

# 2026 | AADSM ANNUAL MEETING

Friday, May 1 – Sunday, May 3  
Hyatt Regency Chicago  
Chicago, IL

**PRE-MEETING ADD-ON COURSE**  
**Evolving Trends in Sleep Data: From Sleep Study**  
**Interpretation to Therapy Optimization**  
Thursday, April 30



## Join fellow dentists, physicians, scientists, and other health care professionals who want to know more about sleep-related breathing disorders.

Reunite with old friends and network with new colleagues at the AADSM Annual Meeting! The meeting offers a stellar line-up of speakers presenting the latest education and findings in dental sleep medicine through lectures, case-based discussions, panels, Q&A, and interactions with colleagues.

The meeting will also feature:

- ▶ Pre-meeting Evolving Trends in Sleep Data: From Sleep Study Interpretation to Therapy Optimization Course
- ▶ Opening address by motivational speaker, Lou Radja presenting “Dancing in the Rain: Thriving in Changing Times”
- ▶ Keynote address by Atul Malhotra, MD on “Underlying Mechanisms of Obesity-Induced Obstructive Sleep Apnea”
- ▶ 100+ clinical take-aways to implement in your practice
- ▶ Practice management, advanced and case-based tracks
- ▶ Extended lunch breaks to give you ample time to browse the exhibit hall and catch up on the latest products and services in the industry
- ▶ Networking reception with complimentary drink tickets

RECORDED SESSIONS: Unable to attend all of the sessions you want? Or want to listen to a great session again? Your in-person meeting registration includes access to recorded sessions following the meeting.

We hope to see you in Chicago!



Register at  
**[aadsm.org/annualmeeting](https://aadsm.org/annualmeeting)**  
by March 20 and SAVE!



NETWORK. LEARN. EXPLORE.

# GENERAL INFORMATION

## MEETING LOCATION

### Hyatt Regency Chicago

151 E Wacker Dr.  
Chicago, IL 60601

## HOTEL RESERVATIONS

Take advantage of the AADSM's discounted group rate!

**Rate:** \$259, plus taxes and fees

**Cut-off Date:** Wednesday, April 8 or sooner if the room block sells out

**Reserve Online:** [aadsm.org/travel\\_and\\_housing.php](http://aadsm.org/travel_and_housing.php)

**Reserve by Phone:** 312-565-1234 (reference code: AADSM26)

## QUESTIONS? CONTACT US!

American Academy of Dental Sleep Medicine  
901 Warrenville Rd., Suite 180  
Lisle, IL 60532  
Phone: (630) 686-9875  
Fax: (630) 686-9876  
Email: [annualmeeting@aadsm.org](mailto:annualmeeting@aadsm.org)

Visit [aadsm.org/annualmeeting](http://aadsm.org/annualmeeting)  
for more information.

## THINGS TO DO IN CHICAGO

### Entertainment

Whether you're into live music, comedy, or skyline views – Chicago delivers! Take time to explore everything Chicago has to offer with so many options at your fingertips. It's the perfect chance to mix learning with a little adventure.

### Restaurants

From world famous deep-dish pizza to Michelin starred dining and rooftop views, Chicago's food scene is second to none. Explore local favorites, trendy bistros, and classic steakhouses – there's something delicious for every taste!

### Explore

Step outside and take in the beauty of Chicago's lakefront. Enjoy a stroll through Millennium Park, catch the reflection at "The Bean", or rent a bike along the Lakefront Trail. If you're looking to unwind, the open spaces and skyline views come together perfectly here.

Make your stay in the Windy City a memorable one!

