Wake Up to Sleep Disorders 2018
A Cleveland Clinic Sleep Disorders Center Update

A Focus on Current Trends in Sleep Medicine

September 7-8, 2018

Cleveland Clinic Administrative Campus, Building 4
3175 Science Park Drive
Beachwood, OH

www.ccfcmce.org/sleepdisorders18
About the Symposium

Sleep disorders are highly prevalent afflicting 50-70 million Americans, under-diagnosed and associated not only with negative downstream health outcomes, but also decrements in quality of life. With advances in technology, the diagnostic and management tools for sleep disorders are constantly evolving. The goals of the 9th Cleveland Clinic Sleep Medicine symposium entitled “Wake Up to Sleep Disorders 2018: A Cleveland Clinic Sleep Disorders Center Update” are to review the latest trends within the field of sleep medicine with a focus on the importance of incorporating nurses, advanced practice nurses, physician assistants and patient perspectives into the overall delivered care.

Compelling novel topics to be covered include the latest in innovative neuromodulation technologies to treat obstructive and central sleep apnea, impact of the opioid epidemic on central sleep apnea, understanding sleep data from the influx of wearable devices and sleep-specific issues which are important for the patient and provider such as shift work, sleep and school start times as well as sleep during pregnancy. The stimulating agenda will provide a state-of-the-art update of sleep disorders in the form of lectures and hands-on focused breakout sessions presented by experts from a variety of disciplines. We hope you will join us for what promises to be an exciting and informative program.

Target Audience

This symposium is intended for physicians, nurses, nurse practitioners, physician assistants, and other health care practitioners in the fields of Internal Medicine, Family Practice, Neurology, Otolaryngology, Pediatrics, Pulmonary, Psychiatry, Psychology and Sleep Medicine who provide care to patients with sleep disorders.

Learning Objectives

At the completion of this activity, the participant will be able to:

- Review the pathophysiologic aspects of obstructive sleep apnea and central sleep apnea, in light of the current opioid epidemic, and strategies to facilitate screening, diagnosis, and management, including the role for neuromodulation.

- Describe the practical aspects of the management of sleep disorders including working with durable medical equipment for optimal management of sleep disordered breathing, and identifying and utilizing effective strategies to troubleshoot challenges with positive airway pressure tolerance.

- Discuss the prevalence and impact of insomnia, shift work disorder and other circadian rhythm disorders, and review strategies for management, particularly pertaining to healthcare providers.

- Evaluate the epidemiology, diagnostic criteria and management strategies for parasomnias, sleep-related seizures and sleep-related movement disorders including restless legs syndrome.

- Recognize the key clinical signs and symptoms of hypersomnia disorders inclusive of narcolepsy, idiopathic hypersomnia and insufficient sleep syndrome with a focus on sleep’s effect on neurocognition and performance, as well as the role for optimizing school start times.
Cleveland Clinic Symposium Directors

Tina Waters, MD  
Sleep Disorders Center

Robon Vanek, MSN, MA, APRN  
Sleep Disorders Center

Nancy Foldvary-Schaefer, DO, MS  
Director, Sleep Disorders Center

Harneet Walia, MD  
Sleep Disorders Center

Reena Mehra, MD, MS  
Research Director, Sleep Disorders Center

Guest Faculty

Vidya Krishnan, MD, MHS  
Division of Pulmonary, Critical Care and Sleep Medicine  
MetroHealth

Anna M. May, MD, MS  
Louis Stokes Cleveland VA Medical Center  
Sleep Medicine Section  
Pulmonary and Critical Care Section

