

A vibrant, stylized image of the Seattle skyline. The Space Needle is prominent on the left, and Mount Rainier is visible in the background. The city is filled with various skyscrapers and buildings. The image has a dark blue/purple color scheme with a yellow vertical bar on the left and wavy, colorful lines (pink, purple, blue) flowing across the top and sides.

SLEEP 2025

Seattle, WA | June 8 – 11

**39TH
ANNUAL
MEETING**

Pre-Conference June 7-8

SCHEDULE ANNOUNCEMENT



SLEEP 2025

Seattle, WA / June 8 – 11

SLEEP 2025, the 39th annual meeting of the Associated Professional Sleep Societies (APSS), is a joint meeting of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). The SLEEP meeting provides evidence-based education to advance the science and clinical practice of sleep medicine, disseminates cutting-edge sleep and circadian research, promotes the translation of basic science into clinical practice, and fosters the future of the field by providing career development opportunities at all levels.

[Learn more about our general information.](#)

General Session Registration

General registration includes admission to all general sessions, the AAST Annual Meeting, industry supported events, poster hall and the exhibit hall. Additional fees are required for attending ticketed events.

General Registration	First Early Bird Through March 10	Second Early Bird March 11 – April 28	Regular Rate April 29 – June 5	On-Site Rate June 6 – 11
Individual Member	\$400	\$450	\$525	\$600
Individual Nonmember	\$600	\$650	\$725	\$800
Resident/Postdoctoral Member	\$180	\$190	\$200	\$210
Resident/Postdoctoral Nonmember	\$250	\$270	\$300	\$330
Student/Predoctoral Member	\$95	\$105	\$115	\$125
Student/Predoctoral Non-member	\$150	\$160	\$175	\$190
Team Member (AAST Members Included)	\$225	\$245	\$275	\$305
Sleep Medicine Patient Advocate	\$60	\$60	\$60	\$60
Retired/Emeritus Member*	\$120	\$140	\$170	\$200
International: Low-Income Economies***	\$30	\$40	\$55	\$70
International: Lower-Middle Income Economies***	\$50	\$60	\$75	\$90
International: Upper-Middle Income Economies***	\$150	\$170	\$200	\$230
Guest**	\$125	\$125	\$125	\$125

*Retired/Emeritus Member registrants must have obtained "Retired" or "Emeritus Fellow" standing with AASM or "Emeritus" status with SRS.

**Immediate family of a registered attendee; access to exhibit hall, poster hall, industry supported events only.

***For a full list of countries that fall under low, lower-middle and upper-middle income economy ticket types and how to register, [Click here](#).



TEAC Subcommittee

Laura Allbee	Alfred Gombert	Laura's Stone
José-Francé Andueza	Alfreda Smith	Kathia Pertierra
Dominick Caputo	Daniela Trachimela	Anthony Ratti
Kevin Clark	Emilia Kiri	Negri-Santini
Elisab Davila	Radwan L. al-Say	Angela Salas
José Díaz	Kristen Lundholm	Madeline Taylor
Miranda Fisher	Melissa Nevarez-Brewster	Stephanie H.

Ticketed Sessions

Attendees may not register for ticketed events without registering for the SLEEP 2025 General Session.

Ticketed Sessions	Member	Nonmember
Full-Day Postgraduate Course	\$175	\$300
Half-Day Postgraduate Course	\$100	\$175
Meet the Professors <i>Includes Boxed Lunch</i>	\$60	\$70
Lunch Debates <i>Includes Boxed Lunch</i>	\$60	\$70

[Learn more about our additional offerings and purchase details.](#)

Do Not Forget to Register for Credits

Follow the instructions below to ensure that you receive credit for SLEEP 2025:

When you register for SLEEP 2025, be sure to add the appropriate continuing education credits to your registration. This is a separate fee from the general session registration fee.

To claim your credit following the meeting, follow the instructions provided in the email that will be sent to you.

Deadline to Claim credits:

August 1, 2025 for CE for Psychologists.

December 15, 2025 for CME, Letters of Attendance, and AASM CEC.

December 15, 2025 for MOC and ABPN SA CME.

After these dates, individuals will no longer be able to receive credits.

[Learn more about credits offered and how to claim.](#)

Session Type Descriptions

A	AAST Annual Meeting	The AAST Annual Meeting is open to both members and non-members, designed to cater to individuals with diverse educational and professional backgrounds, offering valuable insights for all members of the sleep team.
B	Bench to Bedside	Present the latest advances in translational science and clinical applications on a specific topic.
C	 Postgraduate Courses	Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.
D	Discussion Groups	Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.
F	Rapid-Fire Symposia	Fast-paced sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field.
I	Invited Lectures	Feature senior-level investigators/clinicians presenting on their areas of expertise.
L	 Lunch Debates	Large-group lunch sessions during which two experts in the field debate a single topic. Lunch is provided.
M	 Meet the Professors	Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic. Lunch is provided.
O	Oral Presentations	Feature investigators presenting their latest research and new ideas in the field.
P	Poster Presentations	Visual representations of the latest research and new ideas in the field.
S	Symposia	Focuses on the latest data and ideas in the field.
W	Clinical Workshops	Reviews of patient- and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.