Visit [aadsm.org/travel\\_and\\_housing.php](http://aadsm.org/travel_and_housing.php)

| REGISTRATION RATES           | On or before March 20 | March 21–April 29 | Onsite |
|------------------------------|-----------------------|-------------------|--------|
| AADSM Member                 | \$675                 | \$750             | \$775  |
| AADSM Student Member         | \$75                  | \$75              | \$75   |
| AADSM Federal Service Member | \$200                 | \$225             | \$250  |
| AADSM Dental Team Member     | \$350                 | \$425             | \$450  |
| Nonmember                    | \$875                 | \$950             | \$975  |

## Evolving Trends in Sleep Data: From Sleep Study Interpretation to Therapy Optimization Course Thursday, April 30

Hyatt Regency Chicago

Add registration for this one-day course taking place the day prior to the annual meeting general session. This course will take a deep dive into sleep-data interpretation. Learn what sleep physicians prioritize when evaluating different testing modalities, how these technologies inform candidacy for oral appliance therapy, how to assess treatment efficacy, and how to support long-term follow-up using reliable data streams.

This course will also be recorded. Your in-person registration includes access to the recorded sessions following the meeting.

*\*Individuals must be registered for the 2026 AADSM Annual Meeting to register for and attend the Evolving Trends in Sleep Data Course*

*\*\*Member categories include: Full, Dental Team Member, Academic, Federal Service, Student, Retired, and Emeritus*

### REGISTRATION RATES\*

| AADSM Member** | Nonmember |
|----------------|-----------|
| \$225          | \$325     |

Register today at [aadsm.org/annualmeeting](http://aadsm.org/annualmeeting)



SCHEDULE  
OF EVENTS

All sessions and events, with the exception of the Evolving Trends in Sleep Data: From Sleep Study Interpretation to Therapy Optimization Course and the Chicago River Soirée, are included with meeting registration. Registration also includes access to the exhibit hall and session recordings.

THURSDAY, APRIL 30, 2026

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:45am – 5:30pm | <b>Evolving Trends in Sleep Data: From Sleep Study Interpretation to Therapy Optimization</b><br><i>Optional Add-On Course</i><br>This course will take a deep dive into sleep-data interpretation. Learn what sleep physicians prioritize when evaluating different testing modalities, how these technologies inform candidacy for oral appliance therapy, how to assess treatment efficacy, and how to support long-term follow-up using reliable data streams. The AADSM designates this course for 8 continuing education credits. <a href="#">See the full schedule at aadsm.org/annualmeeting.</a> |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

FRIDAY, MAY 1, 2026

Exhibit Hall  
10:00am – 7:00pm

|                 |                                   |
|-----------------|-----------------------------------|
| 8:00am – 9:00am | <b>WELCOME ADDRESS AND AWARDS</b> |
|-----------------|-----------------------------------|

|                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Opening Address</b><br>9:00am – 10:00am  | <b>Dancing in the Rain: Thriving in Changing Times</b><br>Lou Radja<br><br>Lou Radja works tirelessly to improve the lives of many across the globe. A recognized and award-winning inspirational speaker and founder of Lou Radja Enterprises, Mr. Radja has addressed and engaged global citizens all over the world on leadership, diversity, service and personal development.                                                                                                                                                                                                                                                      |
| <b>Keynote Address</b><br>10:30am – 11:30am | <b>A01: Underlying Mechanisms of Obesity-Induced Obstructive Sleep Apnea</b><br>Atul Malhotra, MD<br><br>Dr. Malhotra serves as Vice Chair of Medicine for Research and Research Chief of Pulmonary, Critical Care, Sleep Medicine, and Physiology at UC San Diego. He is the Peter C. Farrell Presidential Chair and a tenured Professor of Respiratory Medicine. Clinically, he remains active in both the intensive care unit and outpatient settings. He also directs a large NIH-funded research laboratory and has authored more than 900 peer-reviewed publications, including over 580 original research articles, since 2000. |

|                   |                                                                                |
|-------------------|--------------------------------------------------------------------------------|
| 11:30am – 12:30pm | <b>A02: Clinical Significance of Sleepiness</b><br>Anita Valanju Shelgikar, MD |
|-------------------|--------------------------------------------------------------------------------|

|                 | TRACK A                                                                                                 | TRACK B                                                                                                                                   |
|-----------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 2:00pm – 3:00pm | <b>A03: Integrative Path to Sleep Optimization –Bridging DSM and Sleep Medicine</b><br>Shane Creado, MD | <b>B01: Oral Presentations</b><br>Distinguished award winners and investigators present their latest research and new ideas in the field. |

