Wake Up to Sleep Disorders 2019
A Cleveland Clinic Sleep Disorders Center Update

Emerging Therapies, New Perspectives

October 25-26, 2019

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

www.ccfcme.org/sleepdisorders19
About the Symposium

Despite increased education and public awareness, sleep disorders remain highly prevalent impacting over 70 million Americans. Innovations in technology, pharmacotherapy and sleep and circadian basic and translational research are transforming sleep medicine care. Our 10th Cleveland Clinic symposium “Wake Up to Sleep Disorders 2019: A Cleveland Clinic Sleep Disorders Center Update” will focus on emerging therapies and new perspectives that will bring together a diverse panel of experts to introduce cutting-edge treatments and innovative research, behavioral sleep medicine, and the expanding landscape of sleep technology.

This 2-day program will highlight new technologies and pharmacotherapies for the diagnosis and treatment of narcolepsy and related disorders, advances in sleep apnea care delivery and hypoglossal nerve stimulation, and novel perspectives including sleep and circadian influences on metabolism and obstructive sleep apnea phenotyping. For the first time, we will explore behavioral aspects of sleep medicine including the role of motivational strategies and ethical considerations in sleep medicine. Throughout the program, innovations in sleep technology including the use of sleep trackers featuring a patient panel, novel measurements of drowsiness, and advanced polysomnography for complex patients, pediatric populations and hospital sleep medicine will be discussed. Please join us for this exciting and interactive program.

Target Audience

This symposium is intended for physicians, technologists, nursing providers 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 should be able to:

• Review recent advances in the diagnosis and treatment of hypersomnia disorders inclusive of narcolepsy, idiopathic hypersomnia and insufficient sleep syndrome with a focus on emerging technologies for assessing daytime sleepiness and new advances in pharmacological management of hypersomnia.

• Explore behavioral strategies to help assess and manage sleep disorders including motivational enhancement to improve PAP adherence, circadian considerations including the use of actigraphy and impact of sleep and circadian alignment on appetite and weight, and the adaptation of cognitive behavioral therapy for insomnia for more complex patient populations.

• Recognize technological advances in the screening, monitoring and treatment of sleep symptoms including the role of sleep apps, sleep trackers, and telemedicine as well as gaining insights into the patient experience of utilizing sleep technology.

• Review the pathophysiologic aspects of obstructive sleep apnea and central sleep apnea, strategies to facilitate screening, diagnosis, and management, including the role for neuromodulation.

• Describe advanced polysomnographic practices with special focus on pediatrics, advanced PAP titrations, and sleep related movements/behaviors, as well as providing hands on experiences for common sleep lab experiences.
Cleveland Clinic Faculty

Cleveland Clinic Symposium Directors

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

Michelle Drerup, PsyD, DBSM  
Director of Behavioral Sleep Medicine  
Sleep Disorders Center

Guest Faculty

Samina Ahmed-Jauregui, PsyD  
Clinical Psychologist, Senior Instructor  
Department of Pulmonary and Sleep Medicine  
University Hospitals  
Cleveland, OH

Emmanuel H. During, MD  
Clinical Assistant Professor  
Director, Sleep Movement Disorders & Parasomnia Clinic  
Stanford Sleep Medicine Center  
Redwood City, CA

Emily White, PhD  
Clinical Psychologist  
Department of Psychiatry  
MetroHealth Medical Center  
Cleveland, OH

Kelly Baron, PhD, MPH, DBSM  
Division of Public Health  
Department of Family and Preventive Medicine  
University of Utah  
Salt Lake City, UT

Brigid Titgemeier, MS, RDN, LD, IFNCP  
BeingBrigid Functional Nutrition LLC  
Adjunct Instructor, Case Western Reserve University  
Cleveland, OH