Ticketed Sessions
Tickets required to attend

PostgraduateCourses



LunchDebates



Meet the Professor Sessions



SLEEP MEETING

SUNDAY 6.08

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

REGISTRATION OPEN | 7:00 a.m. - 5:30 p.m.

GENERAL SESSIONS | 1:00 p.m. - 3:00 p.m.

S-01

Best of Advances in Sleep and Circadian Science

Julio Fernandez-Mendoza, PhD (Co-Chair);
Kathryn Reid, PhD (Co-Chair); Rebecca Cox, PhD; Hayle Kim;
Joshua Landvatter; Danny Lasky, BS; Xinran Niu;
Anyara Rodriguez; Brooke Shafer, PhD; Courtney Wright, BS

F-01

The Need for Sleep in Shaping the
Developing Social Brain Across Sexes

Miranda Lim, MD, PhD (Chair); Lezio Bueno-Junior, PhD;
Nataliia Kozhemiako, PhD; Elizabeth Medina; Noah Milman;
Katharina Pittner, PhD; Madilyn Reid

O-01

Sleep Across the Lifespan: Impacts on
Development, Health, and Well-Being

REFRESHMENT BREAK | 3:00 p.m. - 3:15 p.m.

GENERAL SESSIONS | 3:15 p.m. - 5:15 p.m.

S-02

Optimizing Sleep Health: Transdiagnostic Approaches Across
Lifespans and Mental Disorders

Lu Dong, PhD, MHS (Chair); Lauren Asarnow, PhD; Allison Harvey, PhD;
Laurel Sarfan, PhD; Ariel Williamson, PhD

S-03

The Multifaceted World of Sleep Spindles:
From Evolution to Neuropsychiatric Relevance

Peter Meerlo (Chair); Carolina Gutierrez Herrera;
Dara Manoach, PhD; Rebecca Spencer, PhD; Vladyslav Vyazovskiy

O-02

Circadian Rhythms and Their Impact on Health:
From Genetic Variations to Metabolic Responses

SLEEP MEETING

Monday 6.09

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Plenary

Session # Title

Speakers

REGISTRATION OPEN | 7:00 a.m. - 5:30 p.m.

PLENARY SESSION AND KEYNOTE ADDRESS | 8:00 a.m. - 10:00 a.m.

I-01

The Functions of Sleep and the Functions of Hypocretin (Orexin) Neurons in Sleep, Waking, and Opioid Addiction

Jerome Siegel, PhD

POSTER HALL OPEN | 10:00 a.m. - 4:00 p.m.

EXHIBIT HALL OPEN | 10:00 a.m. - 4:00 p.m.

AASM Annual Membership Meeting | 10:30 a.m. - 11:45 a.m.

LUNCH BREAK | 11:45 a.m. - 1:00 p.m.

LUNCH SESSIONS | 11:45 a.m. - 12:45 p.m.

LBA

Late-Breaking Abstracts

TS

L-01

Portable Sleep Testing Should be Standard in Pediatric OSA Diagnosis

Shalini Paruthi, MD; Shannon Sullivan, MD

TS

M-01

Sleep and Hypocretin Neuron Function

Jerome Siegel, PhD

TS

M-02

Contemporary Management of Insomnia

David Neubauer, MD

TS

M-03

Circadian Phase in the Wild

Cathy Goldstein, MD

TS

M-04

Latest Insights into the Development of Pharmacotherapy for Sleep Apnea

Danny Eckert, PhD

TS

M-05

Sleep and Neurodevelopmental Disorders

Temitayo Oyegbile-Chidi, MD, PhD

GENERAL SESSIONS | 1:00 p.m. - 2:00 p.m.

I-02

Pharmacological Therapy for Sleep Apnea

Atul Malhotra, MD

O-03

Hypersomnia: New Insights into Diagnostic Modalities

O-04

Sleep and Post-Traumatic Stress Disorder: New Data

F-02

Rest Under Fire: Examining Sleep and Recovery in the Firefighting Profession

Nicole Bowles, PhD (Chair); Joel Billings, PhD;
David Reichenberger, PhD;
Jesse Wallace-Webb, BSc, MSc

SLEEP MEETING

Monday 6.09

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

GENERAL SESSIONS | 1:00 p.m. - 2:00 p.m.

W-01	Cardiovascular Implications of Sleep Disruption in Women: Emerging Evidence and Clinical Implications	Snigdha Pusalavidyasagar, MD (Chair); Dayna Johnson, PhD; Virend Somers, MD
I-03	Defining the Role of Sleep-Active Glymphatic Function in Alzheimer's Disease: Moving Past the Hype	Jeffrey Iliff, PhD
S-04	Women Scientists in the Psychology of Sleep and Circadian Rhythms: Historical Vanguarders and Personal Journeys	Kara Duraccio, PhD (Chair); Sonia Ancoli-Israel, PhD; Mary Carskadon, PhD; Stephanie Crowley, PhD; Daniel B. Kay, PhD; Natasha Williams EdD; Amy Wolfson, PhD
S-05	DNA Methylation (Epigenetics) and Obstructive Sleep Apnea: New Insights and Future Directions	Najib Ayas, MD (Chair); Rene Cortese, PhD; Tamar Sofer, PhD

REFRESHMENT BREAK | 2:00 p.m. - 2:15 p.m.

