

# Wake Up to Sleep Disorders 2021

A Cleveland Clinic Sleep Disorders Center Update

***Innovation and Personalization in Sleep Medicine***

October 9-10, 2021

**Virtual Live Stream**





## About the Symposium

Ongoing efforts to increase awareness and educate health care providers about sleep disorders is essential as prevalence rates continue to escalate and the impact on health, functioning and well-being are widespread. Innovations in technology, pharmacotherapy and precision medicine are advancing sleep medicine care. Our 11th Cleveland Clinic symposium *“Wake Up to Sleep Disorders 2021: A Cleveland Clinic Sleep Disorders Center Update”* will focus on emerging therapies and new perspectives that will bring together a diverse panel of experts to review cutting-edge treatments and innovative research, and the expanding landscape of personalization in the provision of sleep medicine care.

This 2-day program will highlight sleep wake neurobiology and pharmacotherapy, sleep and inflammation, the impact of sleep loss on health, as well as personalization in sleep medicine including obstructive sleep apnea phenotyping and tailoring sleep disorder assessment and interventions for complex patient populations. Innovations in neuromodulation, artificial intelligence, and positive airway pressure therapy will be discussed.

Please join us for this exciting and interactive program.

## Target Audience

Intended for physicians, technologists, nursing providers and other health care practitioners in the fields of Internal Medicine, Family Practice, Neurology, Otolaryngology, Pediatrics, Pulmonary, Psychiatry, Psychology and Sleep Medicine.

## Objectives

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

- Recognize advances in artificial intelligence in sleep medicine, sleep tracking technologies, and personalized sleep medicine care, and provide insights into future polysomnographic techniques for the evaluation of sleep disordered breathing.
- Review the neurobiology of sleep and wake states and the targets of therapies for nervous system hypersomnia disorders and insomnias, and describe the effects of sleep deficiency, sleep disorders, and their treatments on brain health.
- Discuss associations between sleep and inflammation, emerging concepts of obstructive sleep apnea neuromodulation, and evidence-based advances in positive airway pressure therapy for sleep disordered breathing.
- Describe the latest in pediatric sleep medicine, circadian and state-specific sleep disorders, insomnia care models, and the evolving perspectives in restless legs syndrome therapy.
- Summarize the most important sleep medicine research publications from 2020 and 2021 and describe their impact on clinical care.
- Define the clinical issues associated with recent developments in the use of cognitive behavioral therapy, pharmacological therapy, and melatonin to manage insomnia.





## Cleveland Clinic Course Co-Directors

### **Nancy Foldvary-Schaefer, DO, MS**

Director, Sleep Disorders Center

### **Michelle Drerup, PsyD, DBSM**

Director, Behavioral Sleep Medicine  
Sleep Disorders Center

## Guest Faculty

### **Andrew Krystal, MD**

Ray and Dagmar Dolby Distinguished Professor  
Director, Dolby Family Center for Mood Disorders  
Director, Clinical and Translational Sleep Research Program  
Departments of Psychiatry and Neurology  
University of California San Francisco

### **Sigrid Veasey, MD, DABSM**

Professor of Medicine  
Department of Medicine and  
Center for Sleep and Circadian Neurobiology  
Perleman School of Medicine  
University of Pennsylvania

### **Harneet K. Walia, MD**

Director of Sleep Medicine and Continuous Improvement  
Miami Cardiac & Vascular Institute  
Baptist Health South Florida