Cleveland Clinic Faculty

Loufli Aboussouan, MD  
Pulmonary Medicine  
Sleep Disorders Center

Kamala Adury, MD  
Psychiatry and Sleep Medicine  
Akon General

Zahr Alsheikhtaha, RPSGT  
Sleep Disorders Center

Ethan Benore, PhD  
Center for Pediatric Behavior Health

Kassandra Bernard, MSN, APRN  
Sleep Disorders Center

Jennifer Brubaker, PhD, CNP  
General Pediatrics

Subhra Chakrabarti, RPSGT  
Sleep Disorders Center

Ralph Downey III, PhD  
Sleep Disorders Center

Lauren Goldman, MD  
Sleep Disorders Center

Chris Goodson, RPSGT  
Sleep Disorders Center

Brandon Hopkins, MD  
Head and Neck Institute

Alexa Kane, PsyD  
Sleep Disorders Center

Irene Katzan, MD  
Cerebrovascular Center

Nancy Kempke, MSN, APRN  
Sleep Disorders Center

Colleen Lance, MD  
Sleep Disorders Center

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

Reena Mehra, MD, MS  
Sleep Disorders Center

Douglas Moul, MD, MPH  
Sleep Disorders Center

Rawan Nawabit, RPSGT  
Sleep Disorders Center

William Novak, MD  
Sleep Disorders Center

Winnie Pao, MD  
Lou Ruvo Center for Brain Health  
Sleep Disorders Center

Cinthya Peña-Orbea, MD  
Sleep Disorders Center

Ninoska Peterson, PhD  
Bariatric & Metabolic Institute

Judy Petriella, RPSGT  
Sleep Disorders Center

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

Edwina Polk, RPSGT  
Sleep Disorders Center

Carlos Rodriguez, MD  
Sleep Disorders Center

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

Robon Vanek, MSN, MA, APRN  
Sleep Disorders Center

Jessica Vensel Rundo, MD, MS  
Sleep Disorders Center

Harneet Walia, MD  
Sleep Disorders Center

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, October 25, 2019

Emerging Therapies for Treatment of Sleep Disorders
Moderator: Michelle Drerup, PsyD, DBSM

8:00 am Welcome and Announcements
Michelle Drerup, PsyD, DBSM

8:05 am Pharmacotherapy for Central Disorders of Hypersomnolence: The World Finally Your Oyster – Emmanuel During, MD

8:35 am Under Pressure: Advanced PAP Troubleshooting for Sleep Disordered Breathing in the Lab and at Home – Loutfi Aboussouan, MD

9:00 am Hypoglossal Nerve Stimulation: What We’ve Learned since FDA Approval – Harneet Walia, MD

9:25 am Panel Q&A – Session Faculty

9:40 am Patient Panel: Using Technology to Identify and Monitor Sleep Symptoms
Moderators: Michelle Drerup, PsyD, DBSM and Nancy Foldvary-Schaefer, DO, MS

10:30 am Refreshment Break and Exhibits

10:45-12:00 pm BREAKOUT SESSION I

Breakout 1: Screening Tools for Obstructive Sleep Apnea: A Critical Assessment
Moderator: Harneet Walia, MD
Panelists: Reena Mehra, MD, MS; Irene Katzan, MD; Loutfi Aboussouan, MD

Breakout 2: CNS Hypersomnia Case Discussions: Are We Getting Closer to Precision Medicine
Moderator: Jessica Vensel Rundo, MD, MS
Panelists: Emmanuel During, MD; Nancy Foldvary-Schaefer, DO, MS; William Novak, MD; Nancy Kempke, MSN, APRN

12:00 pm Lunch

Behavioral Aspects of Sleep Medicine
Moderator: Michelle Drerup, PsyD, DBSM

12:45 pm Fact or Fiction: Perspectives from a Patient/Nutritionist on Diet and Supplements for the Treatment of Sleep Disorders
Brigid Titgemeier, MS, RDN, LD, IFNCP

1:15 pm Motivational Therapies to Enhance Sleep Medicine Outcomes: Role Play
Douglas Moul, MD, MPH; Alexa Kane, PsyD; Brittany McLaughlin-Bartok, MSN, APRN, AGNP

1:45 pm Adaptation of Behavioral Sleep Interventions for Complex Patients
Kelly Baron, PhD, MPH; Samina Ahmed-Jauregui, PsyD

2:30 pm Counting Sheep: An Update on Sleep Trackers
Colleen Lance, MD

3:00 pm Panel Q&A – Session Faculty

3:15 pm Refreshment Break and Exhibits

3:30-5:00 pm BREAKOUT SESSION II

Breakout 3: Ethical Considerations in Sleep Medicine
Moderator: Emily White, PhD
Panelists: Douglas Moul, MD, MPH; Kamala Adury, MD

Breakout 4: Sleep Jeopardy: Bring It On!
Moderator: Ralph Downey III, PhD

Time for questions and answers is included in each presentation.
Novel Perspectives in Sleep Medicine
Moderator: Nancy Foldvary-Schaefer, DO, MS

8:00 am  Announcements
Nancy Foldvary-Schaefer, DO, MS

8:05 am  Sleep and Circadian Alignment in Appetite and Weight Regulation
Kelly Baron, PhD, MPH