GENERAL SESSIONS | 2:15 p.m. - 3:15 p.m.

I-04	How Do Humans Sleep in Space?	Erin Flynn-Evans, PhD
D-01	Advancing Population Health and Sleep Health Equity with AI and Tech-Based Approaches: Lessons from the Field	Rebecca Robbins, PhD (Chair); Cathy Goldstein, MD; Dennis Hwang, MD; Azizi Seixas, PhD
D-02	And Now What? Holistic Treatment of Narcolepsy and Idiopathic Hypersomnia at Time of Diagnosis	Matthew Horsnell, BS (Chair); Lindsay Jesteadt, PhD; Lindsay McCullough, MD; Jennifer Mundt, PhD, DBSM
F-03	The Fragmented Life: Examining Disordered Sleep and PTSD Development, Course, and Recovery	Peter Colvonen, PhD (Chair); Anne Malaktaris, PhD; Alannah Miranda, PhD; Laura Straus, PhD
W-02	Adult or Pediatric? Diagnostic and Treatment Dilemmas when Managing Teen OSA	Ruckshanda Majid, PhD (Chair); Binal Kancharla, MD; Anna Wani, MD
I-05	Title TBA	TBA
B-01	Orexin/Hypocretin Neuron Loss and Sleep Disturbances in Aging and Early Stages of Alzheimer's Disease	Thomas Neylan, MD (Chair); Luis de Lecea, PhD; Lea Grinberg, MD, PhD; Christine Walsh, PhD
S-06	Human Diversity in Mental Health: Exploring Socio-Environmental Contribution to Circadian Light Sensitivity	Nayantara Santhi, PhD (Chair); Joshua Gooley, PhD; Lauren Hartstein, PhD

REFRESHMENT BREAK | 3:15 p.m. - 3:30 p.m.

Session # Title

Speakers

GENERAL SESSIONS | 3:30 p.m. - 5:30 p.m.

O-05	CBT-I Clinical Trials: Therapist-Led, Digital, and Stepped-Care Models	
O-06	Neurologic and Cardiovascular Findings in Patients with Sleep-Disordered Breathing	
W-03	Iron Status and Iron Therapy for Pediatric Sleep Issues: Practical Aspect for Sleep Providers	Narong Simakajornboon, MD (Chair); Lourdes DelRosso, MD, PhD; Thomas Dye, MD; Osman Ipsiroglu, MD, PhD; Suresh Kotagal, MD
S-07	Patient-Centered Outcomes Research in Sleep Medicine: Doing Research Differently	Susan Redline, MD, MPH (Chair); Suzanne Bertisch, MD, MPH; Daniel Buysse, MD; Sairam Parthasarathy, MD; Katie Stone, PhD
B-02	Innovative Technologies and Behavioral Interventions: Using AI to Improve Sleep Health in Neurodivergent Children and Children with Chronic Conditions	Marc Disabella, DO (Chair); Adam Hahs, PhD; Raquel Langdon, MD; Kara Verseckes, PhD
B-03	Circadian Medicine: Centering Interventions Around Sleep or the Clock?	Saurabh S. Thosar, PhD (Chair); Ron Anafi, MD, PhD; Christopher Depner, PhD; Selma Masri, PhD
S-08	Pushing the Envelope on Fatigue Risk Management	Hans Van Dongen, PhD (Chair); Siobhan Banks, PhD; Charles Samuels, PhD; Julia Stone, PhD
O-07	Unraveling the Mysteries of Sleep: How Sleep Patterns and Biological Rhythms Influence Memory, Cognition, and Emotional Processing in Aging and Diverse Populations	

SLEEP MEETING

Tuesday 6.10

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

REGISTRATION OPEN | 7:30 a.m. - 5:30 p.m.

GENERAL SESSIONS | 8:00 a.m. - 10:00 a.m.

S-09

OSA Phenotyping: Role of Age, Sex, Objective Assessment of EDS and Insomnia, Biomarkers, and Weight Loss Medications

Alexandros Vgontzas, MD (Chair); Yun Li, MD; Susan Redline, MD, MPH; Tianyi Huang, ScD; Ronald Grunstein, MD, PhD

S-10

(NON-CME)

AI and Machine Learning in Sleep Medicine: Diagnostics, Treatment, and Outcomes from AASM Foundation Projects

Brandon Westover, MD, PhD (Chair); Dennis Hwang, MD; Michelle Zeidler, MD; Kirsi-Marja Zitting, PhD

S-11

Improving Pediatric Sleep Apnea Care Through Down Syndrome-Focused Clinical Trials

Christopher Cielo, DO (Chair); Marishka Brown, PhD; Derek Lam, MD; Melissa Xanthopoulos, PhD

