

# Wake Up to Sleep Disorders 2023

## A Cleveland Clinic Sleep Disorders Center Update

***Evolving Concepts and Therapies of Sleep Medicine***

September 23–24, 2023

Cleveland Clinic Lerner Research Institute

9620 Carnegie Ave., N Bldg., Cleveland, OH

**Hybrid Meeting**





## Symposium Description

Sleep is one of the best medicines. As medical providers and patients have become more aware of sleep disorders, innovations in technology, pharmacotherapy and cutting-edge research are advancing sleep medicine care. Our 12th Cleveland Clinic symposium **“Wake Up to Sleep Disorders 2023: A Cleveland Clinic Sleep Disorders Center Update”** will focus on emerging concepts and new perspectives that will bring together a diverse panel of experts to review innovative research and multimodal approaches in managing complex sleep disorders, and the expanding landscape of personalization in the provision of sleep medicine care.

This 2-day program will highlight current practices and technological advances influencing therapeutic interventions for sleep medicine populations. Innovations in sleep and brain health, sleep disordered breathing management including neuromodulation, role of artificial intelligence in sleep, pharmacologic and non-pharmacologic advances in insomnia, hypersomnia and circadian rhythm disorders will be discussed.

## Target Audience

Intended for physicians, physician assistants, nurse practitioners, nurses, technologists and other health care practitioners in the fields of Internal Medicine, Family Practice, Neurology, Otolaryngology, Pediatrics, Pulmonary and Critical Care Medicine, Psychiatry, Psychology and Sleep Medicine.

## Objectives

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

- Describe the uses of technology in the diagnosis and management of obstructive sleep apnea (OSA), recognizing how big data can address knowledge gaps in OSA and its effects on the heart and brain.
- Review the diagnosis and treatment of sleep disorders beyond OSA, including parasomnias and their association with brain health, as well as the use of advanced polysomnographic tests and machine learning for those disorders.
- Summarize the multidisciplinary approach to complex pediatric sleep disordered breathing and describe the health consequences of sleep and circadian misalignment in adolescents.
- Discuss new concepts related to CNS disorders of hypersomnolence, including emerging therapies and the use of cognitive behavioral therapy for hypersomnia (CBT-H) as an adjunctive intervention.
- Define the adverse health and socio-economic consequences associated with insomnia and sleep deficiency and sleep health disparities in the U.S.

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## 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 neurology, psychology, psychiatry, internal medicine, family medicine, pulmonary and critical care medicine, pediatrics and otolaryngology.

For more information about the Cleveland Clinic Sleep Disorders Center, go to [www.clevelandclinic.org/sleep](http://www.clevelandclinic.org/sleep).







## Cleveland Clinic Symposium Directors

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

**Michelle Drerup, PsyD, DBSM**  
Director, Behavioral Sleep Medicine

**Vaishal Shah, MD, MPH**  
Director, Pediatric Sleep Medicine

## Guest Faculty

**Stacey L. Simon, PhD, DBSM**  
Associate Professor of Pediatrics  
University of Colorado Anschutz Medical Campus  
Associate Director of Behavioral Sleep Medicine  
Children's Hospital Colorado  
Aurora, CO

**Kingman Strohl, MD, PhD**  
Professor, Case Western Reserve University  
School of Medicine  
Program Director, Sleep Medicine  
Director, Sleep Center  
University Hospitals  
Cleveland, OH

**Manish Valiathan, BDS, MDS, DDS, MSD**  
Professor, Department of Orthodontics  
Program Director, Fellowship in Craniofacial  
and Special Care Orthodontics  
Case Western Reserve University  
School of Dental Medicine  
Cleveland, OH

**Andrew Varga, MD, PhD**  
Associate Professor, Division of Pulmonary,  
Critical Care and Sleep Medicine  
Icahn School of Medicine at Mount Sinai  
The Mount Sinai Integrative Sleep Center  
New York, NY

## Cleveland Clinic Faculty

**Loutfi Aboussouan, MD**  
Department of Pulmonary Medicine  
Sleep Disorders Center

**Zahr Alsheikhtaha, RPSGT**  
Sleep Disorders Center

**Matheus Araújo, PhD**  
Sleep Disorders Center

**Brian Chen, MD**  
Sleep Disorders Center

**Preeti Devnani, MD**  
Sleep Disorders Center

**Lauren Goldman, MD**  
Sleep Disorders Center

**Betty Haberkamp, DDS**  
Department of Dentistry

**Catherine Heinzinger, DO**  
Sleep Disorders Center

**Brandon Hopkins, MD**  
Department of Pediatric Otolaryngology

**Chelsi John, RPSGT**  
Sleep Disorders Center

**Alexa Kane, PsyD, DBSM**  
Sleep Disorders Center

**Louis Kazaglis, MD**  
Sleep Disorders Center

**Colleen Lance, MD**  
Sleep Disorders Center

**Reena Mehra, MD, MS**  
Sleep Disorders Center

**Cinthya Peña Orbea, MD**  
Sleep Disorders Center

**Carlos Rodriguez, MD**  
Sleep Disorders Center

**Alicia Roth, PhD, DBSM**  
Sleep Disorders Center

**Michael G. Saribalas, DO, CBSM**  
Sleep Disorders Center

## Cleveland Clinic Planning Committee

**Zahr Alsheikhtaha, RPSGT**  
**Kristin J. Baugh, PA-C**  
**Robon Vanek, MSN, MA, APRN**

## 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.



## Saturday, September 23, 2023

Time for questions and answers is included in each presentation.

