARD TIME AND LATER SCHOOL START TIMES

3:15 p.m. - 5:15 p.m. | Wabash Ballroom 1

Chair: Karin Johnson, MD

Jessica Cho, MD | Julie Flygare, JD | Vidya Krishnan, MD

Beth Malow, MD | Jay Pea | Terra Ziporyn, PhD

## O-31 HYPERSOMNIA: ADVANCES IN DIAGNOSIS AND TREATMENT (NON-CME)

3:15 p.m. - 5:15 p.m. | 500 Ballroom

Co-Chairs: Maurice Ohayon, MD, PhD and Lynn Marie Trotti, MD

|                       |  |
|-----------------------|--|
| 3:15 p.m. - 3:30 p.m. | <b>0579</b><br><b>Long-Term Safety of Once-Nightly Oxybate for Narcolepsy: RESTORE Study Interim Analysis of Data</b><br><i>Presenting Author: John Harsh, PhD</i>                                     |
| 3:30 p.m. - 3:45 p.m. | <b>0584</b><br><b>Sodium Oxybate Treatment Patterns in Narcolepsy Patients: A Propensity Score-Matched Cohort Study Subanalysis</b><br><i>Presenting Author: Lois Krahn, MD</i>                        |
| 3:45 p.m. - 4:00 p.m. | <b>0575</b><br><b>Cataplexy Response with FT218 (Once-Nightly Sodium Oxybate): Post Hoc Responder Analysis from the Phase 3 Rest-On Clinical Trial</b><br><i>Presenting Author: Michael Thorpy, MD</i> |
| 4:00 p.m. - 4:15 p.m. | <b>0573</b><br><b>Application of AASM Clinical Significance Thresholds to Once-Nightly Sodium Oxybate for Improvement in Narcolepsy Symptoms</b><br><i>Presenting Author: Thomas Roth, PhD</i>         |
| 4:15 p.m. - 4:30 p.m. | <b>0582</b><br><b>Polysomnography Parameters Predict Mean Sleep Latency Test Results Using Machine Learning</b><br><i>Presenting Author: Matheus Araujo, PhD</i>                                       |
| 4:30 p.m. - 4:45 p.m. | <b>0577</b><br><b>Clinically Meaningful Improvements with Pitolisant in Adults with Narcolepsy: Pooled Analysis of Randomized Clinical Trials</b><br><i>Presenting Author: David Albers, PhD</i>       |
| 4:45 p.m. - 5:00 p.m. | <b>0574</b><br><b>Artificial Intelligence to Aid in Diagnosis of Type I Narcolepsy</b><br><i>Presenting Author: Chris Fernandez</i>  |
| 5:00 p.m. - 5:15 p.m. | <b>0583</b><br><b>Prevalence and Incidence of Narcolepsy in the US General Population</b><br><i>Presenting Author: Maurice Ohayon, MD, PhD</i>   |

## O-32 THE LINK BETWEEN SLEEP DISORDERS AND REM BEHAVIOR ON MIGRAINE, COGNITIVE AGING AND NEURODEGENERATION

3:15 p.m. - 5:15 p.m. | Sagamore Ballroom 5

Co-Chairs: Anna Mullins, RPGST, PhD and Andrew Varga, MD

|                       |  |
|-----------------------|--|
| 3:15 p.m. - 3:30 p.m. | <b>0890</b><br><b>Multiple Sleep Measures and Cognition by Race/Ethnicity and Age</b><br><i>Presenting Author: Dana Alhasan, PhD</i>   |
| 3:30 p.m. - 3:45 p.m. | <b>0885</b><br><b>Alzheimer's Disease Progression Risk in Cognitive Normal Older Adults with Obstructive Sleep Apnea Using NIA-AA Research Framework</b><br><i>Presenting Author: Omonigho Bubu, MD, PhD</i> |
| 3:45 p.m. - 4:00 p.m. | <b>0893</b><br><b>Long Objective Sleep Duration is a Marker of Cognitive Impairment Among Older Elderly: Findings from the Cretan Aging Cohort</b><br><i>Presenting Author: Maria Basta, MD, PhD</i>         |
| 4:00 p.m. - 4:15 p.m. | <b>0887</b><br><b>Divergent Slow Wave Sleep and Alzheimer's Disease Plasma Biomarkers' Associations in Black and White Cognitive Normal Older-Adults</b><br><i>Presenting Author: Omonigho Bubu, MD, PhD</i> |
| 4:15 p.m. - 4:30 p.m. | <b>0891</b><br><b>Sex-Specific Differences in Polysomnographic Biomarkers of Sleep Disruption and Sleep-Disordered Breathing in Migraine</b><br><i>Presenting Author: Isabelle Carter</i>                    |
| 4:30 p.m. - 4:45 p.m. | <b>0892</b><br><b>Insomnia and Poor Sleep Efficiency Predict Cognitive Decline Among Non-Demented Elderly: Findings from the Cretan Aging Cohort</b><br><i>Presenting Author: Maria Basta, MD, PhD</i>       |
| 4:45 p.m. - 5:00 p.m. | <b>0888</b><br><b>Individuals with REM Sleep Behavior Disorder Show Increased Parkinsonism with Comorbid Neurotrauma: A NAPS Consortium Substudy</b><br><i>Presenting Author: Mohini Bryant-Ekstrand</i>     |
| 5:00 p.m. - 5:15 p.m. | <b>0889</b><br><b>Isolated Rapid Eye Movement Sleep Behavior Disorder: Differences Between Sexes at Presentation</b><br><i>Presenting Author: Christina Alexandres, MD</i>                                   |

## S-26 SUDDEN INFANT DEATH SYNDROME: BRAINSTEM RESEARCH AND REDUCING THE RISK

3:15 p.m. - 5:15 p.m. | Sagamore Ballroom 4

Chair: Thomas Keens, MD

|                       |   |
|-----------------------|---|
| 3:15 p.m. - 3:30 p.m. | <b>Sudden Infant Death Syndrome: Definition, Clinical Scenario, Epidemiology</b><br><i>Thomas Keens, MD</i> |
| 3:30 p.m. - 4:00 p.m. | <b>Pathology in SIDS Brainstems: Is SIDS a Failure of Gasping?</b><br><i>Robin Haynes, PhD</i>              |
| 4:00 p.m. - 4:30 p.m. | <b>Physiological Mechanisms Underpinning the Safe Infant Sleep Messages</b><br><i>Rosemary Horne, PhD</i>   |
| 4:30 p.m. - 5:00 p.m. | <b>Evidence Base for Safe Sleep Recommendations</b><br><i>Rachel Moon, MD</i>                               |
| 5:00 p.m. - 5:15 p.m. | Discussion/Q&A  |

## S-27 CANNABINOIDS FOR THE TREATMENT OF SLEEP DISORDERS – THE CURRENT STATE OF PLAY AROUND THE WORLD

3:15 p.m. - 5:15 p.m. | Sagamore Ballroom 3

Chair: Camilla Hoyos, PhD

|                       |   |
|-----------------------|---|
| 3:15 p.m. - 3:35 p.m. | <b>An Introduction to Cannabinoids - How Sleep Fits In</b><br><i>Camilla Hoyos, PhD</i>   |
| 3:35 p.m. - 4:00 p.m. | <b>The Effects of Cannabinoids on Sleep - What We Know from Pre-Clinical and Clinical Work</b><br><i>Ron Grunstein, MD, PhD</i> |
| 4:00 p.m. - 4:25 p.m. | <b>Cannabinoids and Sleep Disorders - What Are the Clinical Trials Telling Us?</b><br><i>Jen Walsh, PhD</i>                     |
| 4:25 p.m. - 4:50 p.m. | <b>Clinical Considerations When Using Cannabinoids in the Treatment of Sleep Disorders</b><br><i>Bhanuprakash Kolla, MD</i>     |
| 4:50 p.m. - 5:15 p.m. | Discussion/Q&A  |

## S-28 BASIC FATIGUE RESEARCH: FROM MOLECULAR UNDERPINNINGS TO COMPREHENSIVE BRAIN MODELING OF SLEEPINESS AND COGNITIVE FATIGUE

3:15 p.m. - 5:15 p.m. | Room 121

Chair: Hans Van Dongen, PhD

3:15 p.m. -  
3:45 p.m.

### Electrophysiologic Signatures of Sleep and Circadian Rhythms on Forebrain Networks

Brendon Watson, MD, PhD

3:45 p.m. -  
4:15 p.m.

### Genetic and Neural Correlates of Inter-Individual and Task-Dependent Differences in Cognitive Impairment During Sleep Loss

Brieann Satterfield, PhD

4:15 p.m. -  
4:45 p.m.

### Living in the Deep: Habitability and Fatigue Management in the Undersea Environment to Improve Sleep and Cognitive Performance

Siobhan Banks, PhD

4:45 p.m. -  
5:15 p.m.

### Large-Scale Mathematical Models of Sleep and Fatigue

Daniel Forger, PhD

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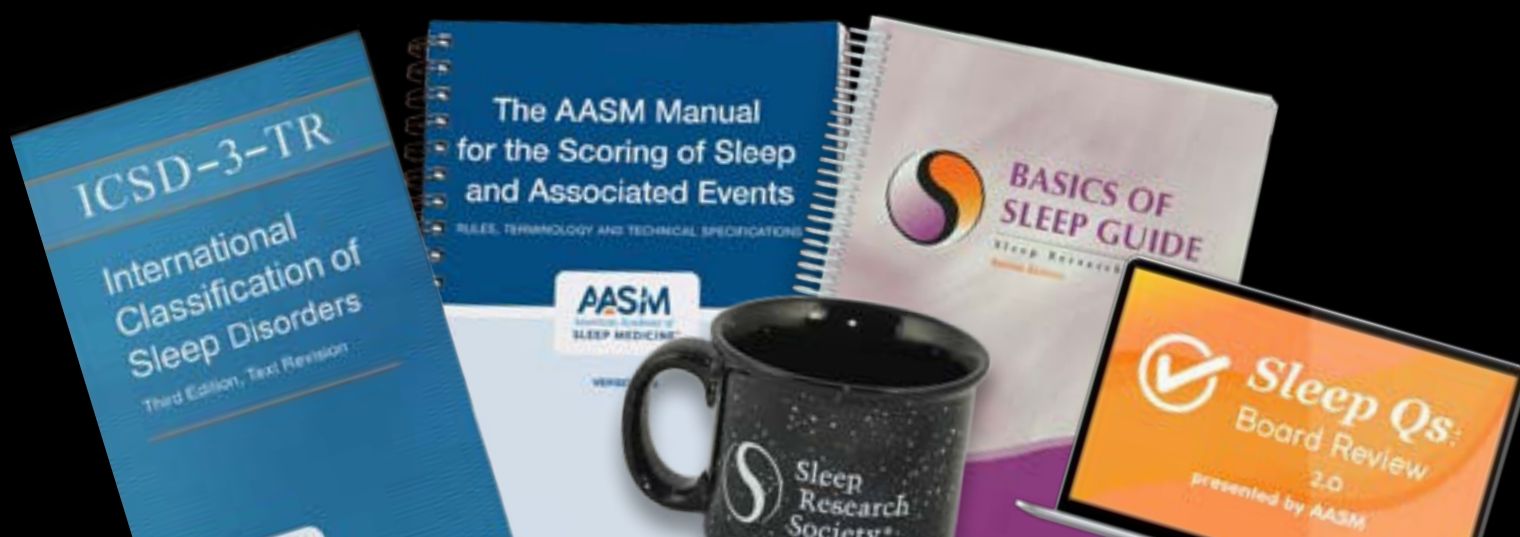
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# SLEEP 2023

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Come visit our Q&A booth in the Exhibit Hall to ask the experts about trending topics, career enhancements, and the latest tools and products.

## MONDAY

|                    |   |
|--------------------|---|
| 10:00am to 11:00am | <b>Coding &amp; Reimbursement</b>                 |
| 11:00am to 12:00pm | <b>Clinical Practice Guidelines</b>               |
| 12:00pm to 1:00pm  | <b>Grant Writing Support from the SRS</b>         |
| 1:00pm to 2:00pm   | <b>A-STEP &amp; CCSH Education Program</b>        |
| 2:00pm to 3:00pm   | <b>SRS Member Benefits You Never Knew You Had</b> |
| 3:00pm to 4:00pm   | <b>AASM Scoring Manual Version 3</b>              |

## TUESDAY

|                    |  |
|--------------------|--|
| 10:00am to 11:00am | <b>AASM Sleep Clinical Data Registry (Sleep CDR)</b> |
| 11:00am to 12:00pm | <b>ICSD-3 Text Revision</b>                          |
| 12:00pm to 1:00pm  | <b>Sleep ISR &amp; Scoring Course</b>                |
| 1:00pm to 2:00pm   | <b>Sleep Medicine Advocacy</b>                       |
| 2:00pm to 3:00pm   | <b>Financial Sustainability of Sleep Medicine</b>    |
| 3:00pm to 4:00pm   | <b>SRS Member Benefits You Never Knew You Had</b>    |

## WEDNESDAY

|                    |   |
|--------------------|---|
| 10:00am to 11:00am | <b>SRS Awards and Grants</b>                                |
| 11:00am to 12:00pm | <b>How to Become an A-STEP Introductory Course Provider</b> |
| 12:00pm to 1:00pm  | <b>Sleep Medicine Advocacy</b>                              |

# INDUSTRY PRODUCT THEATERS

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

Industry Product Theaters will be held at either the JW Marriott (10 S West St, Indianapolis, IN 46204) or the Indianapolis Marriott Downtown (350 West Maryland Street, Indianapolis, Indiana, USA, 46225). Both hotels are connected to the convention center via skywalk. Check the individual listing below for locations.

