

SLEEP MATTERS:

Unlocking the Mysteries of Sleep and Brain Health for Neurology Practitioners

Saturday, January 10, 2026

Live Stream (Eastern Time)



About the Symposium

Understanding of the complex relationships between sleep and neurology is rapidly accelerating as advances in neurophysiology, pathophysiology, epidemiology, and therapeutics elucidate the impact of sleep and sleep disorders on the brain. Sleep disorders are highly prevalent in neurological populations and are associated with significant morbidity and mortality. Yet, sleep-wake impairments are commonly under-recognized leading to diagnostic delays that further burden patients, caregivers, and the healthcare system. A major contributing factor to this is insufficient understanding of the importance of sleep in neurology practices.

Our inaugural “*Sleep Matters: Unlocking the Mysteries of Sleep and Brain Health for Neurology Practitioners*” symposium will address this critical knowledge gap with the latest scientific advances, emerging therapies, and new perspectives from a diverse panel of experts reviewing cutting-edge treatments and innovative research, and the expanding landscape of sleep neurology.

Please join us for an intriguing, interactive program that promises to stimulate interest in the underappreciated subspecialty of sleep neurology.

Target Audience

This educational activity is directed towards neurologists, advanced practice providers including PAs and APRNs, nurses and others involved in the care of patients with neurological disorders.

Objectives

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

- Explain how sleep and sleep disorders impact neurologic health, cognition, and disease progression.
- Recognize key clinical features of sleep disorders commonly seen in neurologic practice.
- Apply current diagnostic and treatment strategies for sleep disorders in neurologic populations.
- Summarize advances in neurobiology, pathophysiology, diagnosis, and management of hypersomnolence disorders, restless legs syndrome, parasomnias, insomnias, sleep disordered breathing and circadian rhythm disorders.
- Incorporate the sleep evaluation into routine neurologic care for adults and children.

Faculty

Cleveland Clinic Symposium Co-Directors

Nancy Foldvary-Schaefer, DO, MS
MaryAnn Mays, MD

Cleveland Clinic Faculty

Matheus L.D. Araújo, PhD
Preeti Devnani, MD
Lauren Goldman, MD
Winnie Pao, MD
Carlos Rodriguez, MD
Michael Saribalas, DO
Vaishal Shah, MD
Sikawat Thanaviratananich, MD

Guest Faculty

Fareeha Ashraf, MD
Louis Stokes Cleveland VA Medical Center
Cleveland, OH

Madeleine Grigg-Damberger, MD
University of New Mexico
Albuquerque, NM

Cleveland Clinic Planning Committee

Kristin Baugh, PA-C
Robon Vanek, MSN, MA, APRN

SLEEP MATTERS: Unlocking the Mysteries of Sleep and Brain Health for Neurology Practitioners

Agenda: Saturday, January 10, 2026 – Eastern Time

8:00–8:10 a.m.

Introduction

Nancy Foldvary–Schaefer, DO, MS

8:10–8:40 a.m.

The Case for a Good Night's Sleep: Role of Sleep on Neurologic Outcomes

Madeleine Grigg–Damberger, MD

8:40–9:10 a.m.

Your Brain Without Sleep: Diagnosing and Treating Sleep Disorders to Optimize Brain Health

Winnie Pao, MD

9:10–9:40 a.m.

Sleep Apnea: Diagnosis, Treatment and Clinical Implications in Neurologic Populations

Vaishal Shah, MD

9:40–10:00 a.m.

Q&A Faculty Panel Discussion

10:00–10:15 a.m.

Break

10:15–10:45 a.m.

REM Behavior Disorder Diagnosis, Treatment and Clinical Implication on Brain Health

Carlos Rodriguez, MD

10:45–11:15 a.m.

Advances in Understanding and Treatment of Restless Legs Syndrome

Preeti Devnani, MD

11:15–11:45 a.m.

Crossing Paths: The Clinical Convergence of Sleep and Headache Disorders

MaryAnn Mays, MD

11:45–12:00 p.m.

Q&A Faculty Panel Discussion

12:00–1:00 p.m.

Break

1:00–1:30 p.m.

Evolution in Phenotyping and Diagnostic Testing of Central Disorders of Hypersomnolence

Nancy Foldvary–Schaefer, DO, MS

1:30–2:00 p.m.

Wake Me Up: New and Emerging Therapies for Central Disorders of Hypersomnolence

Sikawat Thanaviratananich, MD

2:00–2:20 p.m.

Leveraging Artificial Intelligence to Enhance Diagnosis and Treatment Outcomes in Hypersomnolence Disorders

Matheus L.D. Araujo, PhD

2:20–2:40 p.m.

Q&A Faculty Panel Discussion

2:40–3:00 p.m.

Break

3:00–3:30 p.m.

Insomnia in Neurologic and Psychiatric Populations: Diagnosis, Treatment and Outcomes

Michael Saribalas, DO

3:30–4:00 p.m.

What's in a Sleep Study? Understanding Indications for Sleep Testing and Tailoring Evaluations to Optimize Outcomes

Fareeha Ashraf, MD

4:00–4:30 p.m.

Sleep Considerations in Pediatric Neurology: Common Case Presentations

Lauren Goldman, MD

4:30–4:45 p.m.

SLEEP by Cleveland Clinic: A Mobile Application for Sleep Disorder Screening

Nancy Foldvary–Schaefer, DO, MS

4:45–4:55 p.m.

Q&A Faculty Panel Discussion

4:55–5:00 p.m.

Wrap Up

Nancy Foldvary–Schaefer, DO, MS

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General Information

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 7.5 *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.

- **American Nurses Credentialing Center (ANCC)**

Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 7.5 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 7.5 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

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.

INFORMATION

For further information about this activity, contact Liz Eaton at Phone: 216.385.9076 or Email: eatonl3@ccf.org

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.

FACULTY PRESENTATIONS

Faculty presentation slides will be available online in PDF format.

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 or eatonl3@ccf.org at least two weeks prior to the activity.

REGISTRATION AND CANCELLATION

REGISTER AT: www.ccfcmc.org/sleepneuro

REGISTRATION IS COMPLIMENTARY

Registration includes: Access to live stream webinar, faculty PowerPoint presentations in PDF format and archived access of the recordings for 3 months.

NOTE: CME credit is only available for logging in and watching the live stream on January 10th.

Preregistrations are accepted until 5:00 pm ET, January 9, 2026.

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