Cleveland Clinic

Wake Up to Sleep Disorders 2026

A Cleveland Clinic Sleep Disorders Center Update

Frontiers and Foundations of Sleep Medicine

October 2–3, 2026

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

www.ccfcme.org/sleepdisorders

Symposium Description

Join us for Wake Up to Sleep Disorders 2026: A Cleveland Clinic Sleep Disorders Center Update, a two-day CME symposium exploring the frontiers and foundations of sleep medicine. This symposium is designed to provide healthcare professionals with the latest advances in the diagnosis and management of sleep disorders. Through expert-led presentations, multidisciplinary case discussions, and interactive Q&A sessions, participants will explore evidence-based approaches and emerging innovations in sleep-disordered breathing, insomnia, hypersomnolence disorders, parasomnias, and sleep health technologies. The program emphasizes practical strategies, interdisciplinary care, and future directions in sleep medicine to enhance patient outcomes across diverse clinical settings.

Target Audience

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

Objectives

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

- Describe current and emerging applications of technology and automation in sleep medicine and their implications for clinical practice and future care models.
- Integrate interdisciplinary and patient-centered care approaches to optimize sleep health and address comorbid medical and psychiatric conditions.
- Review current evidence-based approaches to the diagnosis and management of common sleep disorders, including obstructive sleep apnea, insomnia, parasomnias, circadian rhythm disorders, and disorders of hypersomnolence.
- Evaluate evolving therapies and technologies in sleep medicine, including pharmacologic agents, behavioral interventions, and surgical or neuromodulation options, with attention to indications and patient selection.

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, family medicine, internal medicine, pediatrics, pulmonary medicine, psychiatry, psychology and otolaryngology.

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

ACCOMMODATIONS

Several hotels are located in the area and a few options are listed below. Please contact them directly to see if a Cleveland Clinic rate is available.

Homewood Suites by Hilton Cleveland–Beachwood
25725 Central Pkwy
Beachwood, OH 44122
216.464.9600

Home2 Suites by Hilton
3589 Park East Drive
Beachwood, OH 44122
216.755.7310

AC Hotel Cleveland Beachwood
900 Park Avenue, Suite 200
Orange Village, OH 44122
216.831.1108

Courtyard by Marriott Cleveland Beachwood
3695 Orange Place
Beachwood, OH 44122
216.765.1900

Cleveland Clinic Symposium Directors

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

Vaishal Shah, MD, MPH
Director, Sleep Disorders Center
Medical Director, HSN Program

Preeti Devnani, MD
Sleep Disorders Center

Margaret Heidenreich, MSN, APRN
Sleep Disorders Center

Guest Faculty

Charles Bae, MD, MHCI
Associate CHIO for Connected Health Strategy
Associate Professor of Clinical Medicine and Neurology
University of Pennsylvania Perelman School of Medicine
Associate Chief of Informatics
Penn Sleep Center

Ketan Deoras, MD
Summa Health

Matt Horsnell
Sleep Advocate & Patient

Reena Mehra, MD, MS
Head, Division of Pulmonary, Critical Care and Sleep Medicine
Professor, Division of Pulmonary, Critical Care and Sleep Medicine
A. Bruce Montgomery, MD, American Lung Association Endowed Chair in Pulmonary and Critical Care Medicine
University of Washington Medical Center

Cleveland Clinic Faculty

Matheus Araujo, PhD
Sleep Disorders Center

Brian Chen, MD
Sleep Disorders Center

Christen Cheuvront, MSN, APRN
Sleep Disorders Center

Todd Coy, DMD
Head & Neck Surgery

Ralph Downey III, PhD
Sleep Disorders Center

Nancy Foldvary-Schaefer, DO
Sleep Disorders Center

Cleveland Clinic Faculty

Lauren Goldman, MD
Sleep Disorders Center

Marcio Griebeler, MD
Clinical Director, Center for Quantitative Metabolic Research
Endocrinology and Metabolism

Sunjeet Kaur, MD
Sleep Disorders Center

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

Winnie Pao, MD
Sleep Disorders Center

Cinthya Peña Orbea, MD
Sleep Disorders Center

Vaibhav Ramprasad, MD
Head & Neck Surgery

Carlos Rodriguez, MD
Sleep Disorders Center

Alicia Roth, PhD, DBSM
Sleep Disorders Center

Emily Spanos, MSN, APRN
Sleep Disorders Center

Sikawat Thanaviratananich, MD
Sleep Disorders Center

Alaina Tiani, PhD, DBSM
Sleep Disorders Center

Planning Committee

Charles Bae, MD, MHCI
Kristin Baugh, PA-C
Chelsi John, RPSGT

Faculty Presentations

Faculty presentation slides will be made available online in PDF format.

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.

Friday, October 2, 2026

Time for questions and answers is included in each presentation.