## SUNDAY, JUNE 4

12:00 p.m. – 1:00 p.m.

### REDEFINING THE TREATMENT OF INSOMNIA

*Paul Doghramji, MD*

**Location:** JW Marriott; JW Grand Ballroom 1-4

*Presented by Idorsia Pharmaceuticals*

## MONDAY, JUNE 5

11:45 a.m. – 12:45 p.m.

### THE INSPIRE DREAM TEAM: SLEEP MEDICINE AND ENT CARE COORDINATION FOR PROGRAM SUCCESS

*Julia Pfaff, DO, MPH; Kunal Agarwal, MD;*

*Jeremy McConnell, MD*

**Location:** JW Marriott; JW Grand Ballroom 1-4

*Presented by Inspire Medical Systems*

### PATIENT AND CLINICIAN PERSPECTIVES: THE MULTISYMPTOM NATURE OF IDIOPATHIC HYPERSOMNIA

*Gerard Meskill, MD*

**Location:** JW Marriott; JW Grand Ballroom 5

*Presented by Jazz Pharmaceuticals, Inc.*

### LOOKING BEYOND THE AHI TO DETERMINE THE RIGHT DIAGNOSIS AND TREATMENT OPTIONS

*Neomi Shah, MD (Moderator); Alan Schwartz, MD;*

*Yelena Tumashova, MD*

**Location:** JW Marriott; JW Grand Ballroom 6

*Presented by ZOLL*

### MANDIBULAR JAW MOVEMENTS: A NEW BIO-SIGNAL TO MEASURE RESPIRATORY EFFORT AND SLEEP-DISORDERED BREATHING

*Atul Malhotra, MD; Jean-Louis Pépin, MD*

**Location:** JW Marriott; JW Grand Ballroom 7-10

*Presented by Sunrise*

## TUESDAY, JUNE 6

11:45 a.m. – 12:45 p.m.

### ADDRESSING UNMET MEDICAL NEEDS IN THE ADVANCEMENT OF NARCOLEPSY TREATMENT

*Yves Dauvilliers, MD, PhD; Clete A. Kushida, MD, PhD;*

*Anne Marie Morse, DO; Michael J. Thorpy, MD*

**Location:** JW Marriott; JW Grand Ballroom 1-4

*Presented by Avadel Pharmaceuticals*

### LIVE MULTIDISCIPLINARY PANEL DISCUSSION: UNDERSTANDING A TREATMENT OPTION FOR PATIENTS WITH NARCOLEPSY

*William Winter, MD (Moderator); Younghoon Kwon, MD;*

*Richard Bogan, MD; Chris Mohr, PhD, RD*

**Location:** JW Marriott; JW Grand Ballroom 5

*Presented by Jazz Pharmaceuticals, Inc.*

### A NEW ERA IN SLEEP MEDICINE WITH AT-HOME POLYSOMNOGRAPHY

*Jason Ong, PhD (Chair); Judith Leech, MD; Naresh M. Punjabi, MD*

**Location:** JW Marriott; JW Grand Ballroom 6

*Presented by Nox Medical*

### CLINICAL CONSIDERATIONS FOR SLEEP SPECIALISTS ON THE IMPROVEMENT OF WAKEFULNESS IN PATIENTS WITH EXCESSIVE DAYTIME SLEEPINESS

*Alcibiades Rodriguez, MD*

**Location:** JW Marriott; JW Grand Ballroom 7-10

*Presented by Axsome Therapeutics*

## WEDNESDAY, JUNE 7

12:45 p.m. – 1:45 p.m.

### MASK MANAGEMENT: ADDRESSING PATIENTS AND HEALTH PROVIDER'S NEEDS

*Teofilo L. Lee-Chiong Jr, MD (Chair); Patrick J Strollo Jr, MD;*

*Laura Lehnert, BA, RRT, RPSGT, RPFT*

**Location:** Indianapolis Marriott; Marriott Ballroom 6

*Presented by Philips*



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about the Industry  
Product Theater



## The Inspire Dream Team: Sleep Medicine and ENT Care Coordination for Program Success

The expert panel will discuss best practices for building a multidisciplinary Inspire program. They will cover clinical, operational and financial considerations for integrating Inspire successfully into a thriving sleep program.

**Monday, June 5, 11:45 am-12:45 pm**

**Room:** JW Marriott - Grand Ballroom 1-4

## REIMAGINING SLEEP MEDICINE

VISIT US AT BOOTH 600



**Jazz** Pharmaceuticals

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JOIN US AT SLEEP 2023

ZOLL®

# Looking beyond the AHI

to determine the right diagnosis and treatment options

Monday, June 5 | 11:45 a.m. - 12:45 p.m. (lunch provided) JW Grand Ballroom 6 | JW Marriott Hotel

Moderator



Neomi Shah, MD

Speaker



Alan Schwartz, MD

Beyond AHI: Streamlining the diagnosis of sleep apnea

Speaker



Yelena Tumashova, MD

Incorporating advanced technologies into CSA treatment options

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Save The Date | Monday, June 5, 2023 | 11:45 am - 12:45 pm  
JW Marriott | Grand Ballroom 7-10

## Mandibular Jaw Movements:

A new bio-signal to measure respiratory effort and sleep-disordered breathing.

Presented by:



Prof. Jean-Louis Pépin, MD  
University of Grenoble Alpes



Prof. Atul Malhotra, MD  
University of California San Diego

sun\*rise

Sponsored symposium

## Addressing Unmet Medical Needs in the Advancement of Narcolepsy Treatment

Presenters:

- Yves Dauvilliers, MD, PhD
- Clete Kushida, MD, PhD
- Anne Marie Morse, DO
- Michael J. Thorpy, MD
- Katie, a person with narcolepsy



Tuesday, June 6



11:45 AM-12:45 PM



JW Grand Ballroom 1-4  
JW Marriott



Panel discussion with Q&A  
Your opportunity to ask questions and open a dialogue

Lunch will be provided



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## A New Era in Sleep Medicine with At-home PSG



Join us at SLEEP 2023 for dynamic discussions on the state of ambulatory PSG Type II testing in research and clinical settings.

Chair:

**Jason Ong, PhD**

**Judith Leech, MD, FRCP, D'ABSM**

**Naresh M. Punjabi, MD, PhD**

### Industry Product Theater

**Tuesday, June 6th, 2023**

**11:45AM - JW Grand Ballroom 6, JW Marriott**

[LEARN MORE](#)



JOIN US FOR AN INDUSTRY PRODUCT THEATER DISCUSSING

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

**Tuesday, June 6<sup>th</sup>, 2023 | 11:45 AM-12:45 PM**

JW Grand Ballroom 7-10 | JW Marriott Indianapolis

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*Presented by*



**Alcibiades Rodriguez, MD**

Medical Director, Sleep Disorders Center  
NYU Langone Medical Center  
New York, NY

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

**PHILIPS**

SLEEP 2023

**Philips is committed to advancing sleep and respiratory care to deliver what matters most to you and your patients.**

**Join us at SLEEP 2023, booth 221.**

Industry Product Theater: "Mask Management: Addressing Patients and Health Provider's Needs"

Wednesday, June 7 | 12:45 p.m. – 1:45 p.m.  
Indianapolis Marriott Downtown; Ballroom 6



**Teofilo Lee-Chiong, MD**



**Patrick J Strollo Jr., MD**



**Laura Lehnert, RT**

# SLEEP 2023

## MEMBERSHIP HAS ITS ADVANTAGES

Half-Year dues now available for nonmembers.



**Members saved an average of \$265 over nonmembers when pre-registering for SLEEP 2023 with a half-day postgraduate course**

Stop by the Member Resource Booth to learn how you can take advantage of the full range of member benefits at a reduced cost for the rest of 2023.



[aasm.org/benefits](http://aasm.org/benefits)



[sleepresearchsociety.org/benefits](http://sleepresearchsociety.org/benefits)

# SLEEP 2023

\*Discount may vary based on registration selections. Prices above based on early registration rates.

# INDUSTRY SUPPORTED EVENTS

Industry Supported Events (ISE) are educational programs hosted by members of industry in the morning before SLEEP 2023 begins or in the evening after SLEEP 2023 has finished for the day. See below for a listing of all available ISEs at SLEEP 2023.

## SATURDAY, JUNE 3

### SLEEP, SODIUM, AND CVD - A CARDIOLOGY PERSPECTIVE

Virend Somers, MD, PhD (Chair); Lawrence Appel, MD, MPH; Richard K. Bogan, MD; Deborah J. Clegg, PhD  
**Location:** JW Marriott Hotel; JW Grand Ballroom 1-2  
**Time:** 5:30 p.m. - 7:30 p.m.  
Presented by Cardiometabolic Health Congress, supported by Jazz Pharmaceuticals, Inc.

## MONDAY, JUNE 5

### NOREPINEPHRINE REUPTAKE INHIBITORS (NRIS) AND ANTIMUSCARINICS TO TREAT OBSTRUCTIVE SLEEP APNEA (OSA)

Paula Schweitzer, PhD (Moderator); Kevin Grace, PhD; Atqiya Aishah, PhD; Luigi Taranto, MD  
**Location:** JW Marriott Hotel; JW Grand Ballroom 1-4  
**Time:** 6:15 p.m. - 9:30 p.m.  
Presented by Apnimed

### DISRUPTED NIGHTTIME SLEEP IN NARCOLEPSY: IMPACT ON MEDICATION SELECTION AND PATIENT PREFERENCE

Russell Rosenberg, PhD (Chair); Anne Marie Morse, DO; Kiran Maski, MD  
**Location:** JW Marriott Hotel; JW Grand Ballroom 7-10  
**Time:** 6:30 p.m. - 8:30 p.m.  
Presented by Haymarket Medical Education, supported by Avadel Pharmaceuticals

### NEW HOPE ON THE HORIZON: ADVANCES IN THE DIAGNOSIS AND TREATMENT OF IDIOPATHIC HYPERSOMNIA

Michael J. Thorpy, MD; Yves Dauvilliers, MD, PhD  
**Location:** JW Marriott Hotel; JW Grand Ballroom 5  
**Time:** 6:30 p.m. - 8:30 p.m.  
Presented by Cardiometabolic Health Congress, supported by Jazz Pharmaceuticals, Inc.

## TUESDAY, JUNE 6

### A MULTIDISCIPLINARY APPROACH TO OPTIMIZING PAP THERAPY FOR PATIENT SUCCESS

John C. Carter, MD; Mark Adams, RRT  
**Location:** JW Marriott Hotel; Meeting Rooms 304-306  
**Time:** 6:45 a.m. - 7:45 a.m.  
Presented by Fisher & Paykel Healthcare

### DUAL DUTY: PROTECTING CARDIOVASCULAR HEALTH IN PATIENTS WITH NARCOLEPSY

Michael Thorpy, MD (Chair); Richard K. Bogan, MD; Phyllis C. Zee, MD, PhD  
**Location:** JW Marriott Hotel; JW Grand Ballroom 1-4  
**Time:** 6:15 p.m. - 8:15 p.m.  
Presented by PeerVoice America Limited, supported by Jazz Pharmaceuticals, Inc.

### MAZINDOL ER: PIONEERING THE COMBINATION OF OX2R AND SNDRI IN THE TREATMENT OF NARCOLEPSY

Alex Zwyer; George Apostol, MD, MS; Bruce Corser, MD; Russel Rosenberg, PhD; Jennifer Franco; Jeff Bernier; Eric Konofal, MD, PhD  
**Location:** JW Marriott Hotel; JW Grand Ballroom 5  
**Time:** 6:15 p.m. - 9:00 p.m.  
Presented by Dragonfly Agency, supported by NLS Pharmaceuticals

### REAL PATIENT NARRATIVES: PATIENTS AND CLINICIANS EXPLORE CHALLENGES IN IDIOPATHIC HYPERSOMNIA

Russell Rosenberg, PhD (Chair); Thomas Scammell, MD; Lynn Marie Trotti, MD, MSc  
**Location:** JW Marriott Hotel; JW Grand Ballroom 6  
**Time:** 6:30 p.m. - 8:30 p.m.  
Presented by Haymarket Medical Education, supported by Jazz Pharmaceuticals, Inc.