|                 | TRACK A                                                                                                                                                                                                                                                                                                                                                                                                          | TRACK B                                                                                                                                     |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 3:00pm – 4:00pm | <b>A04: Session to be Announced</b>                                                                                                                                                                                                                                                                                                                                                                              | <b>B02: Introduction to Dental Sleep Medicine</b><br>Karen Wuertz, DDS                                                                      |
| 4:30pm – 5:30pm | <b>A05: Enough is Enough: Strict Hypopnea Criteria Exacerbate Sleep-Related Health Disparities in Females</b><br>Hrayr Attarian, MD                                                                                                                                                                                                                                                                              | <b>B03: Evaluating Success in OSA: Oral Appliance Therapy's Efficacy, Effectiveness, and Non-responders to Therapy</b><br>John Carollo, DMD |
| 5:30pm – 6:00pm | <b>FIRST TIME ATTENDEE RECEPTION</b><br>If this will be your first time attending the AADSM Annual Meeting, join us for beverages and light hors d'oeuvres prior to the main networking reception, so we can personally welcome you!                                                                                                                                                                             |                                                                                                                                             |
| 6:00pm – 7:00pm | <b>NETWORKING RECEPTION</b><br>All meeting attendees and registered family members are invited to attend this reception in the exhibit hall. Take advantage of this opportunity to unwind and network with colleagues and exhibitors. The reception is included with your registration and will feature hors d'oeuvres, food stations, and two complimentary drink tickets, followed by a full-service cash bar! |                                                                                                                                             |



New to dental sleep medicine? Bring your team members and attend **Track C – Practice Management** to learn how you can work as a team to incorporate oral appliance therapy into your dental practice!

## SATURDAY, MAY 2, 2026

|                   | TRACK A<br>Clinical Findings<br>Advanced sessions for experienced DSM providers.            | TRACK B<br>Case-Based Discussions<br>Interactive discussions that address real life scenarios and how to deal with barriers that may be encountered. | TRACK C<br>Practice Management<br>Sessions geared toward team members and dentists.                                                                                           |
|-------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00am – 9:00am   | <b>A06: The Impact of Medication on Daytime Sleepiness</b><br>Stella Hahn, MD               | <b>B04: Device Selection</b><br>Lindsey Deol, DDS and Angie Nauman, DDS                                                                              | <b>C01: Difficult Conversations, Powerful Outcomes: Communication Strategies for Every Step of the Patient Journey</b><br>Rubina Nguyen, DDS; Tina Saggar; and Maria Montonya |
| 9:00am – 10:00am  | <b>A07: OSA: Who Should be Treated to Reduce Cardiovascular Risk</b><br>Daniel Gottlieb, MD |                                                                                                                                                      |                                                                                                                                                                               |
| 10:30am – 11:30am | <b>A08: Future Developments in Upper Airway Treatments</b><br>Tom Kaffenberger, MD          | <b>B05: OAT in Combination with GLP-1's</b><br>Tanya DeSanto, DDS and Nicole Florence, MD                                                            | <b>C02: Building Bridges with the Healthcare Community</b><br>Richard Dunn, DDS and Jessica Turner, CDA                                                                       |

