

Wake Up to Sleep Disorders 2016

A Cleveland Clinic Sleep Disorders Center Update

April 11–13, 2016

InterContinental Hotel & Conference Center
Cleveland, OH



About the Symposium



About the Symposium

The interrelationships between sleep medicine and overall mind and body health continue to expand, yet it is estimated that up to 85% of certain sleep disorders remain undiagnosed. Large population health risks attributable to unrecognized and untreated sleep disorders are emerging, and the landscape of diagnostic testing and treatment of sleep disorders is continually changing.

This stimulating agenda provides a state-of-the-art overview of sleep disorders. The symposium will feature lectures and interactive case-based workshops presented by experts from a variety of disciplines with an emphasis on diagnostic and treatment pearls for diligent 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, and appropriate management paradigms (including the role of home sleep testing), as well as cutting edge, advanced therapeutic modalities, including hypoglossal nerve stimulation.
2. Discuss the prevalence, pathophysiology and cardinal features of insomnia including phenotypic presentation with a targeted review of the important role of easily accessible non-pharmacologic strategies given technological advancements, 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 its prevalence in co-morbid conditions, and review management strategies and the indications for the various classes of pharmacologic therapy available with an emphasis on the management of challenging and 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 explain 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, and recognize various approaches to sleep-related ethical issues.
8. Discuss disease-specific considerations of sleep disorders in particular subgroups including children, women, the elderly, the hospitalized, health care providers, and those who suffer from chronic pain.

Cleveland Clinic Symposium Co-Directors

Tina Waters, MD

Staff, Sleep Disorders Center

Jessica Vensel Rundo, MD, MS

Program Director, Sleep Medicine Fellowship

Nancy Foldvary-Schaefer, DO, MS

Director, Sleep Disorders Center

Harneet Walia, MD

Staff, Sleep Disorders Center

Reena Mehra, MD, MS

Director, Sleep Disorders Research
Pulmonary, Allergy and Critical Care Medicine

Guest Faculty

Susan Redline, MD, MPH

Peter C. Farrell Professor of Sleep Medicine
Harvard Medical School
Division of Sleep and Circadian Disorders
Brigham and Women's Hospital
Division of Pulmonary Medicine
Beth Israel Deaconess Medical Center

Kingman Strohl, MD

Director, Center for Sleep Disorders Research
University Hospitals Case Medical Center

Dennis Auckley, MD

Division of Pulmonary, Critical Care and Sleep Medicine
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Vidya Krishnan, MD

Division of Pulmonary, Critical Care and Sleep Medicine
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Phyllis Zee, MD, PhD

Benjamin and Virginia T. Boshes Professor of Neurology
The Ken and Ruth Davee Department of Neurology
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Subhra Chakrabarti, MS, RPSGT, RST

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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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Sleep Disorders Center

Michael Faulx, MD

Cardiovascular Medicine

Paul Ford, PhD

NeuroEthics Program

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

Irene Katzan, MD

Cerebrovascular Center

Sumita Khatri, MD

Pulmonary, Allergy and Critical Care Medicine

Loren Kirchner, MD

Internal Medicine

Alan Kominsky, MD

Head and Neck Institute
Sleep Disorders Center

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David Lardizabal, MD

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Megan Lavery, PsyD

Bariatric and Metabolic Institute
Sleep Disorders Center

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Center for Pediatric Behavioral Health

Douglas Moul, MD, MPH

Sleep Disorders Center

Silvia Neme-Mercante, MD

Sleep Disorders Center

Jagan Pillai, MD

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Hugo Paz Y Mar, MD

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Edwina Polk, RPSGT

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Endocrinology, Diabetes and Metabolism

Laurence Smolley, MD

Chair, Sleep Disorders Center and Pulmonary Disease
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W.H. Wilson Tang, MD

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Rebecca Thorne, MSN, ANP-BC

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Douglas Trask, MD, PhD

Head and Neck Institute

Robon Vanek, MSN, MA, FNP-BC

Sleep Disorders Center

General Information



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 \$165 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 18, 2016**. 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 \$14 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 an educational activity that has been approved for CE by a nationally accredited system of CE approval. Nurses are able to obtain CE that has been approved or provided by a nationally recognized accreditation system of continuing education.

