



Wake Up to Sleep Disorders 2015

A Cleveland Clinic Sleep Disorders Center Update

April 15–17, 2015

InterContinental Hotel & Conference Center
Cleveland, OH



www.ccfcmc.org/sleepdisorders15



About the Symposium

The importance of the inter-relationships of Sleep Medicine and overall mind and body health is becoming increasingly apparent. Yet it is estimated that up to 85% of certain sleep disorders remain undiagnosed which therefore will result in high population attributable health risks specific to unrecognized and untreated sleep disorders. This, combined with the changing landscape of Sleep Medicine in terms of diagnostic testing and treatment of sleep disorders, sets the stage for the 6th Cleveland Clinic Sleep Medicine symposium entitled "Wake Up to Sleep Disorders 2015: A Cleveland Clinic Sleep Disorders Center Update."

We invite you to join us for an exciting program which involves a state-of-the-art overview of sleep and circadian disorders targeted to health care providers. We will review the pathophysiology, discuss diagnostic algorithms and highlight both established and innovative therapeutics for common sleep and circadian disorders. The symposium will feature lectures and interactive workshops presented by experts from a variety of disciplines with an emphasis on diagnostic and treatment pearls for busy clinicians.

Target Audience

This symposium is intended for physicians 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:

1. Review the epidemiology and pathophysiologic aspects of sleep disordered breathing (encompassing both obstructive and central sleep apnea) and gain familiarity with respective screening, diagnostic approaches, management paradigms (including the role of out of center sleep testing) and standard as well as recently approved cutting edge, advanced therapeutic modalities.
2. Discuss the prevalence, pathophysiology and cardinal features of insomnia including phenotypic presentation with a targeted review of the important role of now easily accessible non-pharmacologic strategies as well as indications and mechanisms of action of common pharmacologic treatments used in insomnia.
3. Describe the clinical presentation and identification of circadian rhythm disorders as well as the interplay of underlying biologic mechanisms in the context of environmental cues and review the non-pharmacologic treatment approaches as well as the role of pharmacologic treatment.
4. Evaluate the epidemiology, genetic basis and diagnostic criteria for movement disorders including restless legs syndrome and review management strategies including avoidance of precipitating factors and the indications for the various classes of pharmacologic therapy available with an emphasis on the management of challenging and seemingly refractory cases.
5. Explain the neurophysiology of parasomnia disorders with the use of video demonstrations to highlight the distinguishing characteristics of seizures versus disorders of arousal as well as recognizing REM Sleep Behavior Disorder as a precursor to neurodegenerative disorders.
6. Recognize the key clinical signs and symptoms of hypersomnia disorders inclusive of narcolepsy, idiopathic hypersomnia and insufficient sleep syndrome with a focus on the indications and interpretation of diagnostic testing and explaining the role of wake promoting agents in the management of hypersomnia.
7. Discuss the intersection of common sleep disorders relative to other comorbid conditions including respiratory, neurologic and cardiovascular disease as well as approach to sleep-related ethical issues and disease-specific considerations in particular subgroups including children, women, the elderly and health care professionals.

Cleveland Clinic Symposium Co-Directors

Tina Waters, MD
Staff, Sleep Disorders Center

Reena Mehra, MD, MS
Director, Sleep Disorders Research
Sleep Disorders Center
Pulmonary, Allergy and Critical Care Medicine

Nancy Foldvary-Schaefer, DO, MS
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Guest Faculty

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Neurological Center for Pain

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Sleep Disorders Center
Psychiatry and Psychology

Ralph Downey III, PhD
Sleep Disorders Center

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Brandon Hopkins, MD
Head and Neck Institute

Sally Ibrahim, MD
Sleep Disorders Center

Robert Jones, Jr., MD
Internal Medicine

Sangeeta Kashyap, MD
Endocrinology, Diabetes and
Metabolism

Roop Kaw, MD
Hospital Medicine

Nancy Kempke, RN
Sleep Disorders Center

Alan Kominsky, MD
Head and Neck Institute
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Center for Brain Health

Alana Lopez, PhD
Center for Pediatric Behavioral
Health

Patrick McMahon, RPSGT
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Silvia Neme-Mercante, MD
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Hugo Paz Y Mar, MD
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Edwina Polk, RPSGT
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George Thomas, MD
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**Robon Vanek, MSN, MA,
FNP-BC**
Sleep Disorders Center

**Jessica Vensel Rundo,
MD, MS**
Sleep Disorders Center

Harneet Walia, MD
Sleep Disorders Center



Location

InterContinental Hotel & Bank of America Conference Center
9801 Carnegie Avenue
Cleveland, Ohio 44106
Phone: 216.707.4100 or 877.707.8999

Hotel Accommodations

A block of rooms has been reserved at the InterContinental Hotel & Conference Center for a special rate of \$159 single/double (plus tax). The hotel and conference center are located on the campus of the Cleveland Clinic. To secure this rate, you must make your reservation by **5:00 pm (EST) on March 13, 2015**. Contact the hotel reservations department at 216.707.4000 or 855.765.8709. Please identify yourself as part of the Cleveland Clinic Sleep Disorders course for the special meeting rate.