7:00 a.m. **Registration/Continental Breakfast/Exhibits**
4th Floor

8:00 a.m. **Introduction/Symposium Review**
Michelle Drerup, PsyD, DBSM

SESSION 1

Breath of Innovation: Assessment, Treatment, and the Future of Sleep-Disordered Breathing

Moderator: *Charles Bae, MD, MHCI*

8:10 a.m. **Sleep-Related Breathing Disorders: Foundations in Diagnosis, Assessment and Treatment**
Brittany McLaughlin-Bartok, MSN, APRN, AGNP

8:40 a.m. **Airway Disease and Sleep Related Breathing Disorder**
Sunjeet Kaur, MD

9:10 a.m. **Stillness Interrupted: New Frontiers in the Understanding and Treatment of Restless Legs Syndrome**
Preeti Devnani, MD

9:40 a.m. **Session Faculty Q and A**

10:00 a.m. **Refreshment Break and Exhibits**

10:15 a.m. **Waking Up the Airway: An Overview of Hypoglossal Nerve Stimulation**
Vaishal Shah, MD, MPH

10:45 a.m. **Integrating Metabolic Therapies into OSA: Where Do GLP-1s Fit? Treatment Plans**
Marcio Griebler, MD

11:15 a.m. **Better Together: The Role of Shared Medical Appointments (SMA's) for Sleep Disorders**
Maggie Heidenreich, MSN, APRN and Emily Spanos, MSN, APRN

11:45 a.m. **Many Disciplines, One Airway: Team-Based Care for Sleep-Related Breathing Disorders**
Christen Cheuvrount, MSN, APRN, Vaibhav Ramprasad, MD and Todd Coy, DMD

12:15 p.m. **Session Faculty Q and A**

12:30 p.m. **Lunch and Exhibits**

SESSION 2

Sleep Matters: From Sleepless Nights to Peak Performance

Moderator: *Preeti Devnani, MD*

1:30 p.m. **From Bedtime Battles to Biological Clocks: Pediatric Sleep Challenges Uncovered**
Lauren Goldman, MD

2:00 p.m. **Better Sleep for All: Population Health Management for Chronic Insomnia**
Michelle Drerup, PsyD, DBSM

2:30 p.m. **When Sleep Eludes: Medication Management for Chronic Insomnia**
Ketan Deoras, MD

3:00 p.m. **Session Faculty Q and A**

3:15 p.m. **Refreshment Break/Exhibits**

3:30 p.m. **Wake Up Call: Understanding and Addressing Disparities in Sleep Health**
Cinthya Peña Orbea, MD

4:00 p.m. **Sleep to Win – Improving Performance for Athletes**
Ralph Downey III, PhD

4:20 p.m. **Double Trouble: Managing COMISA (Comorbid Sleep Apnea and Insomnia)**
Alaina Tiani, PhD, DBSM

4:40 p.m. **Session Faculty Q and A**

5:00 p.m. **Adjourn & Welcome Reception**

Saturday, October 3, 2026

Time for questions and answers is included in each presentation.

7:00 a.m. **Continental Breakfast/Exhibits**
4th Floor

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

SESSION 3

Nighttime Challenges in Neurology

Moderator: *Vaishal Shah, MD, MPH*

8:10 a.m. **The Changing Face of CNS Disorders of Hypersomnolence – Phenotyping and Diagnostic Testing**
Nancy Foldvary-Schaefer, DO, MS

8:40 a.m. **Wake Me Up: New and Emerging Therapies for Central Disorders of Hypersomnolence**
Sikawat Thanaviratananich, MD

9:10 a.m. **Understanding Hypersomnia: Multidisciplinary and Patient-Centered Approaches**
Alicia Roth, PhD, DBSM and Matt Horsnell

9:40 a.m. **Session Faculty Q and A**

10:00 a.m. **Refreshment Break and Exhibits**

10:15 a.m. **Keynote: Redefining SRBD Care: Phenotyping, Precision Medicine, and Emerging Technologies**
Reena Mehra, MD, MS

10:45 a.m. **Cognition and Sleep: What Changes, What Matters, and What to Treat**
Winnie Pao, MD

11:15 a.m. **When Dreams Become Dangerous: REM Sleep Behavior Disorder and Neurodegeneration**
Carlos Rodriguez, MD

11:45 a.m. **Session Faculty Q and A**

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

SESSION 4

Future and Finances

Moderator: *Maggie Heidenreich, MSN, APRN*

1:00 p.m. **Artificial Intelligence in Sleep Medicine: Current Applications and Future Directions**
Matheus Araujo, PhD

1:30 p.m. **From Zzz's to $$$: Demystifying Billing and Coding in Sleep Medicine**
Charles Bae, MD, MHCI

2:00 p.m. **While You Were Sleeping: Automating the Business Operations and Clinical Care of Sleep Medicine**
Brian Chen, MD

2:30 p.m. **Session Faculty Q and A**

2:50 p.m. **Closing Remarks**

3:00 p.m. **Adjourn**

For information about the **Cleveland Clinic Hypoglossal Nerve Stimulation Course** (Non-CME) on **October 1, 2026,** go to www.ccfcme.org/CCFHNS

Location

Cleveland Clinic Administrative Campus
3175 Science Park Drive, Building #4
Auditorium, 4th Floor
Beachwood, OH 44122

Complimentary surface lot parking is available.

Registration and Cancellation

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

REGISTER AT: 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	$325	$400
Non-Physician	$150	$175
Resident/Fellow*	$50	$50
International Attendee	$50	$50

*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. 25, 2026.

In case of cancellation, a full refund will be made if canceled by **September 18, 2026**. After **September 18, 2026**, 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 September 25, 2026**.

For questions about registering online, call: 216.448.8710 or email 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 216.385.9076 at least two weeks prior to the activity.

Information

For further information about this activity, contact Liz Eaton at Local: 216.385.9076; Email: 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 Psychological Association (APA) CE Credits:**

American Psychological Association (APA) Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

- **Interprofessional Continuing Education (IPCE) Credit:**

This activity was planned by and for the healthcare team, and learners will receive 13.25 Interprofessional Continuing Education (IPCE) credit for learning and change.

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.