## Cleveland Clinic Faculty

### **Loutfi Aboussouan, MD**

Pulmonary Medicine  
Sleep Disorders Center

### **Zahr Alsheikhtaha, RPSGT**

Sleep Disorders Center

### **Joseph Andrew Berkowski, MD**

Sleep Disorders Center

### **Ralph Downey III, PhD**

Sleep Disorders Center

### **Lauren Goldman, MD**

Sleep Disorders Center

### **Alexa Kane, PsyD**

Sleep Disorders Center  
Mellen Center for Multiple Sclerosis

### **Louis Kazaglis, MD**

Sleep Disorders Center

### **Nancy Kempke, MSN, APRN\***

Sleep Disorders Center

\*Planning Committee

### **Alan Kominsky, MD**

Head and Neck Institute  
Sleep Disorders Center

### **Amy Kunchok, MD**

Mellen Center for Multiple Sclerosis

### **Colleen Lance, MD**

Sleep Disorders Center

### **Reena Mehra, MD, MS**

Sleep Disorders Center

### **William Novak, MD**

Sleep Disorders Center

### **Winnie Pao, MD**

Lou Ruvo Center for Brain Health  
Sleep Disorders Center

### **Frank Papay, MD**

Dermatology & Plastic Surgery Institute

### **Cinthya Peña-Orbea, MD**

Sleep Disorders Center

### **Jagan Pillai, MD, PhD**

Lou Ruvo Center for Brain Health

### **Carlos Rodriguez, MD**

Sleep Disorders Center

### **Alicia Roth, PhD, DBSM**

Sleep Disorders Center

### **Vaishal Shah, MD, MPH**

Sleep Disorders Center  
Center for Pediatric Pulmonary Medicine

### **Thaddeus Stappenbeck, MD, PhD**

Department of Inflammation and Immunity

### **Robon Vanek, MSN, MA, APRN**

Sleep Disorders Center

### **Jessica Vensel Rundo, MD, MS**

Sleep Disorders Center

## 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, critical care medicine, pediatrics and otolaryngology.



Saturday October 9, 2021

## **Evolving Perspectives in Sleep Medicine**

Moderator: Nancy Foldvary-Schaefer, DO, MS

- 8:00 - 8:10 am      **Introduction/Symposium Review**  
Nancy Foldvary-Schaefer, DO, MS
- 8:10 - 8:35 am      **The Case for a Good Night's Sleep**  
Colleen Lance, MD
- 8:35 - 9:05 am      **Artificial Intelligence in Sleep: How Computers are Advancing Sleep Care**  
Louis Kazaglis, MD
- 9:05 - 9:35 am      **Personalized Sleep Care: Predicting Treatment Response using Physiologic Endophenotypes in Obstructive Sleep Apnea**  
Reena Mehra, MD, MS
- 9:35 - 10:00 am      **Into the Future: Novel Measurements of Respiratory Effort in Polysomnography**  
Loutfi Aboussouan, MD
- 10:00 - 10:30 am      **Break/Virtual Exhibits**

## **BREAKOUT SESSION 1**

### **Breakout A: On the Cutting Edge: Hypoglossal Nerve Stimulation Therapy Advances**

Moderator: Harneet Walia, MD

Panelists: Alan Kominsky, MD, Vaishal Shah, MD, Frank Papay, MD, Jessica Vensel Rundo, MD, MS

### **Breakout B: Tailored Sleep Care Models: One size does *not* fit all**

Moderator: Alexa Kane, PsyD

Panelists: Cinthya Peña-Orbea, MD and Nancy Kempke, MSN, APRN

## **12:00 - 12:30 pm      Lunch/Virtual Exhibits**

## **Sleep-Wake Neurobiology: Therapies and Targets**

- 12:30 - 1:00 pm      **Understanding Neurobiology of Sleep/Wake and Sleep Disorders to Optimize Care**  
Keynote Speaker: Sigrid Veasey, MD, DABSM
- 1:00 - 1:30 pm      **Wake Me Up: New and Emerging Therapies for Narcolepsy**  
Nancy Foldvary-Schaefer, DO, MS
- 1:30 - 3:00 pm      **Boosting Brain Health: Case Discussions in Sleep Neurology**  
Moderator: Carlos Rodriguez, MD  
Panelists: Sigrid Veasey, MD, PhD, Winnie Pao, MD, Jessica Vensel Rundo, MD, MS, Nancy Foldvary-Schaefer, DO, MS

*Time for questions and answers is included in each presentation*



Sunday October 10, 2021

## Advancing Precision in Sleep Medicine

Moderator: Michelle Drerup, PsyD, DBSM

- 8:00 - 8:10 am      **Introduction/Symposium Review**  
*Michelle Drerup, PsyD, DBSM*
- 8:10 - 8:30 am      **Emerging Concepts and Therapies in Pediatrics Sleep Medicine**  
*Lauren Goldman, MD*
- 8:30 - 9:00 am      **Go for the Gold Standard: Principles and Practices of Cognitive Behavioral Therapy for Insomnia**  
*Michelle Drerup, PsyD, DBSM and Alicia Roth, PhD, DBSM*
- 9:00 - 9:30 am      **Dopamine in Restless Legs Syndrome: Is it hot or is it not?**  
*Andy Berkowski, MD*
- 9:30 - 9:50 am      **Debunking Melatonin Myths**  
*Colleen Lance, MD and Louis Kazaglis, MD*
- 9:50 - 10:20 am      **Break/Virtual Exhibits**