Examples include:

- The American Nurses Credentialing Center (ANCC)
- The Accreditation Council for Continuing Medical Education (ACCME)
- The International Association for Continuing Education and Training (IACET)

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/sleepdisorders16. Registration deadline is **5:00 pm (EST), Monday, April 4, 2016**. A request for a refund must be received in writing by March 30, 2016. No refunds will be given after March 30, 2016. A \$25 cancellation fee will be deducted from the refund for all cancellations.

For questions about registration, please call 216.448.8710 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 Shana Spade at 216.444.9380 at least two weeks prior to the activity.

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

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

ABPN Self-Assessment

The American Board of Psychiatry and Neurology has approved the Wake Up to Sleep Disorders 2016: 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.

ABIM Medical Knowledge Assessment Program

Successful completion of this CME activity enables the participant to earn up to 23.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.



Monday, April 11, 2016

Sleep Related Breathing Disorders

Chairperson: *Tina Waters*

- 7:00 am **Registration/Continental Breakfast/Exhibits**
Conference Center A Registration Desk - Third Floor
- 8:00 am **Welcome and Introduction** - Conference Center A
Tina Waters
- 8:05 am **Sleep Apnea: Past, Present and Future**
Susan Redline
- 8:55 am **Sleep Apnea and Cardiovascular Consequences**
Reena Mehra
- 9:25 am **Ventilatory Control and Central Apnea**
Kingman Strohl
- 9:50 am **Positive Airway Pressure for Sleep Apnea**
Loutfi Aboussouan
- 10:15 am **Pediatric Sleep Apnea**
Carol Rosen
- 10:35 am **Panel Q&A**
- 10:45 am **Refreshment Break/Exhibits**

11:00-12:30 pm - Case Based Breakouts - Session I

Breakout A: Challenging PSG Tracings Part 1

Moderator: *Ralph Downey, III*

Panel: *Loutfi Aboussouan, Zahr Alsheikhtaha, Subhra Chakrabarti, Sally Ibrahim, Silvia Neme-Mercante*

Breakout B: OSA 101: The Ins and Outs

Moderator: *Jessica Vensel Rundo*

Panel: *Jamie Blankenship, Robert Jones, Jr., Rebecca Thorne, Tina Waters*

Breakout C: Sleep: An Affair of the Heart

Moderator: *Susan Redline*

Panel: *Mina Chung, Michael Faulx, Reena Mehra, W.H. Wilson Tang, Harneet Walia*

- 12:30 pm **Lunch Buffet**
- 1:30 pm **Sleep Apnea and Pulmonary Disease Inter-relationships**
Reena Mehra
- 2:00 pm **Losing to Win: Weight Loss for Obstructive Sleep Apnea**
Sangeeta Kashyap
- 2:30 pm **Cutting Down on OSA: Surgical Interventions**
Douglas Trask
- 2:55 pm **Upper Airway Stimulation: A Novel Therapy for Obstructive Sleep Apnea**
Kingman Strohl
- 3:20 pm **Panel Q&A**
- 3:30 pm **Refreshment Break/Exhibits**

3:45-5:15 pm - Case Based Breakouts - Session II

Breakout D: Beyond PAP Therapy for OSA

Moderator: *Alan Kominsky*

Panel: *Todd Coy, Joseph Krajekian, Kingman Strohl, Douglas Trask, Tina Waters*

Breakout E: Common Medical Disorders and Sleep Apnea

Moderator: *Harneet Walia*

Panel: *Dennis Auckley, Ketan Deoras, Robert Jones, Jr., David Shewmon, Holly Thacker*