EXPERT  
PERSPECTIVES  
AND DISCUSSIONS

COMPLIMENTARY  
CME DINNER SYMPOSIUM



# SLEEP, SODIUM, AND CVD

## A CARDIOLOGY PERSPECTIVE

EARN 1.5 CME/CE CREDIT HOURS

**SATURDAY, JUNE 3 | 5:30 - 7:30 PM**  
JW MARRIOTT INDIANAPOLIS | JW GRAND BALLROOMS 1-2

### SPEAKERS



Virend Somers,  
MD, PhD (Chair)



Richard K.  
Bogan, MD



Lawrence Appel,  
MD, MPH



Deborah J.  
Clegg, PhD

For additional  
information and to  
pre-register,  
please visit:

[www.cardiometahealth.org/  
SLEEPSodium2023](http://www.cardiometahealth.org/SLEEPSodium2023)



**PACE**  
Partners for Advancing Clinical Education



This activity is jointly provided by Partners for Advancing Clinical Education and Cardiometabolic Health Congress. This satellite symposium is supported by an educational grant from Jazz Pharmaceuticals, Inc.

PLEASE JOIN US FOR THIS ENGAGING EVENT!

## Norepinephrine Reuptake Inhibitors (NRIs) and Antimuscarinics to Treat Obstructive Sleep Apnea (OSA)

**Monday, June 5, 6:15–9:30 PM ET**  
at the JW Marriott, Indianapolis, Indiana  
JW Grand Ballroom 1-4  
*Dinner will be served*

3 experts will discuss the science and clinical work behind the development of NRI/antimuscarinic combination therapy for OSA—followed by a Q&A session

### Kevin Grace, PhD

University of Toronto, School of Medicine  
Toronto, Canada

**The influence of REM and NREM sleep on pharyngeal dilator muscle control/activation**

### Atqiya Aishah, PhD

Brigham and Women's Hospital,  
Harvard Medical School  
Boston, Massachusetts

**Published studies addressing the use of NRIs and antimuscarinics to treat OSA**

### Luigi Taranto, MD

Chief Scientific Officer, Apnimed

**The MARIPOSA Study (large phase 2 trial) and beyond (future phase 3 studies)**

### Moderator: Paula Schweitzer, PhD

Director of Research, St. Luke's Sleep Medicine and Research Center, Chesterfield, Missouri

**Apnimed**

Please join us for a complimentary accredited continuing education dinner symposium

## Disrupted Nighttime Sleep in Narcolepsy: Impact on Medication Selection and Patient Preference

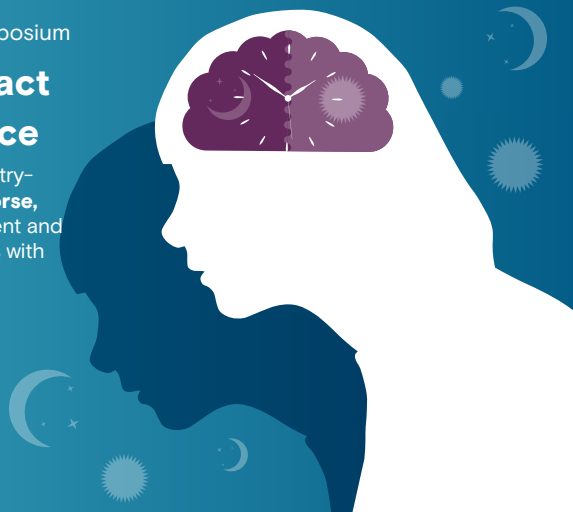
Chaired by **Russell Rosenberg, PhD, FAASM**, this lively interactive CME-certified industry-supported event at SLEEP 2023 includes **Kiran Maski, MD, MPH**, and **Anne Marie Morse, DO, FAASM**, and a person with narcolepsy. This symposium will focus on the assessment and consequences of disrupted nighttime sleep and how this impacts patients preferences with regard to treatment selection.

**Monday, June 5, 2023 | JW Marriott Indianapolis**

**6:30 pm Registration & Dinner**

**7:00 pm – 8:30 pm Scientific Session**

**REGISTER ONLINE: [mycme.com/Narcolepsy2023](http://mycme.com/Narcolepsy2023)**



If you have any questions or need assistance with registration,  
please call **Christie Kavanagh at 201-446-5203**.

Jointly provided by  
**HME** **hypersomnia**  
Foundation

Supported by an  
educational grant from  
**Avadel CNS Pharmaceuticals, LLC.**





EXPERT  
PERSPECTIVES  
AND DISCUSSIONS

COMPLIMENTARY  
CME DINNER SYMPOSIUM

## New Hope on the Horizon: Advances in the Diagnosis and Treatment of IDIOPATHIC HYPERSOMNIA

EARN 1.5 CME/CE CREDIT HOURS

MONDAY, JUNE 5 | 6:30 - 8:30 PM

JW MARRIOTT INDIANAPOLIS | JW GRAND BALLROOM 5

### SPEAKERS



Michael  
J. Thorpy,  
MD



Yves  
Dauviliers,  
MD, PhD

For additional  
information and to  
pre-register,  
please visit:

[www.cardiometaabolichealth.org/SLEEP-1H2023](http://www.cardiometaabolichealth.org/SLEEP-1H2023)



Partners for Advancing Clinical Education  
This activity is jointly provided by Partners for Advancing Clinical Education and Cardiometaabolic Health Congress. This satellite symposium is supported by an educational grant from Jazz Pharmaceuticals, Inc.



## SLEEP 2023: Breakfast Symposium

Sponsored by Fisher & Paykel Healthcare

June 6 | 6:45 - 7:45 am (EST) | JW Marriott Indianapolis

### A Multidisciplinary Approach to Optimizing PAP Therapy for Patient Success

Speakers



John C. Carter, MD  
Associate Director at the Center for Sleep Medicine,  
MetroHealth Medical Center, Cleveland, OH



Mark Adams, RRT  
Director of Clinical Services at CareLinc  
Medical Equipment, Grand Rapids, MI

Collaborative care models enable greater communication and partnership between healthcare professionals. When applied in the context of prescribing PAP therapy, a cross-disciplinary approach can contribute to improved treatment success and long-term adherence. From equipment selection to mask fitting, we explore the importance of collaboration between specialties in delivering more efficient patient education or to support ongoing follow-up. Our speakers review the latest research, while offering experiential insight from the perspectives of both a physician and respiratory therapist. Finally, real-world examples will be used to highlight the shared decision making already taking place between providers, as we consider useful strategies for implementing more patient-centric clinical practices that go beyond initial treatment setup.



Register  
Now

[www.fphcare.com](http://www.fphcare.com)

Fisher & Paykel  
HEALTHCARE

PeerVoice

SLEEP 2023 – LIVE SYMPOSIUM  
Visit us at [www.peervoice.com/narcolepsyIN23](http://www.peervoice.com/narcolepsyIN23)

Tuesday, June 6, 2023 | 6:15 – 8:15 PM EDT – Symposium

## Dual Duty: Protecting Cardiovascular Health in Patients with Narcolepsy

Grand Ballroom 1-4, Third Floor | JW Marriott

Course Director



Michael Thorpy, MD  
Albert Einstein College of Medicine  
Montefiore Medical Center  
New York, New York

Faculty



Richard K. Bogan, MD, FCCP, FAASM  
University of South Carolina School of Medicine  
Columbia, South Carolina  
Medical University of South Carolina School of Medicine  
Charleston, South Carolina



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

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Oakstone Publishing and PeerVoice. Oakstone Publishing is accredited by the ACCME to provide continuing medical education for physicians.

Oakstone Publishing designates this live activity for a maximum of 0.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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This program is supported by an independent medical education grant from Jazz Pharmaceuticals.

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# NLS Pharmaceuticals

**Awaken** a brighter future for patients by  
overcoming rare and complex CNS diseases

Please join us for a complimentary accredited continuing education dinner symposium

## Real Patient Narratives: Patients and Clinicians Explore Challenges in Idiopathic Hypersomnia

Chaired by **Russell Rosenberg, PhD, FAASM**, this lively interactive CME-certified industry-supported event at SLEEP 2023 includes **Thomas E. Scammell, MD**, **Lynn Marie Trotti, MD, MSc**, and **two individuals with idiopathic hypersomnia (IH)**. This symposium will focus on optimizing diagnostic and management approaches in IH to improve patient outcomes and quality of life.

**Tuesday, June 6, 2023 | JW Marriott Indianapolis**

**6:30 pm Registration & Dinner | 7:00 pm – 8:30 pm Scientific Session**

**REGISTER ONLINE: [mycme.com/ChallengesInIH2023](https://mycme.com/ChallengesInIH2023)**

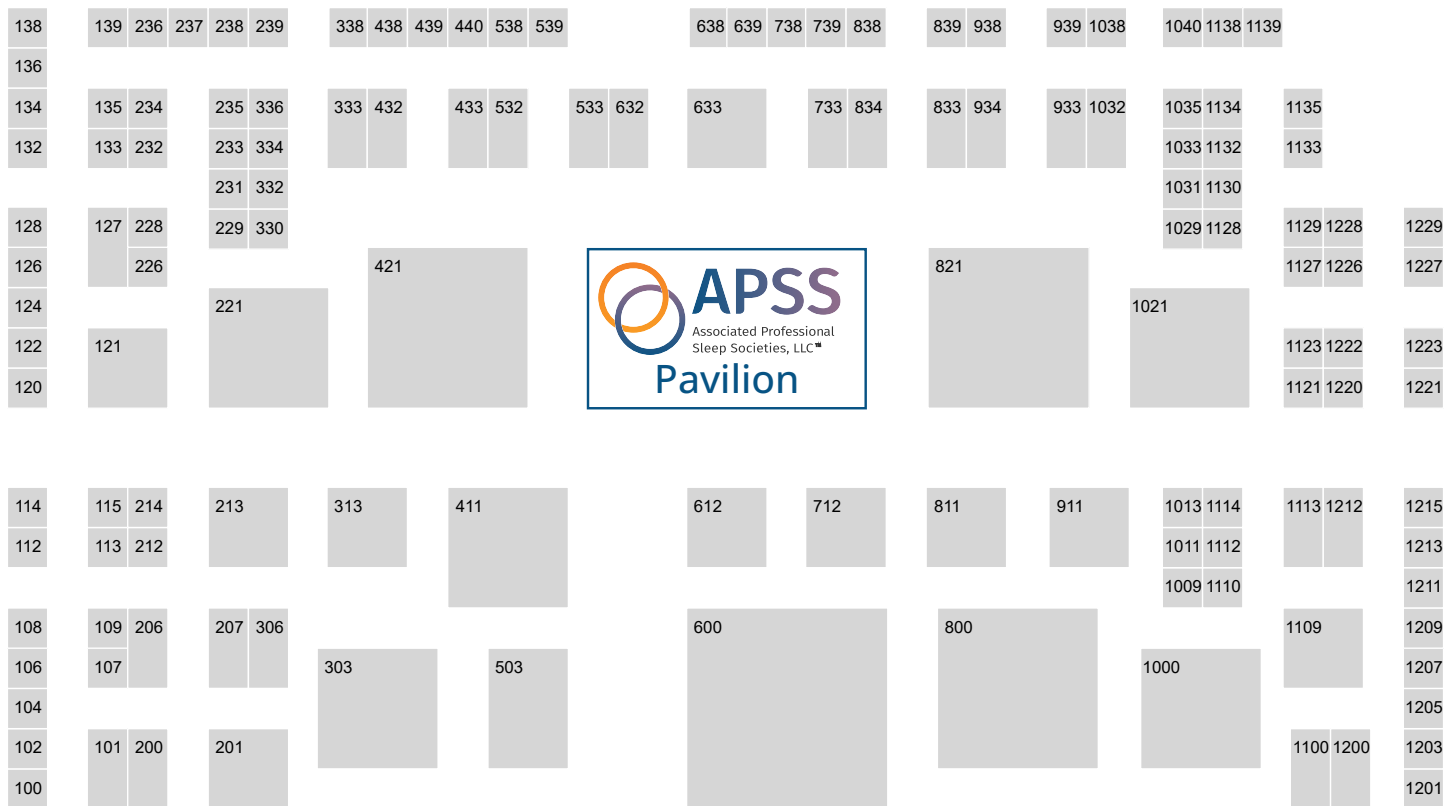
If you have any questions or need assistance with registration,  
please call **Christie Kavanagh** at **201-446-5203**.