7:00 a.m. **Registration/Continental Breakfast/Exhibits**  
5th Floor – Lerner Research Institute

8:00 a.m. **Introduction/Symposium Review**  
*Nancy Foldvary-Schaefer, DO, MS*

### SESSION 1

**Emerging Concepts and Therapies for Sleep Disordered Breathing**

Moderator: *Vaishal Shah, MD, MPH*

8:10 a.m. **Sleep Apnea Then and Now: My Journey as a Sleep Scientist**  
*Kingman Strohl, MD, PhD*

8:45 a.m. **Leveraging Technology in the Diagnosis and Management of Obstructive Sleep Apnea**  
*Louis Kazaglis, MD*

9:05 a.m. **Obstructive Sleep Apnea and the Heart: Leveraging Big Data to Narrow Knowledge Gaps**  
*Reena Mehra, MD, MS and Catherine Heinzinger, DO*

9:30 a.m. **Beyond OSA: Diagnosis and Treatment of Other Sleep-Related Breathing Disorders**  
*Loutfi Aboussouan, MD*

9:50 a.m. **Not One Size Fits All: Multidisciplinary Approach to Complex Pediatric OSA**  
*Vaishal Shah, MD, MPH, Brandon Hopkins, MD, Manish Valiathan, BDS, MDS, DDS, MSD*

10:15 a.m. **Question and Answer**  
*Session Faculty*

10:30 a.m. **Refreshment Break and Exhibits**

10:45 a.m. **Can't Tolerate PAP? You Have Options: Multimodal Approach to Treat Adult OSA**  
Moderator: *Colleen Lance, MD*  
Panel: *Betty Haberkamp, DDS, Vaishal Shah, MD, MPH, Kingman Strohl, MD, PhD*

12:00 p.m. **Lunch Break and Exhibits**

### SESSION 2

**Beyond the ICSD-3: Evolving Concepts in the Approach to the Disorders of CNS Hypersomnolence**

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

1:00 p.m. **Phenotyping Disorders of CNS Hypersomnolence**  
*Nancy Foldvary-Schaefer, DO, MS*

1:30 p.m. **New and Emerging Diagnostic Tools**  
*Brian Chen, MD*

2:00 p.m. **CBT-H: The New Kid on the Block**  
*Alicia Roth, PhD, DBSM*

2:20 p.m. **Case Presentations**  
Moderator: *Nancy Foldvary-Schaefer, DO, MS*  
Panel: *Alicia Roth, PhD, DBSM, Brian Chen, MD*

3:00 p.m. **Refreshment Break and Exhibits**

3:15 p.m. **Early Wins: Machine Learning in Sleep Medicine**  
*Matheus Araújo, PhD*

3:45 p.m. **Leveling the Playing Field: Sleep Health Disparities in Sleep Medicine**  
*Cinthya Peña Orbea, MD*

4:15 p.m. **What's That on This Sleep Study? Polysomnogram Can Reveal a Lot More than OSA**  
Moderator: *Carlos Rodriguez, MD*  
Panel: *Chelsi John, RPSGT, Zahr Alsheikhtaha, RPSGT*

4:45 p.m. **SLEEP by Cleveland Clinic**  
Moderator: *Nancy Foldvary-Schaefer*

5:00–7:30 p.m. **Welcome Reception**



## Sunday, September 24, 2023

Time for questions and answers is included in each presentation.

7:30 a.m. **Continental Breakfast/Exhibits**  
5th Floor – Lerner Research Institute

8:00 a.m. **Introduction/Symposium Review**  
*Vaishal Shah, MD, MPH*

### SESSION 3

#### Things that Keep Patients Up at Night

Moderator: *Michelle Drerup, PsyD, DBSM*

8:05 a.m. **The Rhythm is Gonna Get You: Insomnia and Delayed Sleep Wake Phase Disorder**  
*Alicia Roth, PhD, DBSM*

8:30 a.m. **Reshaping Insomnia Treatment**  
*Preeti Devnani, MD*

9:15 a.m. **I'm in a Cleveland State of Mind: Diagnosis and Treatment of Psychiatric Disorders in the Sleep Clinic**  
*Michael Saribalas, DO, CBSM*