D-03

Big Changes in the Updated AASM Clinical Practice Guidelines for RLS and PLMD

John Winkelman, MD, PhD (Chair); Joseph Andrew Berkowski, MD; Lourdes DelRosso, MD, PhD; Brian Koo, MD; Matthew Scharf, MD, PhD; Denise Sharon, MD, PhD; Arthur Walters, MD

D-04

Legal Issues and the Practice of Sleep Medicine: Artificial Intelligence, Machine Learning, & Emerging Technologies

Ramesh Sachdeva, MD, PhD (Chair); Cathy Goldstein, MD; Matthew Horsnell, BS; Seema Khosla, MD; Emmanuel Mignot, MD, PhD; Margarita Oks, MD; Muhammad Adeel Rishi, MBBS

S-12

Chrononutrition for Cardiometabolic Health

Emily Nicole Manoogian, PhD (Chair); Frank Scheer, PhD; Marie-Pierre St-Onge, PhD; Phyllis Zee, MD, PhD

O-08

Neurobiological and Neurobehavioral Effects of Sleep Loss

S-13

Emerging Concepts on Sleep and Wake State Staging: What Can We Add to Classic Staging?

Brendon Watson, MD, PhD (Chair); Lezio Bueno-Junior, PhD; Rockelle Jang; Dante Picchioni, PhD

POSTER HALL OPEN | 10:00 a.m. - 4:00 p.m.

EXHIBIT HALL OPEN | 10:00 a.m. - 4:00 p.m.

LUNCH BREAK | 11:45 a.m. - 1:00 p.m.

SRS Annual Membership Meeting | 11:45 a.m. - 12:45 p.m.

SLEEP MEETING

Tuesday 6.10

BASIC AND TRANSLATIONAL SLEEP
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CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

LUNCH SESSIONS | 11:45 a.m. - 12:45 p.m.

R-01	Trainee Case Reports	
TS L-02	Does the Failure of Brain Cleaning During Sleep Really Cause Alzheimer's Disease?	Jeffrey Iliff, PhD; Andrew Varga, MD, PhD
TS M-06	Integrating Circadian Medicine in Sleep Centers	Phyllis Zee, MD, PhD
TS M-07	Update on Management of Narcolepsy in Pediatrics	Kiran Maski, MD
TS M-08	Don't Lose Sleep! Navigating Comorbid Insomnia in Sleep Apnea (COMISA)	Kathleen Sarmiento, MD
TS M-09	Big Changes in the New AASM Restless Legs Syndrome Clinical Practice Guidelines	John Winkelman, MD
TS M-10	Hospital Sleep Medicine: Bench to Bedside	Sunil Sharma, MD

GENERAL SESSIONS | 1:00 p.m. - 2:00 p.m.

I-06	Sleep-Disordered Breathing: Moving Toward Precision Medicine	Patrick Strollo, Jr., MD
O-09	Pharmacotherapy in Insomnia: Effects of Long-Term Use and Deprescribing	
W-04	Obesity Hypoventilation Syndrome - Updates in Diagnosis, PAP, and Weight Management	Nathan Nowalk, MD (Chair); Atul Malhotra, MD; Babak Mokhlesi, MD; Sreelatha Naik, MD
S-14	Addressing Sleep-Wake Disturbances in Post-Acute Brain Injury Recovery: Mechanisms and Interventions	Stefanie Howell, PhD (Chair); Grace Griesbach, PhD; Brent Masel, MD
I-07	Eat Well, Sleep Tight: Strategies for Cardiometabolic Health	Marie-Pierre St-Onge, PhD
O-10	Rhythms of Life: Exploring 24-Hour Biological Cycles in Lipids, Metabolomics, and Gene Expression	
O-11	Cutting-Edge Insights into Neurobiological Mechanisms of Sleep: Chemogenetics, Receptor Deletion, and Glymphatic Function	

REFRESHMENT BREAK | 2:00 p.m. - 2:15 p.m.

SLEEP MEETING

Tuesday 6.10

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

GENERAL SESSIONS | 1:00 p.m. - 3:00 p.m.

S-15	Melatonin Use in Understudied Populations of Children and Adolescents: Perceptions of Efficacy, Potential Adverse Effects, and Educational Resources	Judith Owens, MD (Chair); Beth Malow, MD; Emily Ricketts, PhD; Alyssa Vieira, BA; Amy Wolfson, PhD
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GENERAL SESSIONS | 2:15 p.m. - 3:15 p.m.

I-08	Can Chronotherapy Interventions Lighten the Load for Expectant and New Parents?	Katherine Sharkey, MD, PhD
O-12	New Insights and Approaches to Sleep Apnea Testing	
W-05	Weight Loss Medications: How to Use in the Sleep Clinic	Emma Oldham, CRNP (Chair); Vaishnavi Kundel, MD; Brandon Nokes, MD; Brian Wojeck, MD
W-06	Women and the Pharmacology of Sleep Disorders: What do I Need to Know?	Ruckshanda Majid, MD (Chair); Nancy Collop, MD; Fidaa Shaib, MD
I-09	To Sleep, Perchance to Twitch	Mark Blumberg, PhD
F-04	Sleep and the Cerebral Cortex: A Two-Way Relationship	Chiara Cirelli, MD, PhD (Chair); Oscar Gonzalez, PhD; Lukas Krone; Erin Schaeffer, BS
S-16	The Sleepless Brain: Linking Central Insulin Resistance to Neurodegenerative Disease	Elizabeth Rhea, PhD (Chair); Josiane Broussard, PhD; Manfred Hallschmid

REFRESHMENT BREAK | 3:15 p.m. - 3:30 p.m.