Parking

Parking is available in the Visitor's Parking Garage #2 located at 100th Street & Carnegie for a maximum charge of \$10 per day. From the garage, take the 3rd floor skyway to the hotel. Valet parking is available at the hotel at your own cost of \$11 per car for meeting attendance.

Visit www.clevelandclinic.org for maps and directions.

Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 23.25 *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.

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 23.25 credits.

Respiratory Therapy – Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

Sleep Technologist – Credit is being applied for with AAST – Approval is pending.

The Ohio Board of Nursing will accept at face value the number of contact hours awarded for a continuing education activity that has been approved by a nationally recognized accreditation system of continuing education approval. Therefore 23.25 physician *AMA PRA Category 1 Credits™* will be accepted for nursing credits. Nurses from other states should contact their State Board of Nursing.

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

Register at www.ccfme.org/sleepdisorders15. Registration deadline is **5:00 pm (EST), Friday, April 10, 2015**. A request for a refund must be received in writing by April 1, 2015. No refunds will be given after April 1, 2015. A \$25 cancellation fee will be deducted from the refund for all cancellations.

For questions about registration, please call 216.448.0777 or email cmeregistration@ccf.org.

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 Monet Smith at 216.444.9380 at least two weeks prior to the activity.

Information

For further information about this activity, contact Monet Smith at Local: 216.444.9380; Toll Free: 800.223.2273 x49380; Email: smithm8@ccf.org

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

Self-Assessment Examination

The American Board of Psychiatry and Neurology has approved the Wake Up to Sleep Disorders 2015: A Cleveland Clinic Sleep Disorders Center Update as part of a comprehensive Self-Assessment Program which is mandated by the ABMS as a necessary component of maintenance of certification. Approved for 12 Category 1 CME credits for Self-Assessment.

Cleveland Clinic Sleep Disorders Center

At Cleveland Clinic Sleep Disorders Center, our multidisciplinary program is dedicated to the diagnosis and treatment of sleep disorders in adults and children. Our team approach unites adult neurologists, internal medicine, family medicine, pediatric sleep experts, pulmonary and critical care medicine specialists, psychologists, psychiatrists and otolaryngologists, under one roof. Together, they will work with patients to uncover the cause of sleep problems and tailor the treatment that is best for each patient's lifestyle.



Wednesday, April 15, 2015

Morning Plenary: Sleep Related Breathing Disorders

Chairperson: *Tina Waters*

- 7:00 am **Registration/Continental Breakfast/Exhibits**
Conference Center B Registration Desk – Third Floor
- 8:00 am **Welcome and Introduction** – Conference Center B
Tina Waters
- 8:05 am **Sleep Apnea Epidemiology and Pathophysiology**
Harneet Walia
- 8:35 am **Screening and Diagnosis of Obstructive Sleep Apnea**
Tina Waters
- 9:00 am **Basics of Ventilatory Control and Central Apnea**
Loutfi Aboussouan
- 9:30 am **Sleep Apnea and Cardiovascular Health**
Reena Mehra
- 10:00 am **Refreshment Break/Exhibits**
- 10:20 am **Positive Airway Pressure for Sleep Apnea**
Loutfi Aboussouan
- 10:50 am **Pediatric Sleep Apnea**
Fred Royce
- 11:20 am **Surgical Interventions for Sleep Apnea**
Douglas Trask
- 11:50 am **Weight Loss Treatments for Sleep Apnea**
Sangeeta Kashyap
- 12:15 pm **Panel Q&A**
- 12:30 pm **Lunch Buffet**

1:30-3:15 pm Case-Based Breakout Sessions I

Breakout A: Surgical and Novel Therapies for OSA

Moderator: *Alan Kominsky*

Panel: *Zahr Alsheiktaha, Todd Coy, Joseph Krajekian, Douglas Trask, Harneet Walia, Tina Waters*