9:45 a.m. **Health Consequences of Sleep and Circadian Misalignment in Adolescents**  
*Stacey Simon, PhD, DBSM*

10:15 a.m. **Question and Answer**  
*Session Faculty*

10:30 a.m. **Refreshment Break and Exhibits**

10:45 a.m. **Complex Insomnia and Delayed Sleep Phase Case Discussion**  
Moderator: *Alexa Kane, PsyD, DBSM*  
Panel: *Lauren Goldman, MD, Preeti Devnani, MD, Stacey Simon, PhD, DBSM and Michelle Drerup, PsyD, DBSM*

12:00 p.m. **Lunch Break and Exhibits**

### SESSION 4

#### The Evolving Role of Sleep in Brain Health

Moderator: *Vaishal Shah, MD, MPH*

1:00 p.m. **Bidirectional Sleep Manipulation and Cognition: From Bench to Bedside**  
*Andrew Varga, MD, PhD*

1:45 p.m. **REM Behavior Disorder as a Biomarker of Neurodegeneration: The Story Continues**  
*Carlos Rodriguez, MD*

2:15 p.m. **Little Sleep is Not Good for Little Ones: Insufficient Sleep and Brain Health in Children**  
*Lauren Goldman, MD*

2:45 p.m. **Question and Answer**  
*Session Faculty*

3:00 p.m. **Symposium Review/Adjourn**

## Faculty Disclosure Statement

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Integrity and Independence requiring mitigation of all faculty conflicts of interest. Faculty declaring a relevant financial relationship will be identified in the activity syllabus.



## Location

Cleveland Clinic Lerner Research Institute  
9620 Carnegie Ave., N Bldg. (5th Floor)  
Cleveland, OH 44106

## Parking

Complimentary parking is available in the Visitor's Parking Garage #2 located off 100th and Carnegie. From the garage, take the 3rd floor skyway to the Lerner Research Institute and proceed to the 5th floor. Visit [www.clevelandclinic.org](http://www.clevelandclinic.org) for maps and directions.

## Health and Safety

As participants are responsible for their own health choices, the use of masks by all participants at this event is optional. Please note this is subject to change based on the most recent status of CDC, local and/or state guidelines.

## Registration and Cancellation

Payment must be received prior to the course. Purchase orders are not accepted.

**REGISTER AT: [WWW.CCFCME.ORG/SLEEPDISORDERS](http://WWW.CCFCME.ORG/SLEEPDISORDERS)**

CCF Employees should check fees and register online.

### SYMPOSIUM FEES

- In-person registration includes:** online syllabus, continental breakfasts, refreshment breaks, two buffet luncheons and reception.  
**\*\*IN-PERSON REGISTRATION HAS LIMITED SPACE\*\***
- Virtual registration includes:** virtual meeting attendance and online syllabus.

Full Symposium	Early Bird Fee Received on or before August 31	Regular Fee Received on or after September 1
Physician	\$275	\$350
Non-Physician	\$125	\$150
Resident/Fellow*	\$125	\$150

\*Letter from Program Director or Chairman must be received in our office prior to the symposium to receive this fee.

**Preregistrations are accepted online until, Sept. 15, 2023.**

In case of cancellation, a full refund will be made if canceled by **September 8, 2023**. After **September 8, 2023**, a \$25 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 September 22, 2023.**

For questions about registering online, call: 216.448.8710 or email [cmeregistration@ccf.org](mailto:cmeregistration@ccf.org)

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone activity in our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any trip cancellations or changes.

## Americans with Disabilities Act

The Cleveland Clinic Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Liz Eaton at 216.445.5431 at least two weeks prior to the activity.

## Information

For further information about this activity, contact Liz Eaton at Local: 216.445.5431; Toll Free: 800.223.2273 x55431; Email: [eatonl3@ccf.org](mailto:eatonl3@ccf.org)

## Accreditation

In support of improving patient care, Cleveland Clinic Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### CREDIT DESIGNATION

#### • American Medical Association (AMA)

Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 13.25 *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.

#### • American Nurses Credentialing Center (ANCC)

Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 13.25 ANCC contact hours.

#### • American Academy of PAs (AAPA)

Cleveland Clinic Center for Continuing Education has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 13.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

**American Academy of Family Physicians (AAFP):** 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 13.25 credits

**Sleep Technologist:** CSTE Program application will be submitted for approval by the Board of Registered Polysomnographic Technologists

**Certificate of Participation:** A certificate of participation will be provided to other health care professionals for requesting credits in accordance with their professional boards and/or associations.

## ABPN Self-Assessment

The American Board of Psychiatry and Neurology has reviewed the Wake Up to Sleep Disorders 2023: A Cleveland Clinic Sleep Disorders Center Update and has approved this activity as part of a comprehensive Self-Assessment (SA) CME activity, which is mandated by the ABMS as a necessary component of continuing certification. Approved for 13.25 Category 1 CME credits for Self-Assessment.