Breakout F: Advanced PAP Therapy

Moderator: *Loutfi Aboussouan*

Panel: *Zahr Alsheikhtaha, Vidya Krishnan, Laurence Smolley*

5:15-6:30 pm **Symposium Reception - Falcon Room - First Floor**

Tuesday, April 12, 2016

Disorders Associated with Insomnia and Hypersomnia

Chairperson: *Harneet Walia*

- 7:30 am **Registration/Continental Breakfast/Exhibits**
Conference Center A Registration Desk - Third Floor
- 8:00 am **Overview**
Harneet Walia
- 8:05 am **Circadian Rhythms: Neurobiology and Management**
Phyllis Zee
- 8:55 am **An Insomnia Briefing**
Douglas Moul
- 9:25 am **Prescription Options for Insomnia**
Ketan Deoras
- 9:45 am **Technological Advancements and CBTi in Insomnia Management**
Michelle Drerup
- 10:05 am **Short Sleep Duration and its Medical Implications**
Phyllis Zee
- 10:35 am **Panel Q&A**
- 10:45 am **Refreshment Break/Exhibits**

11:00- 12:30 pm - Case Based Breakouts - Session III

Breakout G: Sleep in the Hospital: Why It's a Challenge

Moderator: *Silvia Neme-Mercante*

Panel: *Dennis Auckley, Charles Bae, Hugo Paz Y Mar, Robon Vanek*

Breakout H: Treatment Options for Insomnia: "Doc, help me sleep through the night..."

Moderator: *Michelle Drerup*

Panel: *Ketan Deoras, Megan Lavery, Douglas Moul, Phyllis Zee*

Breakout I: Sleep Disorders in Neurology

Moderator: *Carlos Rodriguez*

Panel: *Nancy Foldvary-Schaefer, Irene Katzan, David Lardizabal, Jagan Pillai, Jessica Vensel Rundo*



- 12:30 pm **Lunch Buffet**
- 1:30 pm **Cognitive and Behavioral Consequences of Short and Poor Sleep**
Douglas Moul
- 1:55 pm **Advances in Narcolepsy and Idiopathic Hypersomnia**
Nancy Foldvary-Schaefer
- 2:25 pm **Disorders of Hypersomnia in Pediatrics**
Sally Ibrahim
- 2:50 pm **Use of Wake Promoting Medications in Sleep Medicine**
Tina Waters
- 3:20 pm **Panel Q&A**
- 3:30 pm **Refreshment Break/Exhibits**

3:45-5:15 pm - Case Based Breakouts - Session IV

Breakout J: Management of Narcolepsy and Hypersomnias

Moderator: Charles Bae

Panel: Ketan Deoras, Nancy Foldvary-Schaefer, Sally Ibrahim, Tina Waters

Breakout K: Complex Respiratory Disorders and Sleep

Moderator: Reena Mehra

Panel: Loutfi Aboussouan, Sumita Khatri, Hugo Paz Y Mar, Laurence Smolley

Breakout L: Challenging PSG Tracings - Part 2

Moderator: Ralph Downey, III

Panel: Zahr Alsheikhtaha, Subhra Chakrabarti, Silvia Neme Mercante, Carlos Rodriguez, Harneet Walia

5:15 pm **Adjourn**

Wednesday, April 13, 2016

RLS and Movement Disorders in Sleep

Chairperson: Jessica Vensel Rundo

- 7:30 am **Registration/Continental Breakfast/Exhibits**
Conference Center A Registration Desk - Third Floor
- 8:00 am **Overview**
Jessica Vensel Rundo
- 8:05 am **Restless Legs Syndrome and Its Impact on Society**
Jessica Vensel Rundo
- 8:45 am **Management Trends in RLS**
Charles Bae
- 9:25 am **Sleep in Chronic Pain**
Sara Davin
- 9:55 am **Sleep in Females Across the Lifespan: from pre-puberty and pregnancy to the post-menopausal**
Sally Ibrahim
- 10:35 am **Panel Q&A**
- 10:45 am **Refreshment Break/Exhibits**