Jointly provided by  
**HME** / **hypersomnia**  
Hypersomniac Medical Education Foundation, Inc.

Supported by an  
educational grant from  
**Jazz Pharmaceuticals, Inc.**

# EXHIBIT HALL FLOOR PLAN



***Exhibit Hall Entrance***

# EXHIBITOR LISTING

by Booth Number | As of 04/10/2023

|     |   |     |   |
|-----|---|-----|---|
| 100 | The Hypersomnia Foundation  | 229 | Bleep Sleep                               |
| 101 | Advocacy Pavilion Information Booth   | 231 | Oxford University Press                   |
| 102 | Circadian Sleep Disorders Network   | 232 | Radiometer America                        |
| 104 | Wake Up Narcolepsy  | 233 | Zevra Therapeutics                        |
| 106 | Restless Legs Syndrome Foundation   | 234 | Somnea Health                             |
| 107 | Project Sleep   | 235 | Indiana University Health                 |
| 108 | Alliance of Sleep Apnea Partners  | 236 | Fitabase                                  |
| 109 | Narcolepsy Network, Inc.  | 237 | iSLLEEP                                   |
| 112 | Ambulatory Monitoring, Inc.   | 238 | GBR Medical                               |
| 113 | Agiliti   | 239 | CPAPEXtras.com                            |
| 115 | Defined Research, Inc.  | 303 | Inspire Medical Systems, Inc.             |
| 120 | 1st Providers Choice - Sleep Medicine Software                                    | 306 | SomnoMed                                  |
| 121 | NLS Pharmaceuticals AG  | 313 | Compumedics                               |
| 122 | World Sleep Society   | 330 | Condor Instruments                        |
| 124 | rtNOW   | 332 | MonitAir, LLC                             |
| 126 | MEDQOR/Sleep Review   | 333 | LifeQ                                     |
| 127 | Natus Medical   | 334 | Ognomy                                    |
| 128 | Neurotronics  | 336 | Hsiner Co., LTD.                          |
| 132 | Snugz Mask Liners   | 338 | Choice One Medical                        |
| 133 | Sovasage, Inc.  | 411 | ZOLL                                      |
| 134 | Sleep Lab Magazine  | 421 | Avadel Pharmaceuticals                    |
| 135 | IU Kelley School of Business Physician MBA  | 432 | Neurovirtual, Inc.                        |
| 136 | UNC – Chapel Hill   | 433 | BioSerenity, Inc.                         |
| 139 | Otto Trading, Inc.  | 438 | BodyCAP                                   |
| 200 | Harmony Biosciences   | 439 | Open Airway Dental Solutions Ltd.         |
| 201 | Nihon Kohden America  | 440 | Brain Electrophysiology Lab (BEL) Company |
| 206 | Somnics Health  | 503 | ResMed                                    |
| 207 | Sunrise   | 532 | SleepImage                                |
| 212 | Lucimed   | 533 | Takeda Pharmaceuticals                    |
| 213 | Exhibit Hall Lounge - Relaxation Station<br>(Sponsored by Avadel Pharmaceuticals) | 538 | Neurobit Health, Inc.                     |
| 214 | Wesper  | 539 | Bresotec Medical                          |
| 221 | Philips   | 600 | Jazz Pharmaceuticals, Inc.                |
| 226 | NightWare, Inc.   | 612 | Nox Medical                               |
| 228 | ProSomnus Sleep Technologies  | 632 | Superior Sleep Experience                 |
|     |   | 633 | React Health                              |

|      |  |      |   |
|------|--|------|---|
| 638  | BRYGGS Medical, LLC                          | 1113 | Eisai, Inc.   |
| 639  | Renown                                       | 1114 | Sentec  |
| 712  | EnsoData                                     | 1121 | BetterNight   |
| 733  | Dymedix Diagnostics, Inc.                    | 1123 | Easyform Medical Limited                                  |
| 738  | The Patient Recruiting Agency                | 1127 | Parachute Health  |
| 739  | Panthera Dental                              | 1128 | Airway Management   |
| 800  | Idorsia Pharmaceuticals US, Inc.             | 1129 | Elsevier, Inc.  |
| 811  | Cadwell Industries, Inc.                     | 1130 | Digital Healthcare Professionals                          |
| 821  | Harmony Biosciences                          | 1132 | Resvent Medical Technology Co., Ltd                       |
| 833  | General Sleep Corporation                    | 1133 | Brain Vision  |
| 834  | Zopec Medical LLC.                           | 1134 | Activinsights Ltd.  |
| 838  | CGX  | 1135 | Virtuox, Inc.   |
| 839  | Supermoon Capital                            | 1138 | Henka LLC   |
| 911  | Somnoware                                    | 1139 | Xtrodes   |
| 933  | CleveMed                                     | 1200 | HoneyNaps Co., Ltd.                                       |
| 934  | Onera Health                                 | 1201 | Belun Technology Company Limited                          |
| 938  | SleepSense                                   | 1203 | Portable Outlet   |
| 939  | Salimetrics                                  | 1205 | Board of Registered<br>Polysomnographic Technologists     |
| 1000 | Axsome Therapeutics                          | 1207 | The Michael J. Fox Foundation<br>for Parkinson's Research |
| 1009 | Suven Life Sciences Limited                  | 1209 | IOPI Medical  |
| 1011 | Sleep Multimedia, Inc.                       | 1211 | MedBridge Healthcare                                      |
| 1013 | PAD A CHEEK LLC                              | 1212 | Cerebra   |
| 1021 | Fisher & Paykel Healthcare, Inc.             | 1213 | Noctrix Health  |
| 1029 | MVAP Medical Supplies, Inc.                  | 1215 | Doctor Multimedia   |
| 1031 | RemZzzs                                      | 1220 | Signifier Medical Technologies                            |
| 1032 | Empatica                                     | 1221 | KEGO Corporation  |
| 1033 | MaskFit AR                                   | 1222 | Merck & Co., Inc.   |
| 1035 | Persante                                     | 1223 | SomnoSeal   |
| 1038 | SOMNOmedics                                  | 1226 | ActiGraph   |
| 1040 | NextGen Healthcare                           | 1227 | SunnyGrand  |
| 1100 | Advanced Brain Monitoring, Inc.              | 1228 | National Heart, Lung, and Blood Institute                 |
| 1109 | Jazz Pharmaceuticals, Inc.                   | 1229 | Weaver and Company  |
| 1110 | Full Sleep                                   |      |   |
| 1112 | Defense Health Agency Civilian Medical Corps |      |   |



# EXHIBITOR DESCRIPTIONS

As of 04/10/2023

## 1ST PROVIDERS CHOICE- SLEEP MEDICINE SOFTWARE

**Booth Number: 120**

Chandler, AZ | [1stproviderschoice.com](http://1stproviderschoice.com)  
(602) 625-5417

IMS is a user-friendly, fully certified sleep medicine specific EMR and practice management solution. Doctors across the country have helped us to customize the software for maximum efficiency and profitability in your practice. Save time with sleep medicine specific templates.

## ACTIGRAPH

**Booth Number: 1226**

Pensacola, FL | [theactigraph.com](http://theactigraph.com)  
(850) 332-7900

ActiGraph is pioneering a digital transformation of clinical research. Our medical-grade wearable technology platform has been used to capture real-world, continuous digital measures of sleep, activity, and mobility for nearly 250 clinical trials and thousands of academic studies. Appearing in 20,000+ scientific publications, ActiGraph is one of the most experienced wearable partners in the industry.

## ACTIVINSIGHTS LTD.

**Booth Number: 1134**

Kimbolton, UK | [activinsights.com](http://activinsights.com)  
+44 1480 860082

Activinsights is one of the leading companies in raw data sleep analysis. The upgraded GENEActiv software also now supports ADW file outputs from raw data for seamless integration into existing sleep analysis packages. This new functionality will allow sleep clinicians ongoing access to epoch-based sleep analysis functionality while we continue to work with the community on novel raw data approaches.

## ADVANCED BRAIN MONITORING, INC.

**Booth Number: 1100**

Carlsbad, CA | [advancedbrainmonitoring.com](http://advancedbrainmonitoring.com)  
(760) 720-0099

We are an industry leader in the development of novel sleep medicine technologies. Sleep Profiler enables in-home assessment of sleep quality and OSA, with biomarkers to differentiate Parkinson spectrum disorders from Alzheimer's disease or detect sepsis associated encephalopathy with the real-time app. Night Shift and Apnea Guard can be used to identify responders to oral appliance and positional therapies.

## ADVOCACY PAVILION INFORMATION BOOTH

**Booth Number: 101**

Darien, IL | [sleepeducation.org](http://sleepeducation.org)  
(630) 737-9700

The Advocacy Pavilion Information booth provides information on sleep health advocacy. The Advocacy Pavilion includes member organizations of the Patient

Advocacy Roundtable (PAR). The PAR consists of patient organizations supporting and advocating for patients with sleep disorders to advance shared goals and improve awareness, advocacy, education, and patient care.



## AGILITI

**Booth Number: 113**

Eden Prairie, MN | [agilityhealth.com](http://agilityhealth.com)  
(800) 814-9389

Agility helps hospitals reclaim millions in wasted medical equipment spending while supporting improved outcomes. In 7,000+ healthcare facilities, our expert clinicians spend time caring for patients — not searching for equipment. We deliver sustained savings through our integrated equipment value management (EVM) framework and clinical engineering, onsite and rental services.

## AIRWAY MANAGEMENT

**Booth Number: 1128**

Dallas, TX | [tapintosleep.com](http://tapintosleep.com)  
(866) 264-7667

The TAP Sleep Care system offers an industry-leading snoring and obstructive sleep apnea treatment. Our product suite includes a non-custom oral appliance (myTAP), custom lab-made oral appliances (flexTAP), nasal pillow masks (myTAP PAP), and a hybrid therapy option combining CPAP and oral appliance therapy. TAP is one of the most researched (55+) oral appliances in the market with some of the best patient outcomes.

## ALLIANCE OF SLEEP APNEA PARTNERS

**Booth Number: 108**

Ellicott City, MD | [apneapartners.org](http://apneapartners.org)  
(410) 963-1261

The Alliance of Sleep Apnea Partners (ASAP) is a national non-profit and an advocacy organization. Our mission is to promote and advocate for early screening, timely diagnosis, effective treatment, and appropriate management of sleep-disordered breathing and sleep apnea through education, policy, and support to advance the state of patient care and life-long well-being of sleep apnea patients.

## AMBULATORY MONITORING, INC.

**Booth Number: 112**

Ardsley, NY | [ambulatory-monitoring.com](http://ambulatory-monitoring.com)  
(914) 693-9240

MOTIONLOGGER was one of the first commercially available actigraphs in the late 1980s. Decades later, we are still an accurate and trusted activity monitor in sleep medicine. The PVT-192 is still the gold-standard psychomotor vigilance test. Come see our product line that combines 30+ years of validated science with cutting-edge technology.



### AVADEL PHARMACEUTICALS

**Booth Number: 421**

Chesterfield, MO | [avadel.com](http://avadel.com)

**(636) 449-1830**

Avadel Pharmaceuticals is a biopharmaceutical company focused on transforming medicines to transform lives. Our approach includes applying innovative solutions to the development of medications that address the challenges patients face with current treatment options. Our current lead drug candidate is an investigational formulation of sodium oxybate leveraging our proprietary drug delivery technology and designed to be taken once at bedtime for the treatment of cataplexy or EDS in adults with narcolepsy.



### AXSOME THERAPEUTICS

**Booth Number: 1000**

New York, NY | [axsome.com](http://axsome.com)

**(866) 496-2976**

Axsome is developing therapies for CNS conditions with limited treatment options. By creating treatments with novel mechanisms of action, we are transforming the approach to treating CNS conditions. At Axsome, we are committed to developing therapeutic approaches that meaningfully improve the lives of patients and provide additional options for physicians.

### BELUN TECHNOLOGY COMPANY LIMITED

**Booth Number: 1201**

Sebastopol, CA | [beluntech.com](http://beluntech.com)

**(707) 708-9626**

Belun Sleep Platform is an AI-enabled medical-grade wearable ring for sleep apnea diagnosis with sleep stages. It has been clinically validated in accredited sleep labs to provide accurate AHI, sleep stages, and autonomic nervous system response. Belun Sleep Platform enhances sleep health management in both HSAT and remote patient monitoring with its multi-night testing and reusable capability.

### BETTERNIGHT

**Booth Number: 1121**

San Diego, CA | [betternight.com](http://betternight.com)

**(866) 801-9440**

BetterNight is a comprehensive virtual-care sleep solution combining a clinically validated sleep assessment with a CBTi solution and a telehealth sleep apnea platform. Results include lower cost of care, superior adherence, improved patient satisfaction, and better health outcomes.

