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

www.ccfcme.org/sleepdisorders
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.

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.
Faculty

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

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

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

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 Heintzinger, 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.

www.ccfcme.org/sleepdisorders
Saturday, September 23, 2023

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

www.ccfcme.org/sleepdisorders

Time for questions and answers is included in each presentation.
Sunday, September 24, 2023

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 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
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.

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<th>Full Symposium</th>
<th>Early Bird Fee</th>
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*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

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

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.