11:00-12:30 pm - Case Based Breakouts - Session V

Breakout M: Challenging RLS Cases

Moderator: Jessica Vensel Rundo

Panel: Charles Bae, Silvia Neme-Mercante, Carlos Rodriguez

Breakout N: Pediatric Sleep Case Discussion

Moderator: Fred Royce

Panel: Brandon Hopkins, Sally Ibrahim, Alana Lopez, Kristie Ross

Breakout O: Ethics in Sleep

Moderator: Paul Ford

Panel: Ralph Downey, III, Reena Mehra, Douglas Moul, Kingman Strohl

12:30 pm **Lunch Buffet**

1:30 pm **Sleep and Aging**

Harneet Walia

1:50 pm **Sleep and Neurodegeneration**

Jagan Pillai

2:20 pm **REM Behavior Disorders: A Precursor to Neurodegenerative Disorders**

Carlos Rodriguez

2:50 pm **Complex Nocturnal Behaviors: Differentiating Seizures and Disorders of Arousal**

Nancy Foldvary-Schaefer

3:20 pm **Panel Q&A**

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

3:45-5:15 pm - Case Based Breakouts - Session VI

Breakout P: Video Analysis of Complex Nocturnal Behaviors

Moderator: Silvia Neme-Mercante

Panel: Nancy Foldvary-Schaefer, Carlos Rodriguez

Breakout Q: Work and Safety in Sleep Disorders: narcolepsy, shift work and sleep apnea

Moderator: Charles Bae

Panel: Loren Kirchner, Vidya Krishnan, Raymond Salomone, Rebecca Thorne, Jessica Vensel Rundo

Breakout R: Troubleshooting the PAP-Challenged Patient

Moderator: Tina Waters

Panel: Michelle Drerup, Petra Podmore, Edwina Polk, Christina Sandor, Robon Vanek, Harneet Walia

5:15 pm **Adjourn**



Wake Up to Sleep Disorders 2016

A Cleveland Clinic Sleep Disorders Center Update

Course 02010588

April 11-13, 2016
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/sleepdisorders16
CCF Employees should check fees and register online at the above web address.

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

	FULL Symposium April 11-13	Monday April 11	Tuesday April 12	Wednesday April 13
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 will attend the reception on Monday, April 11

☐ 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 _____

Company _____

Address _____

City, State/Province, Zip, Country _____

Phone _____ Fax _____

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/sleepdisorders16 or call 216.448.8710 where it will be handled directly by a certified processor.

Breakout Session Sign-Up

Choose one per session

Monday, April 11

Session I – 11:00-12:30 pm

- ☐ A – Challenging PSG Tracings Part 1
- ☐ B – OSA 101
- ☐ C – Sleep: An Affair of the Heart

Session II – 3:45-5:15 pm

- ☐ D – Beyond PAP for OSA
- ☐ E – Common Medical Disorders & Sleep Apnea
- ☐ F – Advanced PAP Therapy

Tuesday, April 12

Session III – 11:00-12:30 pm

- ☐ G – Sleep in the Hospital
- ☐ H – Treatment Options for Insomnia
- ☐ I – Sleep Disorders in Neurology

Session IV – 3:45-5:15 pm

- ☐ J – Management of Narcolepsy & Hypersomnias
- ☐ K – Complex Respiratory Disorders & Sleep
- ☐ L – Challenging PSG Tracings Part 2

Wednesday, April 13

Session V – 11:00-12:30 pm

- ☐ M – Challenging RLS Cases
- ☐ N – Pediatric Sleep Cases
- ☐ O – Ethics in Sleep

Session VI – 3:45-5:15 pm

- ☐ P – Video Analysis of Complex Nocturnal Behaviors
- ☐ Q – Work & Safety in Sleep Disorders
- ☐ R – Troubleshooting the Pap-Challenged Patient