Session # Title

Speakers

GENERAL SESSIONS | 3:30 p.m. - 5:30 p.m.

W-07	The Critical Role of Opioids in Restless Legs Syndrome	Joseph Andrew Berkowski, MD (Chair); Mark Buchfuhrer, MD; Brian Koo, MD; John Winkelman, MD, PhD
W-08	CBT for Nightmares: Adaptations for Trauma, Bipolar, Narcolepsy, and Children	Jennifer Mundt, PhD, DBSM (Chair); Lisa Cromer, PhD; Katherine Miller, PhD, DBSM; Kristi Pruiksma, DBSM
O-13	Contemporary Management of Sleep Apnea	
O-14 (NON-CME)	Insomnia in Children and Adolescents: Risk Factors, Evaluation, and Management	
S-17	Cognitive Symptoms in Narcolepsy and Idiopathic Hypersomnia: Neurobiology, Functional Impact, and Clinical Research	Kiran Maski, MD (Chair); Chris Cano, MD; Lucie Barateau, MD, PhD; Julie Flygare
O-15	Sleep-Related Mechanisms of Emotional and Social Wellness and Effects of Targeted Behavioral Interventions	
D-05	Enabling Efficient Multisite Clinical Research Studies and Expanding Capacity in Sleep and Circadian Medicine	Nalaka Gooneratne, MD, MSc (Chair); Marishka Brown, PhD; Lindsay Jesteadt, PhD; Diego Mazzotti, PhD; Sairam Parthasarathy, MD; Susan Redline, MD, MPH
S-18	Translating Sleep Science to the Real World: From fMRI to Wearable Technology	Daniel Forger, PhD (Chair); William Killgore, PhD; Jae Kyoung Kim; Brieann Satterfield, PhD

SLEEP MEETING

Wednesday 6.11

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session #	Title	Speakers
REGISTRATION OPEN 7:30 a.m. - 5:30 p.m.		
GENERAL SESSIONS 8:00 a.m. - 10:00 a.m.		
O-16	Neurostimulation in Sleep-Disordered Breathing	
S-19 (NON-CME)	Advances in the Development of Orexin Agonists	Thomas Scammell, MD (Chair); Amanda Sterkel, PhD; Christian von Hehn, MD, PhD; Marcus Yountz, MD
O-17	Sleep Disorders in Children with Chronic Conditions	
S-20 (NON-CME)	Pulse Oximetry in Sleep Medicine: Addressing Racial Bias and Improving Equity	Jocelyn Cheng, MD (Chair); Hugh Cassiere, MD; Indira Gurubhagavatula, MD, MPH; Muhammad Adeel Rishi, MBBS; Kimani Toussaint Jr., PhD
O-18	Intersection of Sleep Medicine and Psychiatry: New Research	
O-19	Sleep and Circadian Health in Diverse Occupations, Populations, and High-Risk Groups	
S-21 (NON-CME)	Applying Sleep- and Circadian-Informed Interventions to Improve Clinical Health Outcomes in Diverse Populations	Shadab Rahman, PhD, MPH (Chair); Leilah Grant, PhD; Melissa Knauert, MD, PhD; Andrea Wilkerson, PhD
F-05	REM Sleep - Circuits, Functions, and Modeling	Daniel Kroeger, PhD (Chair); Mattia Aime, PhD; Victoria Booth, PhD; Jimmy Fraigne, PhD; Ramalingam Vetrivelan, PhD; Franz Weber, PhD
S-22	From Basic Mechanisms to Translation: Targeting Sleep Oscillations to Improve Outcome in Neuropsychiatric Disorders	Fabio Ferrarelli, MD, PhD (Chair); Shinjae Chung, PhD; Bryce Mander, PhD; Dara Manoach, PhD
POSTER HALL OPEN 10:00 a.m. - 1:30 p.m.		
EXHIBIT HALL OPEN 10:00 a.m. - 1:30 p.m.		
LUNCH BREAK 11:45 a.m. - 1:00 p.m.		

SLEEP MEETING

Wednesday 6.11

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

LUNCH SESSIONS | 11:45 a.m. - 12:45 p.m.

TS	L-03	Mild OSA: Evidence-Based Action or Wait-and-See Wisdom	Sanjay Patel, MD; Neomi Shah, MD
TS	M-11	Opiate Use in Restless Legs Syndrome Management	Michael Silber, MBBS
TS	M-12	Improving Sleep in Veterans	Jennifer Martin, MD
TS	M-13	Hypoglossal Nerve Stimulation for Obstructive Sleep Apnea in Pediatrics	Chana Chin, MD
TS	M-14	Building Dreams: Steps to Establishing and Running an Independent Sleep Medicine Practice	Sarah Patel, MD
TS	M-15	Sleep, Circadian Rhythms, and Substance Use	Brant Hasler, MD

GENERAL SESSIONS | 1:00 p.m. - 2:00 p.m.