### BIO SERENITY, INC.

**Booth Number: 433**

Danvers, MA | [bioserenity.com](http://bioserenity.com)

**(800) 235-9830**

BioSerenity is an innovative medical technology company focused on healthcare as a service. We connect healthcare providers with their patients anywhere, anytime. Our solutions

include direct-to-patient sleep testing programs, sleep center management, and remote neurodiagnostic offerings.

### BLEEP SLEEP

**Booth Number: 229**

Chapel Hill, NC | [bleepsleep.com](http://bleepsleep.com)

**(919) 619-7170**

Bleep Sleep is the maker of adhesive-based CPAP masks that remove both headgear and leaks, two of the most troubling pain points in the industry.

### BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS

**Booth Number: 1205**

Arlington, VA | [brpt.org](http://brpt.org)

**(571) 253-6870**

BRPT Vision Statement: The organization recognized around the world for the highest standards in sleep credentialing, certification, and education.

### BODYCAP

**Booth Number: 438**

Herouville Saint Clair, France | [bodycap-medical.com](http://bodycap-medical.com)

**+33 (0) 2 61 53 03 29**

BodyCAP is a manufacturer of miniaturized wireless electronic sensors for continuous core body temperature monitoring.

### BRAIN ELECTROPHYSIOLOGY LAB (BEL) COMPANY

**Booth Number: 440**

Eugene, OR | [bel.company](http://bel.company)

**(541) 525-9799**

BEL showcases the flexible new ecosystem for sleep research, including the HD BEL EEG System One with geodesic head webs with patented, innovative design for comfort, ease of application that fit across all head shapes. Stop by to see how we're enabling seamless collaboration and new machine learning approaches. Also, check in to learn more about our exciting sleep therapy projects for at home use.

### BRAIN VISION

**Booth Number: 1133**

Garner, NC | [brainvision.com](http://brainvision.com)

**(919) 460-2510**

Brain Vision offers solutions for neurophysiological research. We specialize in the integration of EEG and PSG with fMRI, fNIRS, TMS, tES and more. Our solutions are great for research on both infants and adults, and we provide various electrode technologies for use with wired and wireless systems.

### BRESOTEC MEDICAL

**Booth Number: 539**

Toronto, ON | [bresotec.com](http://bresotec.com)

**(844) 276-3239**

Bresotec is a team of health experts and entrepreneurs that are alleviating the cost, complexity, and health burden of



sleep apnea. Our work provides healthcare professionals and their patients with a better, simpler sleep test that reduces the cost of sleep testing without compromising lab accuracy.

### **BRYGGS MEDICAL, LLC**

**Booth Number: 638**

Avon, OH | [bryggsmmedical.com](http://bryggsmmedical.com)

**(216) 870-6990**

BRYGGS Medical is dedicated to designing and manufacturing alternatives to CPAP. Our first product is a reusable EPAP device called the ULTepap. It produces the same back pressure as the much-studied Provent, and is FDA-cleared for the treatment of mild to moderate OSA. BRYGGS also produces a pressure transducer cannula with specially designed clips to attach to the ULTepap to detect airflow.



### **CADWELL INDUSTRIES, INC.**

**Booth Number: 811**

Kennewick, WA | [cadwell.com](http://cadwell.com)

**(509) 735-6481**

Cadwell designs sophisticated neurological solutions for leading healthcare institutions across the globe. Our product portfolio includes dedicated in-lab PSG and HSAT for sleep diagnostics and apnea screening, a full range of EEG solutions, EMG/NCS/EP with integrated neuromuscular ultrasound, dynamic IONM solutions, and consumables for all modalities.



### **CEREBRA**

**Booth Number: 1212**

Winnipeg, MB | [cerebra.health](http://cerebra.health)

**(204) 275-1409**

Cerebra is transforming the future of sleep diagnosis and therapy. Cerebra has a passion of putting "sleep" back into sleep medicine. Cerebra Sleep System uses the patented algorithm, odds ratio product (ORP), that micro analyses the EEG signal providing a continuous measure of sleep depth, moving beyond conventional scoring methods to dig deeper into brain activity.

### **CGX**

**Booth Number: 838**

San Diego, CA | [cgxsystems.com](http://cgxsystems.com)

**(858) 864-9400**

CGX, the world leader in research-grade dry EEG systems, is previewing the Patch EEG, an at-home, self-donning EEG sleep profiler. Clinicians interested in testing a pre-market version of the Patch EEG can stop by our booth to request a device.

### **CHOICE ONE MEDICAL**

**Booth Number: 338**

Toronto, ON | [choiceonemedical.com](http://choiceonemedical.com)

**(647) 460-7218**

At Choice One Medical, we are committed to providing exceptional products and services to our clients. We believe that our innovative line of CPAP accessories and Medistrom batteries can help patients manage their sleep apnea more effectively, improve their overall quality of life, and enhance their sleep experience.

### **CIRCADIAN SLEEP DISORDERS NETWORK**

**Booth Number: 102**

Bethesda, MD

### **CLEVEMED**

**Booth Number: 933**

Cleveland, OH | [clevemed.com](http://clevemed.com)

**(216) 791-6720**

CleveMed is a leader in services and devices for portable sleep disorders testing. From monitors for HSAT to full PSG, to SleepView Direct mail services, we aim to improve the delivery of care and expand the reach of sleep medicine. Our web-based services streamline operations for providers.



### **COMPUMEDICS**

**Booth Number: 313**

Charlotte, NC | [compumedics.com](http://compumedics.com)

**(877) 717-3975**

Compumedics is a global medical device company involved in the development and manufacture of diagnostics technology for sleep and neurology. We take vast amounts of data and turn it into valuable information to accurately diagnosis and effectively treat neurological and sleep disorders.

### **CONDOR INSTRUMENTS**

**Booth Number: 330**

Sao Paulo, Brazil | [condorinst.com](http://condorinst.com)

**+55 11 9844 79910**

### **CPAPEXTRAS.COM**

**Booth Number: 239**

Langley, BC | [cpapextras.com](http://cpapextras.com)

**(778) 927-5337**

CPAPEXtras.com is a manufacturer of portable power banks for CPAP therapy.



## DEFENSE HEALTH AGENCY CIVILIAN MEDICAL CORPS

**Booth Number: 1112**

San Antonio, TX | [civilianmedicaljobs.com](http://civilianmedicaljobs.com)  
(210) 428-8438

Practice alongside other civilian and military health care professionals at locations across the U.S. and around the world and experience the unique professional opportunities and benefits that can be found with the Defense Health Agency. DHA is comprised of civilian health care professionals employed by the U.S. Government.

## DEFINED RESEARCH, INC.

**Booth Number: 115**

San Francisco, CA | [definedresearch.com](http://definedresearch.com)  
(415) 322-0253

Defined Research recently completed a phase II clinical trial which found that our proprietary oral CBD-terpene formulation significantly increased slow wave sleep (SWS) and rapid eye movement (REM) sleep as measured by a wrist-worn sleep-tracking device (ClinicalTrials.gov ID# NCT05233761), suggesting that select CBD-terpene ratios may provide therapeutic alternatives to current sleep medications.

## DIGITAL HEALTHCARE PROFESSIONALS

**Booth Number: 1130**

San Diego, CA | [digitalhealthcareprofessionals.com](http://digitalhealthcareprofessionals.com)  
(845) 518-4678

## DOCTOR MULTIMEDIA

**Booth Number: 1215**

La Jolla, CA | [doctormultimedia.com](http://doctormultimedia.com)  
(800) 679-3309

## DYMEDIX DIAGNOSTICS, INC.

**Booth Number: 733**

Shoreview, MN | [dymedix.com](http://dymedix.com)  
(651) 289-8411

Dymedix Diagnostics offers disposable and reusable sleep sensors for adult and pediatric PSG testing. Our TriplePlay Airflow Sensor measures changes in both pressure and temperature to accurately detect apneas, hypopneas, and snore with one sensor! Our newest product, the CompletePlus Disposable PSG Setup Kit is a disposable kit containing all required sensors for a single patient PSG test.

## EASYFORM MEDICAL LIMITED

**Booth Number: 1123**

Dongguan, China | [easyform-medical.com](http://easyform-medical.com)  
(972) 325-8258

We manufacture CPAP related accessories, such as CPAP headgear, chinstrap, mask liner, mask cleaner, etc.



## EISAI, INC.

**Booth Number: 1113**

Nutley, NJ | [us.eisai.com](http://us.eisai.com)  
(201) 692-1100

At Eisai Inc., human health care (hhc) is our goal. We give our first thoughts to patients and their families and help to increase the benefits health care provides. As the U.S. pharmaceutical subsidiary of Tokyo-based Eisai Co., Ltd., we have a passionate commitment to patient care that is the driving force behind our efforts to discover and develop innovative therapies to help address unmet medical needs. Eisai is a fully integrated pharmaceutical business that operates in two global business groups: oncology and neurology (dementia-related diseases and neurodegenerative diseases). Our U.S. headquarters, commercial and clinical development organizations are located in New Jersey; our discovery labs are in Massachusetts and Pennsylvania; and our global demand chain organization resides in Maryland and North Carolina.

## ELSEVIER, INC.

**Booth Number: 1129**

Philadelphia, PA | [us.elsevierhealth.com](http://us.elsevierhealth.com)  
(215) 239-3900

Elsevier is a world-leading provider of information solutions that enhance the performance of science, health, and technology professionals, empowering them to make better decisions, and deliver better care.

## EMPATICA

**Booth Number: 1032**

Cambridge, MA | [empatica.com](http://empatica.com)  
(617) 401-3053

Empatica is a pioneer in digital biomarker development and continuous health monitoring driven by AI. The FDA-cleared Empatica Platform consists of the medical-grade EmbracePlus wearable and validated digital measures. Empatica's solutions are used by thousands of institutional partners in trials and studies examining sleep, stress, epilepsy, migraine, depression, addiction, and other conditions.



## ENSODATA

**Booth Number: 712**

Madison, WI | [ensodata.com](http://ensodata.com)  
(608) 509-4704

EnsoData uses waveform AI technology to perform complex and time-consuming data interpretation. Our AI-assisted sleep test scoring solution, EnsoSleep, automates event detection leading to consistency, reduction in time spent scoring, and opportunities to expand patient care and improve outcomes.



## EXHIBIT HALL LOUNGE - RELAXATION STATION

**Booth Number: 213**

Looking for a break and a little relaxation? Stop by booth 213 and experience the Relaxation Station, sponsored by Avadel Pharmaceuticals, where skilled massage therapists will help you feel rejuvenated and ready to tackle the rest of the meeting.



## FISHER & PAYKEL HEALTHCARE, INC.

**Booth Number: 1021**

Irvine, CA | [fphcare.com/us/homecare/sleep-apnea/masks](http://fphcare.com/us/homecare/sleep-apnea/masks)  
**(800) 446-3908**

Fisher & Paykel Healthcare is a leading manufacturer of products and systems for use in respiratory care, acute care, surgery, and the treatment of obstructive sleep apnea. Our purpose is to improve care and outcomes through inspired and world-leading healthcare solutions. Fisher & Paykel CPAP masks are trusted by sleep physicians and RTs and are used by millions of patients all over the world.

## FITABASE

**Booth Number: 236**

San Diego, CA | [fitabase.com](http://fitabase.com)  
**(619) 940-7827**

## FULL SLEEP

**Booth Number: 1110**

Palo Alto, CA | [fullsleep.com](http://fullsleep.com)  
**(844) SLE-EPS1**

Full Sleep by Koko Labs is an at-home sleep program that combines the power of our proprietary sleep monitoring technology with best-in-class CBTi sleep techniques. After the six-week program, patients with insomnia have experienced 2x the reduction in symptoms as the existing consumer digital CBTi app.

## GBR MEDICAL

**Booth Number: 238**

Bend, OR | [gbrmedical.com](http://gbrmedical.com)  
**(800) 780-8826**

## GENERAL SLEEP CORPORATION

**Booth Number: 833**

Cleveland, OH | [generalsleep.com](http://generalsleep.com)  
**(888) 330-4424**

General Sleep Corporation is dedicated to providing clinicians and researchers with products and services that allow them to achieve maximum effectiveness in the diagnosis and study of sleep disorders.



## HARMONY BIOSCIENCES

**Booth Number: 200 & 821**

Plymouth Meeting, PA | [harmonybiosciences.com](http://harmonybiosciences.com)  
**(484) 539-9800**

At Harmony Biosciences, we specialize in developing and delivering treatments for rare neurological diseases that others often overlook. Our team of experts from a wide variety of disciplines and experiences is driven by our shared conviction that innovative science translates into therapeutic possibilities for patients, who are at the heart of everything we do.