## 10:20 - 11:50 am      **BREAKOUT SESSION 2**

### **Breakout C: CPAP and Bilevel PAP and ASV, Oh My: Right treatment, right patient, right time**

Co-Moderators: Loutfi Aboussouan, MD and Zahr Alsheikhtaha, RPSGT

Panelists: Louis Kazaglis, MD, Ralph Downey III, PhD, Colleen Lance, MD

### **Breakout D: The Rhythm is Gonna Get You: Tailoring Therapy for Circadian Rhythm Disorder**

Moderator: Winnie Pao, MD

Panelists: William Novak, MD, Carlos Rodriguez, MD, Robon Vanek, MSN, MA, APRN

## 11:50 - 12:20 pm      **Lunch/Virtual Exhibits**

### **What's the buzZZZ....Hot topics in Sleep Medicine**

- 12:20 - 12:40 pm      **Sleep and Covid-19**  
*Cinthya Peña-Orbea, MD*
- 12:40 - 1:00 pm      **Year in Review: Most Read Sleep Articles of 2020-21**  
*Jessica Vensel Rundo, MD, MS*
- 1:00 - 1:30 pm      **Show Me the Evidence: Insomnia Targets and Pharmacotherapy**  
*Keynote Speaker: Andrew Krystal, MD*
- 1:30 - 3:00 pm      **Sleep and Inflammation: In Sickness and in Health**  
Moderator: Winnie Pao, MD  
Panelists: Amy Kunchok, MD, Reena Mehra, MD, MS, Thaddeus Stappenbeck, MD, PhD, Jagan Pillai, MD, PhD

*Time for questions and answers is included in each presentation*

# General Information



## Information

For further information about this activity, contact Shana Spade at:  
Local: 216.444.9380  
Toll Free: 800.223.2273 x49380  
Email: [spades@ccf.org](mailto:spades@ccf.org)

## Registration and Cancellation Information

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

**Register at:** [www.ccfme.org/sleepdisorders](http://www.ccfme.org/sleepdisorders)

CCF Employees should check fees and register online.

**Registration includes:** Access to live stream, faculty PowerPoint presentations in PDF format and access to the archived live stream recordings post symposium. To obtain continuing education credits, registrants must participate in the live online activity October 9-10, 2021.

### Symposium Fees

**Physician - \$150**

**Resident/Fellow\* - Complimentary**

**Non-Physician - \$50**

**Student\* - Complimentary**

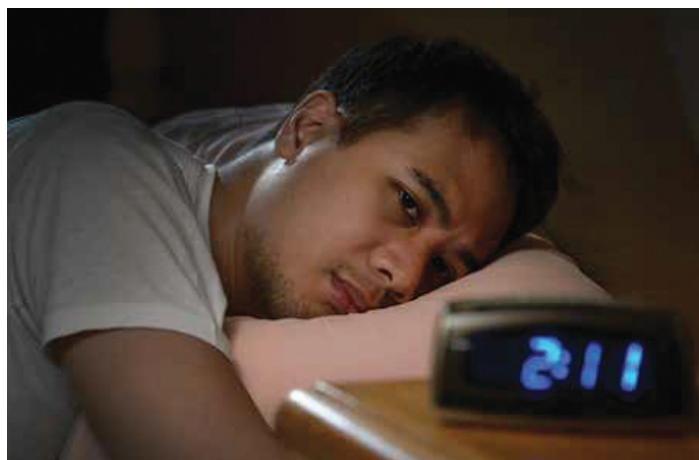
\*Letter from Program Director or Chairman must be received in our office prior to the symposium to receive this fee.

Preregistrations are accepted online until, **October 8, 2021**.  
In case of cancellation, a full refund will be made if canceled by **October 1, 2021**. After **October 1, 2021**, 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 **October 9, 2021**.

For questions about registering online: Call: 216.448.8710 or Email: [cmeregistration@ccf.org](mailto: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 Shana Spade at 216.444.9380 at least two weeks prior to the activity.



## Accreditation

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

The Cleveland Clinic Foundation Center for Continuing Education designates this internet live activity for a maximum of 12 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 12 credits.

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

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

**Nursing** – Cleveland Clinic Enterprise is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## ABPN Self-Assessment

The American Board of Psychiatry and Neurology has reviewed the Wake Up to Sleep Disorders 2021: A Cleveland Clinic Sleep Disorders Center Update and has approved this program as part of a comprehensive Self-Assessment Program which is mandated by the ABMS as a necessary component of maintenance of certification. Approved for up to 12 Category 1 CME Self-Assessment credits.

## 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.

## 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.

*Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone an activity at our sole discretion. In the unlikely event that this occurs, Cleveland Clinic is not responsible for related costs incurred as a result of any course cancellations or changes.*