8:35 am  Say Cheese! Emerging Technologies for Detecting Daytime Sleepiness
Emmanuel During, MD

9:05 am  Beyond the Apnea-Hypopnea Index: New Perspectives on Polysomnographic and Clinical OSA Phenotypes
Reena Mehra, MD, MS

9:30 am  Top 10 Countdown: Best Sleep Articles from 2018-2019
Jessica Vensel Rundo, MD, MS

10:05 am Panel Q&A – Session Faculty

10:15 am Refreshment Break and Exhibits

10:30-12:00 pm BREAKOUT SESSION III

Breakout 5: Sleep Apnea Groups and Sleep Telemedicine in the New Population Health Paradigm
Moderator: Colleen Lance, MD
Panelists: Harneet Walia, MD; Ninoska Peterson, PhD; Robon Vanek, MSN, MA, APRN; Kassandra Bernard, MSN, APRN

Breakout 6: Sleep Biomarkers in Neurodegeneration
Moderator: Carlos Rodriguez, MD
Panelists: Winnie Pao, MD; Jagan Pillai, MD, PhD; Emmanuel During, MD

12:00 pm Lunch

Advanced Polysomnographic Techniques and Practice
Moderator: Ralph Downey III, PhD

12:45 pm Pediatric Polysomnographic Techniques
Lauren Goldman, MD

1:00 pm Making Your Sleep Laboratory Child-Friendly
Vaishal Shah, MD, MPH

1:15 pm Using Actigraphy to Enhance Sleep Disorder Diagnosis and Management
Reena Mehra, MD, MS and Rawan Nawabit, RPSGT

1:35 pm  EMG Quantification for REM Sleep Behavior Disorder
Carlos Rodriguez, MD

1:50 pm  Testing and Interviewing Patients with Complex Sleep-Related Movements and Behaviors
Nancy Foldvary-Schaefer, DO, MS

2:10 pm  Advanced PAP Titrations: Case Discussions
Colleen Lance, MD and Zahr Alsheikhtaha, RPSGT

2:35 pm  Sleep in the Hospital Setting: The Next Frontier
Cinthya Peña-Orbea, MD

3:00 pm Panel Q&A – Session Faculty

3:15-3:30 pm: Refreshment Break and Exhibits

3:30-5:00 pm BREAKOUT SESSION IV

Breakout 7: Not to Forget the Wee Ones: Pediatric Sleep Case Discussions
Moderator: Vaishal Shah, MD, MPH
Panelists: Laura Goldman, MD; Ethan Benore, PhD; Brandon Hopkins, MD; Jennifer Brubaker PhD, CNP

Breakout 8: All Hands on Deck for Sleep Technologists (demos and practice)
Moderator: Chris Goodson, RPSGT

Hook Your Own Home Sleep Apnea Test
Chris Goodson, RPSGT and Edwina Polk, RPSGT

Practice Your 10-20 System Measurements
Judy Petriella, RPSGT; Zahr Alsheikhtaha, RPSGT

Review Actigraphic Tracings From Common Sleep Disorders
Rawan Nawabit, RPSGT

Apply Upper Extremity EMG for REM Sleep Behavior Disorder
Subhra Chakrabarti, RPSGT

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
Homewood Suites by Hilton
25725 Central Parkway
Beachwood, OH 44122
216.464.9600
A block of rooms has been reserved at the Homewood Suites by Hilton for a special rate of $125 (plus tax). The hotel is located minutes from the Cleveland Clinic Administrative Campus. To secure this rate, you must make your reservation by 5:00 pm (EST) on October 3, 2019. Contact the hotel reservations department at 216.464.9600. Please identify yourself as part of the Cleveland Clinic Sleep Disorders Symposium, Group Code WSD, for the special meeting rate.

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 5:00 PM ET, October 18, 2019. To register after this date, please do so onsite. In case of cancellation, a full refund will be made if canceled by October 11, 2019. After October 11, 2019, 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 October 18, 2019.

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 15.5 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 15.5 credits with 1.5 credits qualifying for ethics/cultural competency/professional conduct.

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 2019: 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 15.5 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.ccfcme.org/sleepdisorders19
CCF Employees should check fees and register online at the above web address.

Registration Fee includes online syllabus, continental breakfasts, refreshment breaks and lunch each day.

<table>
<thead>
<tr>
<th>Full Symposium</th>
<th>Early Bird Fee Received on or before August 31</th>
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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.