Cheryl Thompson, PhD  
Case Western University School of Medicine

Cleveland Clinic Faculty

Loutfi Aboussouan, MD  
Pulmonary Medicine  
Sleep Disorders Center

Sally Ibrahim, MD  
Sleep Disorders Center

Winnie Pao, MD  
Lou Ruvo Center for Brain Health - Cleveland

Zahr Alsheikhtaha, RPSGT  
Sleep Disorders Center

Nancy Kempke, MSN, CNP  
Sleep Disorders Center

Jagan Pillai, MD, PhD  
Lou Ruvo Center for Brain Health - Cleveland

Kassandra Bernard, MSN, APRN  
Sleep Disorders Center

Brittany McLaughlin-Bartok, MSN, APRN, AGNP  
Sleep Disorders Center

Edwina Polk, RPSGT  
Sleep Disorders Center

Ketan Deoras, MD  
Sleep Disorders Center  
Center for Behavioral Health

Colleen Lance, MD  
Sleep Disorders Center

Carlos Rodriguez, MD  
Sleep Disorders Center

Preeti Devnani, MD  
Cleveland Clinic Abu Dhabi

Scott Marlow, RRT  
Pulmonary Medicine

Vaishal Shah, MBBS, MPH  
Center for Pediatric Pulmonary Medicine  
Sleep Disorders Center

Ralph Downey, III, PhD  
Sleep Disorders Center

Douglas Moul, MD, MPH  
Sleep Disorders Center

Jeff VanSchoor, RRT  
Center for Connected Care

Michelle Drerup, PsyD  
Sleep Disorders Center

Rawan Nawabiti, RPSGT  
Sleep Disorders Center

Jessica Vensel Rundo, MD, MS  
Sleep Disorders Center

Bridgett Harr, MSN, APRN, AOCPN  
Radiation Oncology

William Novak, MD  
Center for General Neurology

Cleveland Clinic Sleep Disorders Center

Established in 1978, Cleveland Clinic’s Sleep Disorders Center was among the first in the nation dedicated to the diagnosis and treatment of sleep disorders in people of all ages. Accredited by the American Academy of Sleep Medicine, Cleveland Clinic’s Sleep Disorders Center is staffed by physicians specializing in sleep disorders from a variety of disciplines, including pediatrics, internal medicine, family medicine, neurology, pulmonary and critical care medicine, psychology, psychiatry, otolaryngology and family medicine. More than 15,000 sleep studies are performed each year.
Friday, September 7, 2018

8:00 am  Welcome and Introduction

8:05 am  Prioritizing Sleep for the Health Care Provider: A Call to Action
   Nancy Foldvary-Schaefer

8:35 am  Controversies in Sleep Medicine: When and How to Treat Sleep Apnea?
   Reena Mehra

9:05 am  The Opioid Crisis: What’s Sleep Got to Do With It?
   Loutfi Aboussouan

9:35 am  Sleep Apnea in Pregnancy: Maternal and Fetal Implications
   Sally Ibrahim

10:00 am  Sleep and Cancer: How Sleep impacts Cancer Risk
   Cheryl Thompson

10:30 am  Panel Q&A

10:45 am  Refreshment Break and Exhibits

11:00-12:30 pm  CASE BASED BREAKOUTS – SESSION 1

Breakout A:  OSA 101: Screening and Testing
   Moderator: Harneet Walia
   Panel: Zahr Alsheikhtaha, Ralph Downey, Nancy Kempke, Brittany McLaughlin-Bartok, Rawan Nawabit, Robon Vanek

Breakout B:  Insomnia Cases: To Treat or Not To Treat
   Moderator: Michelle Drerup
   Panel: Ketan Deoras, Sally Ibrahim, Colleen Lance, Douglas Moul, Vaishal Shah

12:30 pm  Lunch Buffet

1:15 pm  What’s the Buzz? Nerve Stimulation for Obstructive and Central Sleep Apnea
   Tina Waters

1:40 pm  Gadgets and Gizmos: Commercial and Wearable Sleep Tracking Devices
   Colleen Lance

2:10 pm  Updates on Clinical and Neurophysiologic Considerations in Parasomnias
   Carlos Rodriguez

2:35 pm  Patients’ Perspectives – Living with Sleep Disorders
   Reena Mehra and Patient Panel

3:30 pm  Refreshment Break and Exhibits

3:45-5:15 pm  CASE BASED BREAKOUTS – SESSION 2

Breakout C:  OSA 201: How to Overcome the Challenges in Positive Airway Pressure Therapy
   Moderator: Nancy Kempke
   Panel: Kay Bernard, Scott Marlow, Edwina Polk, Jeff VanSchoor, Harneet Walia, Tina Waters

Breakout D:  What’s New in Restless Legs Syndrome?
   Moderator: Jessica Vensel Rundo
   Panel: Anna May, William Novak, Winnie Pao, Carlos Rodriguez