	I-10	Breaking the Silence on Childhood Snoring	Ignacio Tapia, MD
	O-20	Sleep Healthcare Delivery	
	S-23	Sleep-Disordered Breathing in Pregnancy	Jyoti Lenka, MD (Chair); Swathy Puthalapattu, MD; Adrian Salmon, MD
	S-24	Enhancing Allied Health Providers' Competence in Behavioral Sleep Medicine	Katharine Simon, PhD (Chair); Ariel Neikrug, PhD; Daniel Taylor, PhD; Ariel Williamson, PhD
	D-06	Addressing Sleep in Cardiovascular Care: Challenges and Solutions	William Healy, MD (Chair); Barbara Hutchinson, MD, PhD; Vaishnavi Kundel, MD; Younghoon Kwon, MD
	S-27	Obesity and Weight Management: Is There a Role for Sleep?	Paul Peyrel, PhD (Chair); Seth Creasy, PhD; Prachi, Singh PhD; Faris M. Zuraikat, PhD
	S-28 (NON-CME)	Impact of Sleep Disruption During the Menopausal Transition on Mental Health: Role of Artificial Light at Night	Shadab Rahman, PhD, MPH (Chair); Pamela Mahon, PhD, MPH; Emily Oken, MD, MPH

REFRESHMENT BREAK | 2:00 p.m. - 2:15 p.m.

GENERAL SESSIONS | 1:00 p.m. - 3:00 p.m.

	S-25	Sleep Surgery Trials	Edward Weaver, MD (Chair); Allison Ikeda, MD; Erin Kirkham, MD; Derek Lam, MD
	S-26	Cortical Regulation of Sleep	Thomas Kilduff, PhD (Chair); Renata Batista-Brito, PhD; Maksim Bazhenov, PhD; Bosiljka Tasic, PhD

*Schedule and speakers are subject to change without notice.

SLEEP MEETING

Wednesday 6.11

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

GENERAL SESSIONS | 2:15 p.m. - 3:15 p.m.

O-21	Sleep Disorders in Children with Chronic Conditions	
W-09	A Breath of Innovation: Understanding (NIV) and Home Mechanical Ventilation (HNV) Devices and Modes	Sreelatha Naik, MD (Chair); Nathan Nowalk, MD; Sritika Thapa, MD
O-22	Sleep Health and Sleep Disorders in Adults with Chronic Medical Conditions	
B-04	OSA Neurostimulation: Rationale, Experience, and Going Forward	Kingman Strohl, MD (Chair); Denise Dewald, MD; David Kent, MD; Reena Mehra, MD; Alan, Schwartz, MD
O-23	Genetic Variants and Metabolic Signatures Associated with Sleep and Circadian Function	
S-29 (NON-CME)	The Glymphatic System, Sleep, and Neurodegeneration - What the Clinician Needs to Know	Sudha Tallavajhula, MD (Chair); Joyce Lee-Iannotti, MD; A.J. Schwichtenberg, PhD
D-07	Exploring Biomarkers and Mechanisms of Restless Legs Syndrome: From Proteomics to Therapeutic Targets	Raffaele Ferri, MD (Chair); Brian Koo, MD; Yehia Mechref, PhD; Maria Mogavero

REFRESHMENT BREAK | 3:00 p.m. - 3:30 p.m.

GENERAL SESSIONS | 3:30 p.m. - 5:30 p.m.

O-24 (NON-CME)	Hypersomnia: New Drugs and New Data	
S-30	Beyond CPAP Therapy: Nonsurgical Alternative Therapies for the Treatment of Childhood Obstructive Sleep Apnea	Fernanda Almeida, DDS, PhD; Indra Narang, MD; Amal Osman; Ignacio Tapia, MD; Lena Xiao, MD
O-25	Sleep & Medical Disorders: Identification of Cardiovascular Risks	
S-31	The Benefits of Large Sleep Data Resources: Enhancing Discovery, Generalization, and Rigor	Susan Redline, MD, MPH (Chair); Joachim Behar, PhD; Ashura Buckley, MD; Thomas Kilduff, PhD; Michael Prerau, PhD

SLEEP MEETING

Wednesday 6.11

BASIC AND TRANSLATIONAL SLEEP
AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE
AND PRACTICE

Session # Title

Speakers

GENERAL SESSIONS | 3:30 p.m. - 5:30 p.m.