|                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                           |                                                                                                     |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 11:30am – 12:30pm | <b>A09: Melatonin and Other Supplements in the Pediatric Population</b><br>Judith Owens, MD, MPH                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>B06: Session to be Announced</b>                                                                                       | <b>C03: Billing and Reimbursement 101</b><br>Belinda Postol, RN                                     |
| 12:30pm – 1:00pm  | <b>AADSM MEMBERSHIP MEETING</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                           |                                                                                                     |
| 1:30pm – 2:00pm   | <b>ABDSM EXAM INFO SESSION</b><br>Want to learn more about the ABDSM exam? Stop by to participate in this informational session!                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                           |                                                                                                     |
|                   | <b>TRACK A</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>TRACK B</b>                                                                                                            | <b>TRACK C</b>                                                                                      |
| 2:00pm – 3:00pm   | <b>A10: Sex Differences in Oral Appliance Therapy and Treatment Outcomes</b><br>Ghizlane Aarab, DDS, PhD                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>B07: Managing Elderly Patients</b><br>Ken Mogell, DMD                                                                  | <b>C04: Implementing Telehealth and Remote Care</b><br>Belinda Postol, RN                           |
| 3:00pm – 4:00pm   | <b>A11: Periodontology and OSA</b><br>Maria Clotilde Carra, DMD, MSc, PhD                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>B08: Sleep Collaborations: Combination approaches to OSA Management</b><br>Nicole Chenet, DDS and Tom Kaffenberger, MD | <b>C05: Leveraging Social Media to Grow Your Practice</b><br>KNB Marketing: Bridget Saroff          |
| 4:30pm – 5:30pm   | <b>A12: AASM PLATO-11: A New Clinical Tool to Assess Response to OSA Treatment in Adults</b><br>Douglas Kirsch, MD                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>B09: Sleep Is For Everyone: Treating Marginalized Communities</b><br>Andrew Swiatowicz, DDS                            | <b>C06: The Zombie Apocalypse - Effectively Managing a Team to Avoid Crises</b><br>Paul Jacobs, DDS |
| 6:30pm – 9:00pm   |  <p><b>CHICAGO RIVER SOIRÉE</b><br/>\$275 per ticket<br/>Join us for an unforgettable evening aboard the Odyssey Chicago River Vessel! Your ticket will include stunning views of Chicago's iconic skyline, an open bar, three-course plated dinner, music, and the opportunity to socialize with fellow attendees in a relaxed, elegant atmosphere.<br/><i>Full meeting attendees are welcome to purchase multiple tickets if they wish to bring a guest.</i></p> |                                                                                                                           |                                                                                                     |

Photo credit: Hornblower Group City Cruises

## SUNDAY, MAY 3, 2026

|                   |                                                                            |
|-------------------|----------------------------------------------------------------------------|
| 8:00am – 9:00am   | <b>A13: Menopause and Sleep</b><br>Fiona Baker, PhD                        |
| 9:00am – 10:00am  | <b>A14: Psychological Aspect of Pain</b><br>Justin Long, MCP, Rpsych       |
| 10:30am – 11:30am | <b>A15: Marijuana and Sleep</b><br>Bhanu Kolla, MD                         |
| 11:30am – 12:30pm | <b>A16: New Definition of Bruxism</b><br>Daniele Manfredini, DDS, MSc, PhD |



## EXHIBIT HALL

**Learn about the newest products and services in the field by visiting the exhibit hall!**

The AADSM Annual Meeting exhibit hall showcases booth displays of oral appliance manufacturers, dental laboratories, software companies and many more. You must be at least 16 years of age to enter the exhibit hall.

## WHAT ATTENDEES HAD TO SAY ABOUT THE 2025 AADSM ANNUAL MEETING

**“I thought it was very well put together and offered many choices for CE.”**

“I liked the presentations because they helped guide my clinical decision-making based on patient symptoms and anatomy.”



“Wonderful experience. Well organized.”



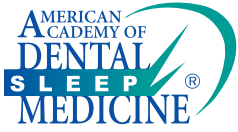
**“It was very informative with the latest info that could be applied ‘Monday morning’.”**

“This was my first conference and I had so much fun learning a variety of things each day.”



**Earn up to 34 CE by attending the meeting in person and listening to recorded sessions on-demand after the meeting. Earn an additional 8 CE by attending the Evolving Trends in Sleep Data Pre-meeting Course.**

Unable to attend the meeting? We will certainly miss you, but you will have the opportunity to earn up to 34 CE for the general session and 8 CE for the pre-meeting add-on course by purchasing access to the recorded sessions after the meeting. Details will be available at [aadsm.org](http://aadsm.org) in late summer 2026.



**American Academy of Dental Sleep Medicine**  
901 Warrenville Road, Suite 180  
Lisle, IL 60532

**Register and learn more at**  
**[aadsm.org/annualmeeting](https://aadsm.org/annualmeeting)**



**Register by March 20 to save!**

**May 1-3, 2026 | Chicago, IL | Hyatt Regency Chicago**

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