5:15 pm  Adjourn

Saturday September 8, 2018

8:00 am  Announcements/Overview

8:05 am  Does Poor Sleep Cause Dementia? Update on Sleep and Brain Health
   Jagan Pillai

8:35 am  Sleep and Athletic Performance
   Ralph Downey

9:05 am  And I Woke Up: Advances in Narcolepsy and the Hypersomnias
   Preeti Devnani

9:35 am  Let Them Sleep in: School Start Times and Sleep
   Vaishal Shah

10:00 am  Insomnia Pharmacotherapy – Show Me the Evidence
   Ketan Deoras

10:30 am  Panel Q&A

10:45 am  Refreshment Break and Exhibits

11:00-12:30 pm  CASE BASED BREAKOUTS – SESSION 3

Breakout E:  Jeopardy for the Polysomnographer
   Moderator: Ralph Downey
   Panel: Loutfi Aboussouan, Zahr Alsheikhtaha, Preeti Devnani, Carlos Rodriguez, Jessica Vensel Rundo

Breakout F:  Shift Work: Implications for the Nursing Profession
   Moderators: Douglas Moul, Robon Vanek
   Panel: Bridgett Harr, Vidya Krishnan, Brittany McLaughlin-Bartok, Cheryl Thompson

12:30 pm  Adjourn

Time for questions and answers is included in each presentation.
Location
Cleveland Clinic Administrative Campus
3175 Science Park Drive, Building #4
Auditorium, 4th Floor
Beachwood, OH
Complimentary surface lot parking is available.

Hotel Accommodations
Recommended Hotels in the Area

Homewood Suites by Hilton
25725 Central Parkway
Beachwood, OH 44122
216.464.9600

Doubletree Cleveland East/Beachwood
3663 Park East Drive
Beachwood, OH 44122
216.464.5950

Marriott – Cleveland East
26300 Harvard Road
Warrensville Heights, OH 44122
216.378.9191

Faculty Disclosure Statement
The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

Registration and Cancellation
Preregistrations are accepted online until 9:00 AM ET, September 4, 2018. To register after this date, please do so onsite. In case of cancellation, a full refund will be made if canceled by August 24, 2018. After August 24, 2018, a $50 cancellation fee will be deducted from your refund. Written notification of your cancellation is required in order to process your refund. NO REFUNDS WILL BE ISSUED AFTER August 31, 2018.

Americans with Disabilities Act
The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Shana Spade at 216.444.9380 at least two weeks prior to the activity.

Information
For further information about this activity, contact Shana Spade at Local: 216.444.9380; Toll Free: 800.223.2273 x49380;
Email: spades@ccf.org

For more information about the Cleveland Clinic Sleep Disorders Center, go to www.clevelandclinic.org/sleep.

Accreditation
The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 12.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Ohio Psychological Association – OPA-MCE Provider – Approved for 12.25 credits.

Respiratory Therapy – Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists. Approval is pending.

Sleep Technologist – Credit is being applied for with AAST – Approval is pending.

Nursing – Cleveland Clinic Enterprise is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

ABPN Self-Assessment
The American Board of Psychiatry and Neurology has reviewed the Wake Up to Sleep Disorders 2018: A Cleveland Clinic Sleep Disorders Center Update and has approved this program as part of a comprehensive Self-Assessment Program which is mandated by the ABMS as a necessary component of maintenance of certification. Approved for up to 12.25 Category 1 CME Self-Assessment credits.

Faculty Presentations
Faculty presentation slides will be available online in PDF format. You will have access prior to the activity to allow you to download or print the slides. Complimentary Wifi will be available at the meeting facility.
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Payment must be received prior to admittance to the conference. Purchase orders are not accepted.

REGISTER ONLINE AT www.cccfme.org/sleepdisorders18
CCF Employees should check fees and register online at the above web address.

Registration Fee includes online syllabus, continental breakfasts, refreshment breaks each day and a box lunch on Friday.

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<th>Early Bird Fee Received on or before July 31</th>
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<tr>
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*Letter from Program Director or Chairman must be received in our office prior to the course to receive this fee.

For questions about registering online, call 216.448.8710 or email cmeregistration@ccf.org.