Breakout B: Respiratory Disorders and Sleep

Moderator: *Reena Mehra*

Panel: *David Berzon, Puneet Garcha, Vidya Krishnan, Laurence Smolley*

Breakout C: Pediatric Sleep Case Discussion

Moderator: *Kristie Ross*

Panel: *Fred Royce, Brandon Hopkins, Sally Ibrahim, Alana Lopez*

3:15-3:30 pm **Refreshment Break/Exhibits**

3:30-5:15 pm Case-Based Breakout Sessions II

Breakout D: Advanced PAP Therapy

Moderator: *Loutfi Aboussouan*

Panel: *Zahr Alsheiktaha, Puneet Garcha, Vidya Krishnan, Laurence Smolley*

Breakout E: Sleep and the Heart

Moderator: *Reena Mehra*

Panel: *Mina Chung, Michael Faulx, W.H. Wilson Tang, George Thomas*

Breakout F: Perioperative/Inpatient Sleep Apnea

Moderator: *Silvia Neme-Mercante*

Panel: *Dennis Auckley, Roop Kaw, Hugo Paz Y Mar, Linda Skolaris, Robon Vanek*

5:15 pm **Adjourn**

5:15-6:30 pm **Symposium Reception** – Six Continents Room

Thursday, April 16, 2015

Morning Plenary: Disorders Associated with Insomnia and Restless Legs Syndrome

Chairperson: *Reena Mehra*

- 7:30 am **Registration/Continental Breakfast/Exhibits**
Conference Center B Registration Desk – Third Floor
- 8:00 am **Announcements**
Reena Mehra
- 8:05 am **Sleep, Wakefulness and Circadian Biology**
Douglas Moul
- 8:35 am **Insomnia: Epidemiology and Pathophysiology**
Ralph Downey
- 9:00 am **Cognitive Behavioral Therapy for Insomnia**
Michelle Drerup
- 9:20 am **Insomnia Pharmacotherapy**
Ketan Deoras
- 9:45 am **Refreshment Break/Exhibits**
- 10:00 am **Sleep and Chronic Pain Disorders**
Sara Davin
- 10:25 am **Restless Legs Syndrome Epidemiology and Pathophysiology**
Jessica Vensel Rundo
- 10:55 am **Management Strategies for Restless Legs Syndrome**
Charles Bae
- 11:20 am **Sleep and Aging**
Harneet Walia
- 11:45 am **Sleep in Females across the Lifespan**
Sally Ibrahim
- 12:10 pm **Panel Q&A**
- 12:30 pm **Lunch Buffet**



Thursday, April 16, 2015 *(continued)*

1:30-3:15 pm Case-Based Breakout Sessions III

Breakout G: Challenging or Unusual PSG Tracings

Moderator: Sally Ibrahim

Panel: Loutfi Aboussouan, Zahr Alsheikhtaha, Subhra Chakrabarti, Silvia Neme-Mercante, Patrick McMahon

Breakout H: Sleep Disorders in Neurology

Moderator: Carlos Rodriguez

Panel: Charles Bae, Nancy Foldvary-Schaefer, James Leverenz, Jessica Vensel Rundo, Tina Waters

Breakout I: Role of Nursing in Sleep Disorders Management

Moderator: Robon Vanek

Panel: Mary Harmych, Dennis Kelley, Nancy Kempke, Douglas Moul, Rebecca Thorne

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

3:30-5:15 pm Case-Based Breakout Sessions IV

Breakout J: Challenging RLS Cases

Moderator: Jessica Vensel Rundo

Panel: Charles Bae, A. Romeo Craciun, Carlos Rodriguez

Breakout K: OSA 101 for Primary Care Providers

Moderator: Nancy Foldvary-Schaefer

Panel: Robert Jones, Jr., Patrick McMahon, Robon Vanek, Harneet Walia

Breakout L: Treatment Options for Insomnia: To Prescribe or Not to Prescribe

Moderator: Michelle Drerup

Panel: Michael Bonnet, Ketan Deoras, Ralph Downey, Megan Lavery, Douglas Moul

5:15 pm Adjourn

5:15-6:00 pm Home Sleep Test Demo Subhra Chakrabarti, Elizabeth Costatino

Friday, April 17, 2015

Morning Plenary: Sleep and the Central Nervous System

Chairperson: Nancy Foldvary-Schaefer

7:30 am Registration/Continental Breakfast/Exhibits Conference Center B Registration Desk – Third Floor

8:00 am Announcements Nancy Foldvary-Schaefer

8:05 am Cognitive and Behavioral Effects of Sleep Deprivation Michael Bonnet

8:35 am Advances in Narcolepsy and Idiopathic Hypersomnia Nancy Foldvary-Schaefer