S-32	Updates on Biomarkers in RBD: Neurophysiology, Actigraphy, and Biofluid Markers	Mitchell Miglis, MD (Chair); Donald Bliwise, PhD; Emmanuel During, MD
S-33	Impact of Obstructive Sleep Apnea on Neurodegenerative & Alzheimer's Disease Pathogenesis: Examining Physiologic, Race, and Sex Specific Mechanisms	Ankit Parekh, PhD (Chair); Omonigho Michael Bubu, MD, PhD; Joshua Gills, PhD; Korey Kam, PhD; Anna Mullins, RPSGT, PhD
O-26 (NON-CME)	Revolutionizing Sleep Apnea Diagnosis and Management: AI Innovations and Emerging Technologies	
S-34 (NON-CME)	Traveling in a Globalized World: Leveraging Wearables to Manage Sleep, Performance, and Health in Athletes	Massimiliano de Zambotti, PhD (Chair); Jesse Cook, PhD; Elise Facer-Childs, PhD; Renske Lok, PhD; Adrian Willoughby, PhD
S-35	Neuromodulation of the Basal Ganglia to Improve Sleep and Arousal: Animal and Human Studies	Ritchie Brown, PhD (Chair); Pablo Castillo, MD; Charlotte Luff, PhD; Lan Luo, MD, MS

SUNDAY 6.08

Session #	Title	Speakers
12:00 p.m. - 1:00 p.m.		
A-O1 (NON-CME)	The Future of Sleep Medicine Panel	J. Emerson Kerr, RRT, MBA; Robert Miller, RPSGT
AAST Annual Membership Meeting 1:00 p.m. - 2:00 p.m.		
2:00 p.m. - 3:00 p.m.		
A-O2	Restructuring the Sleep Laboratory for a 2030 Strategy: One Lab's Story	Daniel Herold, RPSGT
BREAK 3:00 p.m. - 3:15 p.m.		
3:15 p.m. - 4:15 p.m.		
A-O3	A Breath of Fresh Care: Advocating for Sleep Apnea Patients	Monica Mallampalli, PhD
4:15 p.m. - 5:15 p.m.		
A-O4	Women and Sleep: How ST Can Contribute to Screening, Education, and Management	Nancy Collop, MD

Monday 6.09

Session #	Title	Speakers
REGISTRATION OPEN 7:00 a.m. - 5:30 p.m.		
SLEEP MEETING PLENARY SESSION AND KEYNOTE ADDRESS 8:00 a.m. - 10:00 a.m.		
POSTER HALL OPEN 10:00 a.m. - 4:00 p.m.		
EXHIBIT HALL OPEN 10:00 a.m. - 4:00 p.m.		
1:00 p.m. - 2:00 p.m.		
A-05	Pediatric Sleep and The Family: Integrating Family Dynamics, Clinical Care, and Treatment Success	Funke Afolabi-Brown, MD
2:00 p.m. - 3:00 p.m.		
A-06	Your Future in Sleep Technology Is Evolving	Kathryn Hansen, BS, REEGT, CPC, CPMA
BREAK 3:00 p.m. - 3:30 p.m.		
3:30 p.m. - 4:30 p.m.		
A-07	Understanding Home Sleep Apnea Test Interpretations	T. Massey Arrington, RST, RPSGT, CCSH, MBA
4:30 p.m. - 5:30 p.m.		
A-08	Hypoglossal Nerve Stimulation: From Practice to Excellence in Your Sleep Center	Renae Davis, RPSGT, CCSH; Christopher Hope, MD, MHA

Tuesday 6.10

Session #	Title	Speakers
8:00 a.m. - 9:00 a.m.		
A-09	Exploring the Role of Oral Appliance Therapy in the Management of Obstructive Sleep Apnea: A Practical Guide for Sleep Technologists	Kevin Adley, RPSGT, CCSH
9:00 a.m. - 10:00 a.m.		
A-10	Difficult Titrations: NIV	Russell Rozensky, RRT-SDS, RPSGT, CCSH
POSTER HALL OPEN 10:00 a.m. - 4:00 p.m.		
EXHIBIT HALL OPEN 10:00 a.m. - 4:00 p.m.		
LUNCH BREAK 11:45 a.m. - 1:00 p.m.		
1:00 p.m. - 2:00 p.m.		
A-11	Heart Rate Variability (HRV) and Suicide Among Veterans	Alexander Gomez, MD
2:00 p.m. - 3:00 p.m.		
A-12	Endophenotyping in Sleep Medicine	Danny Eckert, PhD

Invited Lecturers



Keynote Speaker

Jerome Siegel, PhD

Monday, June 9 | 9:00 a.m. - 10:00 a.m.

I-01: The Functions of Sleep and the Functions of Hypocretin (orexin) Neurons in Sleep, Waking, and Opioid Addiction

Dr. Jerome Siegel is a professor of psychiatry and biobehavioral sciences at UCLA School of Medicine and chief of neurobiology research at the Sepulveda VA Medical Center. His research has advanced understanding of sleep, consciousness and neurobiology, including discovering that human narcolepsy results from a loss of hypocretin-producing neurons. His studies of sleep across species have challenged assumptions about sleep and health, while his research on opioid addiction and the hypocretin system has opened new pathways for understanding its mechanisms and potential treatments. He has received multiple prestigious awards for his contributions to sleep research. A past president of the Sleep Research Society, Dr. Siegel continues to explore sleep's role in cognition, mental health and neurological function.

Invited Lecturers

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE



Atul Malhotra, MD

Monday, June 9 | 1:00 p.m.-2:00 p.m.

I-02: Pharmacological Therapy for Sleep Apnea



Jeffrey Iliff, PhD

Monday, June 9 | 1:00 p.m.-2:00 p.m.