## HENKA LLC

**Booth Number: 1138**

Las Vegas, NV | [hidow.com](http://hidow.com)  
**(323) 535-7767**

## HONEYNAPS CO., LTD.

**Booth Number: 1200**

Seoul, Republic of Korea | [honeynaps.com](http://honeynaps.com)  
**+82 2 567 0134**

At HoneyNaps we strive to contribute to mankind with the gift of a healthy life. We are working on developing essential technologies for disease diagnosis, bio-signal monitoring, assessments, and treatments. We would like to share our breakthrough platform technology SOMNUM with medical professionals and researchers around the world.

## HSINER CO., LTD.

**Booth Number: 336**

Taichung, Taiwan | [hsiner.com](http://hsiner.com)  
**+886-4-25152480**

Hsiner offers safe products to our customers and prompt services are our main principle. Our factory has been certified by ISO 13485 and GMP as a qualified manufacturer of medical equipment and it is the best guarantee to all our customers. We specialize in anesthesia, respiratory, sleep care, and silicone medical device.



## IDORSIA PHARMACEUTICALS US, INC.

**Booth Number: 800**

Radnor, PA | [idorsia.com](http://idorsia.com)  
**(720) 333-5599**

Based outside of Philadelphia, PA, one of densest communities of life sciences talent in the world, we are helping to realize the company's ambition of bringing innovative medicines from bench to bedside. Our goal is to build a commercial footprint that will deliver Idorsia's deep pipeline of products from its R&D engine to the U.S. market – with the potential to change the lives of many patients.



## INDIANA UNIVERSITY HEALTH

**Booth Number: 235**

Indianapolis, IN | [iuhealth.org](http://iuhealth.org)  
(317) 963-1159

A private, nonprofit organization, Indiana University Health is Indiana's most comprehensive health system. Our unique partnership with Indiana University School of Medicine gives our highly skilled physicians & advanced providers access to innovative treatments using the latest research and technology.



## INSPIRE MEDICAL SYSTEMS, INC.

**Booth Number: 303**

Golden Valley, MN | [inspiresleep.com](http://inspiresleep.com)  
(844) 672-4357

Inspire Medical Systems offers an obstructive sleep apnea treatment for those unable to use CPAP. The Inspire system is implanted during an outpatient procedure and uses mild stimulation to keep the airway open during sleep. The therapy has broad commercial and Medicare coverage, with over 900 clinics managing 40,000+ patients. Inspire has proven sustained results and 91% patient satisfaction.

## IOPi MEDICAL

**Booth Number: 1209**

Woodinville, WA | [iopimedical.com](http://iopimedical.com)  
(425) 549-0139

IOPi Medical manufactures the IOPi, an instrument used to objectively measure tongue strength and provide biofeedback for exercise. The IOPi is used by clinicians for patients with a variety of diagnoses, such as sleep apnea, dysphagia, and myofunctional disorders. Objective measurements from the IOPi allow the clinician to determine the need for therapy and to evaluate progress.

## ISLEEP

**Booth Number: 237**

Reno, NV | [isleephme.com](http://isleephme.com)  
(702) 708-7014

## IU KELLEY SCHOOL OF BUSINESS PHYSICIAN MBA

**Booth Number: 135**

Indianapolis, IN | [kelley.iupui.edu/programs/physician-mba](http://kelley.iupui.edu/programs/physician-mba)  
(317) 274-3448

Medical school taught you how to care for patients, we teach you how to take care of the healthcare system. The Physician MBA at the top-ranked Indiana University Kelley School of Business gives you the business tools to understand why healthcare problems exist and management skills to solve them. In our 21-month, physician-only MBA program, you'll learn to lead people and drive change.



Jazz Pharmaceuticals

## JAZZ PHARMACEUTICALS, INC.

**Booth Number: 600 & 1109**

Palo Alto, CA | [jazzpharma.com](http://jazzpharma.com)  
(800) 520-5568

Jazz Pharmaceuticals plc (Nasdaq: JAZZ) is a global biopharmaceutical company dedicated to developing medicines for people with serious diseases — often with limited or no options. We have a diverse portfolio of marketed medicines and novel product candidates, from early- to late-stage development, in key therapeutic areas. Our focus is on neuroscience, including sleep medicine and movement disorders, and oncology, including hematologic and solid tumors. We actively explore new options for patients including novel compounds, small molecule advancements, biologics, and innovative delivery technologies. Jazz is headquartered in Dublin, Ireland and has employees around the globe, serving patients in more than 90 countries.

## KEGO CORPORATION

**Booth Number: 1221**

Louisville, KY | [kegocorp.com](http://kegocorp.com)  
(800) 600-1390

KEGO Corporation is a North American manufacturer and distributor of medical equipment and supplies, specializing in products relevant to respiratory, sleep, and neurodiagnostics. Founded in 2004, KEGO provides high-quality products to homecare dealers, hospitals, pharmacies, and diagnostic labs. KEGO also promotes its own products under the brands CPAPology, KING, Align Right, Sunburst, & ihale8.

## LIFEQ

**Booth Number: 333**

Alpharetta, GA | [lifeq.com](http://lifeq.com)  
(770) 619-1111

LifeQ extends sleep treatment to patients' homes allowing sleep clinicians to provide an ongoing, 24/7 screening service while maintaining important in-clinic patient lab study services as well. Find out how LifeQ enables readily available, affordable consumer wearables to monitor, identify and classify all sleep within a 24-hour period, including rests, naps, and especially daytime sleepiness.

## LUCIMED

**Booth Number: 212**

Bierges, Belgium | [myluminette.com/en-us](http://myluminette.com/en-us)  
(844) 891-2234

Lucimed (Luminette) is a Belgian company that manufactures and distributes light therapy devices in the field of well-being. The company was created in 2005 to market the Luminette®, a portable light therapy device designed in Belgium, which is now on its third model, the Luminette 3.



PREMIER



ELITE



SIGNATURE

## **MASKFIT AR**

**Booth Number: 1033**

Richmond, BC | [maskfitar.com](https://maskfitar.com)  
**(360) 921-6480**

MaskFit AR was developed to select the best fitting CPAP mask the first time. It uses AI and machine-learning to perform facial scans, is brand agnostic with over 170 masks in our formulary worldwide, does not take or store any images for maximum security and privacy, is the only platform that scans nostrils for nasal pillow size, can be used in person or remotely, and scans via smartphone, tablet, or webcam.



## **MEDBRIDGE HEALTHCARE**

**Booth Number: 1211**

Greenville, SC | [medbridgehealthcare.com](https://medbridgehealthcare.com)  
**(866) 527-5970**

MedBridge Healthcare is a leading provider of sleep management services and home sleep apnea testing. MedBridge provides a comprehensive fully integrated model for screening, diagnosing, treating, and supporting patient adherence to therapy. MedBridge partners with some of the most innovative healthcare providers in the nation to improve access, cost and care for inpatient, outpatient, employer-based and episodic care populations.

## **MEDQOR/SLEEP REVIEW**

**Booth Number: 126**

Overland Park, KS | [sleepreviewmag.com](https://sleepreviewmag.com)  
**(310) 283-2321**

Sleep Review Magazine... A leading voice of clinical sleep for nearly 30 years.



## **MERCK & CO., INC.**

**Booth Number: 1222**

Rahway, NJ | [merck.com](https://merck.com)  
**(908) 740-6341**

For more than 125 years, Merck has been working to help address many of the world's most challenging diseases. We aspire to improve the health and wellness of people worldwide.

## **MONITAIR, LLC**

**Booth Number: 332**

Miami, FL | [monitairhealth.com](https://monitairhealth.com)  
**(833) 466-3698**

MonitAir is an all-in-one, HIPAA-compliant FDA-registered Medical Device Data System (MDDS) that combines remote patient monitoring and telemedicine features. It was designed by doctors for doctors who manage patients on PAP/NIV for chronic sleep and respiratory conditions, predominantly obstructive sleep apnea and chronic obstructive pulmonary disease.

## **MVAP MEDICAL SUPPLIES, INC.**

**Booth Number: 1029**

Thousand Oaks, CA | [mvapmed.com](https://mvapmed.com)  
**(877) 735-6827**

MVAP is pleased to be able to provide a large range of the latest technologies and equipment for sleep, EEG, and respiratory supplies for our customers with competitive pricing and custom options for shipping to meet the needs of our customers across the entire United States. We have an efficient customer service, shipping, and technical support teams to address all your concerns and inquiries.

## **NARCOLEPSY NETWORK, INC.**

**Booth Number: 109**

Camas, WA | [narcolepsynetwork.org](https://narcolepsynetwork.org)  
**(401) 667-2523**

Founded in 1986, Narcolepsy Network is a 501(c)(3), member-led community organization that works to educate, empower, and connect people impacted by narcolepsy. Through the lens of advocacy, education, awareness, and support, Narcolepsy Network delivers programs in the form of clinical updates, webinars, support groups, and advocacy opportunities.

## **NATIONAL HEART, LUNG, AND BLOOD INSTITUTE**

**Booth Number: 1228**

Bethesda, MD | [nhlbi.nih.gov/about/divisions/division-lung-diseases/national-center-sleep-disorders-research](https://nhlbi.nih.gov/about/divisions/division-lung-diseases/national-center-sleep-disorders-research)  
**(877) 645-2448**

Located within the Division of Lung Diseases of the NHLBI, the National Center on Sleep Disorders Research (NCSDR) was established in 1993 to foster the coordination of sleep and circadian research within NIH and other Federal agencies.



## **NATUS MEDICAL**

**Booth Number: 127**

Middleton, WI | [natus.com](https://natus.com)  
**(800) 356-0007**

Natus delivers advanced technology and market-leading solutions across the full spectrum of neuro care. Since 1935 we have been committed to advancing the quality of patient care in the fields of EEG and sleep. We manufacture products, supplies, and software solutions that provide detection, trending, and monitoring for a range of conditions including sleep disorders and other disorders that affect the brain. Natus Neuro is comprised of the most widely used and trusted names in the industry, including Natus SleepWorks, Grass®, and Nicolet®. Natus is recognized by healthcare providers as a solution source to screen, diagnose, and treat disorders affecting the brain, neural pathways and eight sensory nervous systems.

### NEUROBIT HEALTH, INC.

**Booth Number: 538**

New York, NY | [neurobit.com](https://neurobit.com)  
(929) 214-1342

Neurobit is building a health analytics platform that uses sleep as a biomarker. Their AI models are trained on a trillion data points and work with various devices, signals, and diseases. Their trusted products, including AI-scoring, HSAT devices, and clinical trial portal, are used by 120+ universities, hospitals, and R&D centers globally. Contact Neurobit to improve outcomes in sleep care.

### NEUOTRONICS

**Booth Number: 128**

Alachua, FL | [shop.neuotronics.com](https://shop.neuotronics.com)  
(888) 308-2003

Neurotronics, a subsidiary of Nihon Kohden, is a leading sleep diagnostics company that specializes in developing innovative and reliable sleep diagnostic technologies. Products are designed, tested, and produced in Florida. Our management team has decades of experience in sleep. Flagship products include Polysmith, Sphinx, Neurotronics Sensors, and the new NomadAir.

### NEUROVIRTUAL, INC.

**Booth Number: 432**

Fort Lauderdale, FL | [neurovirtual.com](https://neurovirtual.com)  
(786) 693-8200

Neurovirtual PSG products are proudly made in the United States, with headquarters in Fort Lauderdale, Florida, from which we provide 24/7 technical support to all of our customers. We offer complimentary software upgrades, unique software customization, and unlimited report templates. We pride ourselves on our business model, keeping your sleep lab ahead of the curve and under budget.

### NEXTGEN HEALTHCARE

**Booth Number: 1040**

Irvine, CA | [nextgen.com](https://nextgen.com)  
(855) 510-6398

NextGen Healthcare is a leading provider of innovative healthcare technology solutions. We are reimagining ambulatory healthcare with award-winning solutions that enable high-performing practices to create healthier communities. We partner with medical, behavioral, and oral health providers in their journey toward whole-person health and value-based care.

### NIGHTWARE, INC.

**Booth Number: 226**

Hopkins, MN | [nightware.com](https://nightware.com)  
(833) 446-4448

NightWare is a digital therapeutic for the treatment of nightmares associated with PTSD. The device is an FDA cleared, prescription only Class II medical device smartwatch system that is worn at night and uses algorithms to detect when a wearer is experiencing a nightmare, and then delivers a series of vibrations to the wearers wrist to disrupt the nightmare without fully waking the person up.