9:05 am Disorders of Hypersomnia in Pediatrics Sally Ibrahim

Friday, April 17, 2015 *(continued)*

9:30 am Daytime Testing for Hypersomnia Disorders Donna Arand

10:00 am Refreshment Break/Exhibits

10:15 am Use of Wake Promoting Medications in Sleep Medicine Silvia Neme-Mercante

10:45 am Complex Nocturnal Behaviors: Differentiating Seizures and Disorders of Arousal Nancy Foldvary-Schaefer

11:15 am REM Behavior Disorder: A Precursor to Neurodegenerative Disorders Carlos Rodriguez

11:40 am Sleep and Neurodegeneration James Leverenz

12:10 pm Panel Q & A

12:30 pm Lunch Buffet

1:30-3:15 pm Case-Based Breakout Sessions V

Breakout M: Management of Narcolepsy and Hypersomnias

Moderator: Charles Bae

Panel: Donna Arand, Sally Ibrahim, Silvia Neme-Mercante, Nancy Foldvary-Schaefer

Breakout N: Troubleshooting the PAP-Challenged Patient

Moderator: Tina Waters

Panel: Michelle Drerup, Petra Podmore, Edwina Polk, Carlos Rodriguez

Breakout O: Ethics in Sleep

Moderator: Paul Ford

Panel: Ketan Deoras, Reena Mehra, Douglas Moul, Fred Royce

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

3:30-5:15 pm Case-Based Breakout Sessions VI

Breakout P: Circadian Rhythm Disorders: Case Discussion

Moderator: Ralph Downey

Panel: Donna Arand, Michael Bonnet, Michelle Drerup, Douglas Moul

Breakout Q: Sleep and Transportation: Safety Concerns in the Management of Narcolepsy, Shift Work and Sleep Apnea

Moderator: Harneet Walia

Panel: Dennis Auckley, Charles Bae, Ziad Shaman, Raymond Salomone

Breakout R: Video Analysis of Complex Nocturnal Behaviors

Moderator: Silvia Neme-Mercante

Panel: Nancy Foldvary-Schaefer, Carlos Rodriguez

5:15 pm Adjourn



Wake Up to Sleep Disorders 2015 A Cleveland Clinic Sleep Disorders Center Update

Course 02010423

April 15-17, 2015
InterContinental Hotel & Bank of America Conference Center
9801 Carnegie Avenue
Cleveland, Ohio 44106

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

REGISTER ONLINE AT www.ccfcmc.org/sleepdisorders15
CCF Employees should check fees and register online at the above web address.

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

	FULL Symposium April 15-17	Wednesday April 15	Thursday April 16	Friday April 17
Physician/Surgeon/PhD	☐ \$495.00	☐ \$255.00	☐ \$255.00	☐ \$255.00
Resident/Fellow*	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00
Non-Physician	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00

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

☐ I require vegetarian lunch

CCF Employees should check fees and register online at the above web address.

Please Print

First Name _____ MI _____ Last Name _____ Degree _____

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Specialty _____ Email _____

Total amount enclosed: \$ _____

Make check payable and mail to:

The Cleveland Clinic Educational Foundation, PO Box 931653, Cleveland, OH 44193-1082

If you would like to register using a credit card, please go to www.ccfcmc.org/sleepdisorders15 or call 216.448.0777 where it will be handled directly by a certified processor.

Breakout Session Sign-Up Choose one per session

Wednesday, April 15

Session I – 1:30-3:15 pm

- ☐ A – Therapies for OSA
- ☐ B – Respiratory Disorders
- ☐ C – Pediatric Sleep

Session II – 3:30-5:15 pm

- ☐ D – Advanced PAP Therapy
- ☐ E – Sleep and the Heart
- ☐ F – Perioperative/Inpatient Sleep Apnea

Thursday, April 16

Session III – 1:30-3:15 pm

- ☐ G – Challenging PSG Tracings
- ☐ H – Sleep Disorders in Neurology
- ☐ I – Role of Nursing

Session IV – 3:30-5:15 pm

- ☐ J – Challenging RLS Cases
- ☐ K – OSA 101 for Primary Care
- ☐ L – Treatment for Insomnia

Friday, April 17

Session V – 1:30-3:15 pm

- ☐ M – Narcolepsy & Hypersomnias
- ☐ N – PAP Challenged Patient
- ☐ O – Ethics in Sleep

Session VI – 3:30-5:15 pm

- ☐ P – Circadian Rhythm Disorders
- ☐ Q – Sleep & Transportation
- ☐ R – Complex Nocturnal Behaviors