### NIHON KOHDEN AMERICA

**Booth Number: 201**

Irvine, CA | [us.nihonkohden.com](https://us.nihonkohden.com)  
(949) 580-1555

Since 1985, Nihon Kohden has developed comprehensive end-to-end PSG diagnostic solutions that improve workflow efficiencies, reduce cost of ownership, and increase situational awareness of the status of sleep studies. Our solutions are adaptable, allowing the end user to work remotely, interface with centralized scheduling, and electronic medical record systems to meet the demands of sleep medicine.

### NLS PHARMACEUTICS AG

**Booth Number: 121**

Collegeville, PA | [nlspharma.com](https://nlspharma.com)  
(484) 794-6269

NLS Pharmaceuticals Ltd. is a global development-stage biopharmaceutical company that works with a network of world-class partners and internationally recognized scientists. We are focused on the discovery and development of innovative therapies for patients with rare and complex central nervous system disorders who have unmet medical needs.

### NOCTRIX HEALTH

**Booth Number: 1213**

Pleasanton, CA | [noctrixhealth.com](https://noctrixhealth.com)  
(408) 835-3854

A cutting-edge medical device company that is dedicated to improving the lives of individuals suffering from restless legs syndrome (RLS). The Tonic Motor Activation (TOMAC) wearable therapy obtained a breakthrough device designation from the FDA and presents a drug-free alternative to relieve RLS symptoms and improve quality of sleep. The technology is currently pending regulatory approval.



## NOX MEDICAL

**Booth Number: 612**

Reykjavik, Iceland | [noxmedical.com](https://noxmedical.com)

Nox Medical is a global leader in the sleep diagnostic technology space. With easy-to-use medical device technology, Nox Medical eliminates common diagnostic pain points by prioritizing patient comfort and reliability of results, allowing providers to better assess, diagnose, and treat the entire range of sleep health issues. Products include the Nox T3s HST, the Nox A1 PSG, and Noxturnal Software.

## OGNOMY

**Booth Number: 334**

Buffalo, NY | [ognomy.com](https://ognomy.com)

**(877) 664-6669**

Ognomy is the complete sleep apnea care solution connecting patients and sleep doctors in the comfort of home. Patients can get a virtual consultation, take a home sleep apnea test, and start their journey to better sleep and health in no time at all.

## ONERA HEALTH

**Booth Number: 934**

Eindhoven, Netherlands | [onerahealth.com](https://onerahealth.com)

**+31 40 3082177**

Onera Health is a leader in transforming sleep medicine and remote monitoring. Their breakthrough diagnostic and monitoring solutions are poised to help millions of people struggling with sleep-related ailments. Onera has offices in the Netherlands and the U.S.

## OPEN AIRWAY DENTAL SOLUTIONS LTD.

**Booth Number: 439**

Toronto, ON | [openairway.ca](https://openairway.ca)

**(647) 981-7732** Open Airway Dental Solutions (OADS) is a developer and producer of a novel oral appliance solution for sleep apnea that addresses the entire upper airway. O2Vent® adds stability to the airway by advancement of the jaw, incorporates Oventus airway technology, and applies an external positive end expiratory pressure valve (ExVent) to create positive airway pressure for additional therapeutic benefit.

## OTTO TRADING, INC.

**Booth Number: 139**

Las Vegas, NV | [unimedmassager.com](https://unimedmassager.com)

**(562) 338-6995**

## OXFORD UNIVERSITY PRESS

**Booth Number: 231**

Oxford, England | [academic.oup.com/sleep](https://academic.oup.com/sleep)

Oxford University Press publishes some of the world's most prestigious and respected books and journals, including SLEEP and SLEEP Advances, the official publications of the Sleep Research Society.

## PAD A CHEEK LLC

**Booth Number: 1013**

Stanardsville, VA | [padacheek.com](https://padacheek.com)

**(434) 985-4003**

At PAD A CHEEK we listen to issues with compliance and comfort, we care about the customer, and we help them achieve CPAP success. Our products help to protect the user so they can sleep more comfortably while treating their sleep apnea. During our 18 years of success, we have developed over 70 products and have helped thousands worldwide. We would love to help you, help your patients.

## PANTHERA DENTAL

**Booth Number: 739**

Quebec, Canada | [pantheradental.com](https://pantheradental.com)

**(418) 527-0388**

## PARACHUTE HEALTH

**Booth Number: 1127**

Jersey City, NJ | [parachutehealth.com](https://parachutehealth.com)

**(844) 935-5945**

Parachute Health is an industry leading ePrescribing platform. Bringing together providers, suppliers, and payers, Parachute helps deliver needed DME to patients quickly and reliably. The Parachute Platform empowers providers with delightfully simple digital ordering, transparency into payer requirements at the point of ordering, eSigning, order status visibility, and real-time updates.

## PERSANTE

**Booth Number: 1035**

Mt. Laurel, NJ | [persante.com](https://persante.com)

**(856) 380-1560**



## PHILIPS

**Booth Number: 221**

Cambridge, MA | [philips.com](https://philips.com)

**(800) 228-4728**

Philips is a health technology company focused on improving people's lives through meaningful innovation across the health continuum – from healthy living and prevention to diagnosis, treatment, and home care. Applying advanced technologies and deep clinical and consumer insights, Philips partners with customers to deliver integrated solutions that address the Quadruple Aim: improved patient experience, better health outcomes, improved staff experience, and lower cost of care.



## PORTABLE OUTLET

**Booth Number: 1203**

Alpharetta, GA | [portableoutlet.com](http://portableoutlet.com)  
(470) 262-1729

When power goes out, your CPAP stays on! The PO-160UPSv2 is a universal back-up battery that works with all CPAP/BiPAP machines without needing proprietary cables or adaptors. Simply plug the Portable Outlet into the wall and plug your device into the battery. When there is an outage, the battery automatically switches on. Your CPAP or BiPAP therapy continues without any disruption.

## PROJECT SLEEP

**Booth Number: 107**

Los Angeles, CA | [project-sleep.com](http://project-sleep.com)  
(323) 212-5197

Believing in the value of sleep, Project Sleep aims to improve public health by raising awareness about the importance of sleep health, sleep equity, and sleep disorders. Project Sleep educates and empowers individuals using events, campaigns, and programs to bring people together and talk about sleep as a pillar of health.

## PROSOMNUS SLEEP TECHNOLOGIES

**Booth Number: 228**

Pleasanton, CA | [prosomnus.com](http://prosomnus.com)  
(844) 537-5337

ProSomnus® Sleep Technologies is a leading manufacturer of precision, patient preferred, oral appliance therapy medical devices for the treatment of OSA. 17 studies with over 1,400 unique patient datapoints demonstrate that ProSomnus precision devices provide efficacy on par with CPAP, excellent nightly adherence, mitigation of side effects, symptom alleviation, and quality of life improvements.

## RADIOMETER AMERICA

**Booth Number: 232**

Brea, CA | [radiometeramerica.com](http://radiometeramerica.com)  
(800) 736-0600

Radiometer's products and solutions help diagnose and care for critically ill hospital patients by providing fast, accurate information on a variety of parameters. Our analyzers, monitors, systems, and software are also used in blood banks, general practice offices, and clinics for the screening and treatment of a variety of conditions.

## REACT HEALTH

**Booth Number: 633**

Sarasota, FL | [reacthealth.com](http://reacthealth.com)  
(480) 258-0839

React Health is a leading provider of quality PAP devices and PAP interface products.

## REMZZZS

**Booth Number: 1031**

Jackson, MI | [remzzzs.com](http://remzzzs.com)  
(616) 293-7962

RemZzzs® CPAP Mask Liners meet one of the most pressing issues in the PAP-related market—that is, assisting patients with device compliance. RemZzzs® help patients find success, allowing them to actually wear their mask every night and continue therapy. RemZzzs® is a 100% cotton disposable liner which acts as a barrier between the facial skin and mask allowing patients to experience deep sleep.

## RENOWN

**Booth Number: 639**

Reno, NV | [renown.org](http://renown.org)  
(636) 579-6261



## RESMED

**Booth Number: 503**

San Diego, CA | [resmed.com](http://resmed.com)  
(800) 424-0737

At ResMed we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our digital health technologies and cloud-connected medical devices transform care for people with sleep apnea, COPD, and other chronic diseases.

## RESTLESS LEGS SYNDROME FOUNDATION

**Booth Number: 106**

Austin, TX | [rls.org](http://rls.org)  
(512) 366-9109

Restless Legs Syndrome Foundation provides support, programs, and services to educate people of all ages (youth, adults and elderly) how to better manage their RLS. We offer webinars, educational materials, and virtual and in-person support group meetings. We offer healthcare providers an RLS Medical Bulletin, online education, and patient literature enabling them to properly diagnose and treat RLS.



## RESVENT MEDICAL TECHNOLOGY CO., LTD

**Booth Number: 1132**

Shenzhen, China | [resvent.com](http://resvent.com)  
+86 186 887 83710

As a fast-growing respiratory health medical and digital solution provider, Resvent Medical Technology Co., Ltd. mainly focuses on the fields of ICU ventilation, home health care, and digital medical solutions. Its global marketing network brings high quality products and service to more than 100 countries on the five continents. Resvent is grateful for customers who have chosen its products and therefore will continue to invest to bring excellent products, better service, and add up value experience to customers.



## RTNOW

**Booth Number: 124**

Frankenmuth, MI | [rtnow.net](http://rtnow.net)  
(612) 213-2639

rtNOW is a provider of telerespiratory services. Our success rate for remote PAP setup is 98%, and our patient adherence rate is 80%. Our commitment to patient satisfaction is reflected in our 96% patient satisfaction rating for PAP set-ups. Our team of expert respiratory therapists provides HME providers with the solutions and support needed to improve patient outcomes.

## SALIMETRICS

**Booth Number: 939**

Carlsbad, CA | [salimetrics.com](http://salimetrics.com)  
(760) 448-5397

Salimetrics Clinical Lab offers home-based sleep and stress assessments for an objective measure of your patient's natural sleep-wake cycle. This service analyzes salivary melatonin and/or cortisol levels using a convenient sampling kit that features flexible collection schedules, live support, CLIA-certified testing, a HIPAA-compliant results portal, and free shipping.

## SENTEC

**Booth Number: 1114**

Lincoln, RI | [sentec.com](http://sentec.com)  
(877) 425-8746

Sentec transcutaneous technology overcomes limits of SpO2, blood gases, and capnography with continuous CO2 monitoring that combines ease-of-use and patient-comfort, with accurate values regardless of ventilation method or V/Q mismatch, and product features designed for sleep settings.

## SIGNIFIER MEDICAL TECHNOLOGIES

**Booth Number: 1220**

Needham, MA | [exciteosa.com](http://exciteosa.com)  
(518) 577-8237

Signifier Medical Technologies is dedicated to improving quality of life, sleep, and relationships through innovations for sleep-disordered patients worldwide.

## SLEEP LAB MAGAZINE

**Booth Number: 134**

Ambler, PA | [sleeplabmagazine.com](http://sleeplabmagazine.com)  
(267) 708-2035

Sleep Lab Magazine is a bi-monthly multimedia digital magazine for all stakeholders at the forefront of sleep testing and therapy, published by BreakAwayMedia Group. Each issue contains the latest insights and trends in diagnostics, therapies, HST, pharmaceuticals, dental sleep medicine, and operations.

## SLEEP MULTIMEDIA, INC.

**Booth Number: 1011**

Scarsdale, NY | [sleepmultimedia.com](http://sleepmultimedia.com)  
(914) 722-9291

The comprehensive computerized textbook of sleep medicine: text, audio, graphics, animation, and video; suitable for sleep specialists, trainees, and researchers. Contains Medline references and abstracts. Updated annually with 140 CMEs, the program covers adult/pediatric clinical sleep medicine, dental sleep medicine, sleep physiology, polysomnography, sleep research, and sleep practice management.



## SLEEPIMAGE

**Booth Number: 532**

Denver, CO | [sleepimage.com](http://sleepimage.com)  
(313) 575-2280

SleepImage is an FDA-cleared product to diagnose sleep apnea, and to manage sleep disorders such as insomnia and sleep apnea (obstructive and central). The SleepImage ring has the simplicity of a consumer wearable without the need of any single use consumables and the clinical accuracy of the gold standard polysomnography. The SleepImage ring can be used for multi-night testing, not only to address intra-night variability but also to address sleep disorders as the chronic disease that it is. The SleepImage device has been approved for billing code 95800 through Medicare and most major commercial medical insurance. SleepImage has been featured in over 90 peer-reviewed articles and is FDA-cleared for both children and adults.



## SLEEPSENSE

**Booth Number: 938**

Elgin, IL | [sleepsense.com](http://sleepsense.com)  
(888) 757-7367

SLP has been a global manufacturer of sleep diagnostic sensors since 1993. The SleepSense line of sensors provides high quality signals, are designed for optimal patient comfort, and are easy to use and apply. We offer a full line of sensors that are infection control friendly.

## SNUGZ MASK LINERS

**Booth Number: 132**

Calverton, MD | [sleepsnugz.com](http://sleepsnugz.com)  
(240) 790-0598

Introducing Snugz, a cool new partner in the bedroom. Snugz Mask Liners for CPAP machines are machine washable, one-size-fits-most liners designed for either full-face or nasal CPAP masks. They help reduce noisy leaks, prevent redness and irritation, and feel great against your skin. If you suffer from sleep apnea, you're going to love them.

## SOMNEA HEALTH

**Booth Number: 234**

Chicago, IL | [somnea.co](http://somnea.co)  
(312) 728-7276

At Somnea Health, we're on a mission to reinvent care to help patients sleep successfully and live fully. Our full-service remote patient monitoring solution enables sleep providers to achieve better patient outcomes with minimal operational cost. By connecting technology with one-on-one coaching and behavioral science, we provide personalized support to anyone struggling with sleep apnea.

## SOMNICS HEALTH

**Booth Number: 206**

Redwood City, CA | [inapsleep.online](http://inapsleep.online)  
(833) 766-6427

Somnics Health presents iNAP Sleep Therapy System. iNAP is an oral negative pressure device for the treatment of obstructive sleep apnea in adults. The system uses a soft, flexible mouthpiece, thin tubing, and a quiet battery-powered console the size of a smartphone to deliver a light, oral vacuum during sleep to comfortably keep the airway open while breathing normally through the nose.



## SOMNOMED

**Booth Number: 306**

Plano, TX | [somnomed.com/en](http://somnomed.com/en)  
(888) 447-6673

SomnoMed is a global leader in oral appliance therapy, operating in 28 countries and helping over 760,000 patients to date. SomnoMed helps sleep specialists across the world achieve success in providing OAT as an accessible, first line OSA therapy when indicated, effectively facilitating physician-dentist collaboration while keeping patients at the epicenter of this process.

## SOMNOMEDICS

**Booth Number: 1038**

Coral Gables, FL | [somnomedics.com](http://somnomedics.com)  
(866) 361-9937



## SOMNOSEAL

**Booth Number: 1223**

Portland, OR | [somnoseal.com](http://somnoseal.com)  
(615) 260-5922

SomnoSeal, Inc. is a healthcare technology company founded by a sleep medicine physician with the goal of improving sleep quality for mouth breathers and continuous positive airway pressure (CPAP) users. The company's flagship product, the SomnoSeal, is a small and flexible device that sits inside the lips to eliminate dry mouth and mouth breathing. Developed at Oregon Health and Science University, SomnoSeal is a versatile solution for improving sleep quality as it can be used as an alternative to chinstraps and full-face CPAP masks, and also to augment the effectiveness of oral appliance therapy. SomnoSeal is part of KimberlyMD.com, a patient-centered website that provides clear, scientifically backed information to help patients with sleep apnea get a good night's sleep. SomnoSeal is actively seeking B2B partnerships with medical equipment companies and physician offices to expand its reach and improve the sleep quality of more patients.



## somnoware



## SOMNOWARE HEALTHCARE SYSTEMS

**Booth Number: 911**

Dana Point, CA | [somnoware.com](http://somnoware.com)  
(888) 998-0098

Somnoware is a cloud-based platform for enhanced respiratory care management and hospital-at-home. The platform orchestrates data flow between disparate medical devices, unifies datasets within a single platform, and delivers high-impact analytics. The solution enables screening, faster diagnosis, proactive intervention, and automated patient engagement, resulting in improved treatment outcomes for patients with respiratory diseases, including sleep disorders and COPD.

## SOVASAGE, INC.

**Booth Number: 133**

Pittsburgh, PA | [sovasage.com](http://sovasage.com)  
(877) 937-2520

TherapistAssist Jeanie with compliance services and Therapist Smartfit are our AI-based applications. Therapist Jeannie is a branded virtual sleep coach. Leveraging machine learning technologies and integrated with TherapistAssist SmartFit, Jeanie provides comprehensive and cost-effective compliance management. Our SmartFit mask fitting tool is 97% accurate and eliminates mask refits over 97%.

## SUNNYGRAND

**Booth Number: 1227**

Shenzhen, China | [sunnygrand.com](http://sunnygrand.com)  
+86 136 096 18720

We focus on sleep and respiratory products. Our products mainly include sleep apnea devices CPAP/APAP/BPAP and mask tubes. Our sleep apnea equipment has a very fashionable and friendly appearance and design, has a running noise below 27db, has a 5-inch touch capacitive screen and a more comfortable breathing algorithm.





## SUNRISE

**Booth Number: 207**

Marietta, GA | [us.hellosunrise.com](https://us.hellosunrise.com)

**(404) 895-1875**

Sunrise is a disposable, multi-night single point of contact HSAT with algorithms powered by AI to aid in the diagnosis of sleep-related breathing disorders. Sunrise sits on the chin and measures SpO2, HR, position, airflow, and mandibular jaw movements (MJM). MJM reflects the respiratory drive and has been extensively validated against PSG and esophageal pressure to measure respiratory effort.

## SUPERIOR SLEEP EXPERIENCE

**Booth Number: 632**

Whitwell, TN | [supsleep.com](https://supsleep.com)

**(423) 660-0220**

We're constantly creating new products and bolstering existing items to offer a full range of sleep goods that deliver personalized comfort for every sleep personality. The highest quality beds. The best mattress for support of your back to insure proper, sound sleep. The beds with the newest and most useful features. Beds that are always and only delivered factory direct.

## SUPERMOON CAPITAL

**Booth Number: 839**

San Francisco, CA | [supermooncapital.com](https://supermooncapital.com)

**(925) 528-8012**

Supermoon Capital is a venture capital firm focused exclusively on the sleep technology and healthcare market. The firm partners with visionary innovators across the sleep market spectrum and invests globally in companies at all stages from pre-seed to growth, including incubations and special situations.

## SUVEN LIFE SCIENCES LIMITED

**Booth Number: 1009**

Hyderabad, India | [suven.com](https://suven.com)

**+91-40-23556038**

Samelisant, a best-in-class and well-differentiated histamine H3 receptor inverse agonist, is currently being evaluated for the treatment of excessive daytime sleepiness of narcolepsy as a monotherapy. In animal models, Samelisant showed robust wake-promoting effects, excellent safety profile, and no propensity to induce abuse liability. Phase-2 study data readout is expected in Q2/Q3 2023.



## TAKEDA PHARMACEUTICALS

**Booth Number: 533**

Lexington, MA | [takeda.com](https://takeda.com)

**(877) 825-3327**

Takeda Neuroscience is driven by the unmet needs of patients with rare neurological diseases. Our mission is to bring innovative and potentially disease-modifying medicines to these patients. To deliver on this mission, our approach leverages advances in molecularly and genetically defined targets, biomarkers, and targeted modalities. Our

commitment to patients starts with our research efforts and is fueled by our strategic partnerships with both academia and industry – all with the goal of developing new treatments for those who need them most.

## THE HYPERSOMNIA FOUNDATION

**Booth Number: 100**

Atlanta, GA | [hypersomniafoundation.org](https://hypersomniafoundation.org)

**(404) 301-1924**

The Hypersomnia Foundation is a nonprofit 501(c)(3) supporting research and raising awareness of idiopathic hypersomnia and sleep-related disorders. Visit our website to join our international provider directory, view our research award program, patient registry, and much more.

## THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH

**Booth Number: 1207**

New York, NY | [michaeljfox.org](https://michaeljfox.org)

**(212) 509-0995**

As the world's largest nonprofit funder of Parkinson's research, The Michael J. Fox Foundation is dedicated to accelerating a cure for Parkinson's disease and improved therapies for those living with the condition today.

## THE PATIENT RECRUITING AGENCY

**Booth Number: 738**

Bee Cave, TX | [patientrecruiting.com](https://patientrecruiting.com)

**(512) 789-7788**

The Patient Recruiting Agency™ (TPRA) is a full-service global patient recruiting and retention company supporting investigators, CROs, and sponsors. For over 20 Years, TPRA has recruited over 10,000 patients for over 150 indications. All creative and fulfillment of branding, study materials, media campaigns, websites, online pre-screeners, and RADIUS365™ are provided in-house.

## UNC – CHAPEL HILL

**Booth Number: 136**

Chapel Hill, NC | [med.unc.edu/healthsciences](https://med.unc.edu/healthsciences)

**(919) 962-4914**

## VIRTUOX, INC.

**Booth Number: 1135**

Coral Springs, FL | [hsatpro.com](https://hsatpro.com)

**(877) 337-7111**

VirtuOx is a healthcare information technology company that provides diagnostic tools and services that enable a variety of healthcare organizations and professionals to diagnose and treat diseases through vertically integrated platforms, products, and services.



## WAKE UP NARCOLEPSY

**Booth Number: 104**

Worcester, MA | [wakeuponarcolepsy.org](http://wakeuponarcolepsy.org)  
**(508) 259-1100**

Wake Up Narcolepsy is a 501(c)(3) not-for-profit organization dedicated to driving narcolepsy awareness, education, and research towards improved treatments and a cure. We provide funding to accelerate a cure for narcolepsy, increase awareness of narcolepsy, decrease time-lapse from symptom onset to proper diagnosis and provide supportive resources for people with narcolepsy and their families.

## WEAVER AND COMPANY

**Booth Number: 1229**

Aurora, CO | [weaverandcompany.com](http://weaverandcompany.com)  
**(800) 525-2130**

Weaver and Company's Nuprep® Skin Prep Gel lowers impedance to improve electrode tracings. Its mild abrasive formula improves conductivity and helps achieve maximum efficiency with equipment. Ten20® Conductive Paste contains the right balance of adhesiveness and conductivity enabling the electrodes to remain in place while allowing the transmittance of electrical signals.



## WESPER

**Booth Number: 214**

New York, NY | [wesper.co](http://wesper.co)  
**(718) 930-3734**

Experience the future of home sleep apnea testing and therapeutic monitoring with Wesper – the ultimate solution that elevates your clinical efficiencies, patient satisfaction, and patient outcomes to the next level. Don't settle for outdated methods that compromise patient outcomes and satisfaction – choose Wesper and see the difference for yourself.

## WORLD SLEEP SOCIETY

**Booth Number: 122**

Rochester, MN | [worldsleepsociety.org](http://worldsleepsociety.org)  
**(507) 316-0084**

World Sleep Society is a nonprofit, professional membership organization dedicated to advancing sleep health worldwide. To accomplish this mission, World Sleep Society manages a variety of programs that engage the global community of sleep physicians, researchers, and professionals as well as the public.

## XTRODES

**Booth Number: 1139**

Tel Aviv, Israel | [xtrodes.com](http://xtrodes.com)  
**(973) 902-7471**

X-trodes is revolutionizing electrophysiology with its innovative, wireless, wearable technology. Our user-friendly smart skin solution provides advanced monitoring for EEG (electroencephalography), EOG (electrooculography), EMG (electromyography), and ECG/EKG (electrocardiography), with a focus on reliable, precise data.

## ZEVRA THERAPEUTICS

**Booth Number: 233**

Celebration, FL | [zevra.com](http://zevra.com)  
**(732) 754-2545**

Zevra Therapeutics is a rare disease company melding science, data, and patient need to create transformational therapies for diseases with limited or no treatment options. With unique, data-driven clinical, regulatory, and commercialization strategies, the company is overcoming complex drug development challenges to bring much needed therapies to patients.



## ZOLL

**Booth Number: 411**

Atlanta, GA | [zoll.com](http://zoll.com)  
**(508) 400-4487**

ZOLL® Itamar® and ZOLL Respicardia, divisions of ZOLL® Medical, are leading companies in sleep apnea diagnosis and treatment. They offer innovative sleep apnea management programs for patients and healthcare professionals. At ZOLL® Itamar®, our breakthrough WatchPAT® products and services improve access to undiagnosed sleep apnea patients with diagnostic testing and cardio sleep solutions. At ZOLL Respicardia, the remedē® System therapy treats adult patients with moderate to severe Central Sleep Apnea through phrenic nerve stimulation.

## ZOPEC MEDICAL LLC.

**Booth Number: 834**

Blaine, MN | [zopec.com](http://zopec.com)  
**(612) 234-7806**

Zopec Medical supports patients through safe battery power solutions for medical devices. Our batteries are engineered to be an uninterruptible power supply while serving as a travel battery. We have 6 models to support all therapy settings including (CPAP/BiPAP/ASV/ST) heated humidifier and heated tube settings with a minimum 8 hours of sleep. Our mission is sleep safe and sleep uninterrupted.



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# EXPLORE

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## 2024

HOUSTON, TX