I-03: Defining the Role of Sleep-Active Glymphatic Function in Alzheimer's Disease: Moving Past the Hype



Erin Flynn-Evans, PhD

Monday, June 9 | 2:15 p.m.-3:15 p.m.

I-04: How Do Humans Sleep in Space?



TBA

Monday, June 9 | 2:15 p.m.-3:15 p.m.

I-05: TBA



Patrick Strollo, Jr., MD

Tuesday, June 10 | 1:00 p.m.-2:00 p.m.

I-06: Sleep-Disordered Breathing: Moving Toward Precision Medicine



Marie-Pierre St-Onge, PhD

Tuesday, June 10 | 1:00 p.m.-2:00 p.m.

I-07: Eat Well, Sleep Tight: Strategies for Cardiometabolic Health



Katherine M. Sharkey, MD, PhD

Tuesday, June 10 | 2:15 p.m.-3:15 p.m.

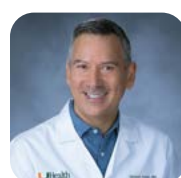
I-08: Can Chronotherapy Interventions Lighten the Load for Expectant and New Parents?



Mark Blumberg, PhD

Tuesday, June 10 | 2:15 p.m.-3:15 p.m.

I-09: To Sleep, Perchance to Twitch



Ignacio Tapia, MD

Wednesday, June 11 | 1:00 p.m.-2:00 p.m.

I-10: Breaking the Silence on Childhood Snoring

[Click here for more information on invited lecturers](#)

Ticketed Sessions



Enjoy additional sleep content with one or more of the SLEEP 2025 postgraduate courses. Choose from full-day or half-day courses on your topic of interest. These sessions are an excellent resource for in-depth information regarding a variety of topics in sleep medicine and sleep research. You must be registered for SLEEP 2025 general sessions to register for postgraduate courses.

	Member	Nonmember
Full-Day Postgraduate Course	\$175	\$300
Half-Day Postgraduate Course	\$100	\$175

Saturday



FULL-DAY COURSES | 8:00 a.m. - 5:00 p.m.

- C-01:** Year in Review
- C-02:** Embracing the Transdiagnostic Approach to the Treatment of Sleep & Circadian Rhythm Disorders
- C-03:** Revolutionizing Practice with Sleep Tracking and Apnea Diagnostic Technologies

HALF-DAY COURSES | 8:00 a.m. - 12:00 p.m.

- C-04:** Treating Severe Restless Legs Syndrome (RLS) in the Context of Comorbidities
- C-05:** When and Why to Consider Surgery for Sleep Apnea

HALF-DAY COURSES | 1:00 p.m. - 5:00 p.m.

- C-06:** A Rational Approach to Pharmacologic Management of Pediatric Insomnia
- C-07:** Laryngoscopy in Sleep Medicine: A Hands-On Course on Flexible Laryngoscopy for the Sleep Medicine Provider

Sunday



FULL-DAY COURSES | 8:00 a.m. - 5:00 p.m.

- C-08:** Advances in Clinical Sleep Medicine
- C-09:** PedSleep 2025: Best Practices for Treating Sleep and Sleep Disorders in Infants, Children and Adolescents
- C-10:** Comprehensive Review of Sleep Medicine
- C-11:** Building a Successful Neurostimulation Program

HALF-DAY COURSES | 8:00 a.m. - 12:00 p.m.

- C-12:** Sleep and Mental Health: State of the Art

HALF-DAY COURSES | 1:00 p.m. - 5:00 p.m.

- C-13:** Update and Review of the Treatment and Management of Restless Legs Syndrome

Meet the Professor



AAST/AASM/SRS MEMBER \$60

NONMEMBER \$70

Enjoy lunch while participating in a discussion led by a prominent member of the sleep community. Sessions will have approximately 50 participants and will be focused on a specific topic. Lunch is provided with registration of this session.



Monday



11:45 a.m. – 12:45 p.m.

M-01: Sleep and Hypocretin Neuron Function
Jerome Siegel, PhD

M-02: Contemporary Management of Insomnia
David Neubauer, MD

M-03: Circadian Phase in the Wild
Cathy Goldstein, MD

M-04: Latest Insights into the Development of Pharmacotherapy for Sleep Apnea
Danny Eckert, MD

M-05: Sleep and Neurodevelopmental Disorders
Temitayo Oyegbile-Chidi, MD, PhD

Tuesday



11:45 a.m. – 12:45 p.m.

M-06: Integrating Circadian Medicine in Sleep Centers
Phyllis Zee, MD

M-07: Update on Management of Narcolepsy in Pediatrics
Kiran Maski, MD

M-08: Don't Lose Sleep! Navigating Comorbid Insomnia in Sleep Apnea (COMISA)
Kathleen Sarmiento, MD

M-09: Big Changes in the New AASM Restless Legs Syndrome Clinical Practice Guidelines
John Winkelman, MD, PhD

M-10: Hospital Sleep Medicine: Bench to Bedside
Sunil Sharma, MD

Wednesday



11:45 a.m. – 12:45 p.m.

M-11: Opiate Use in Restless Legs Syndrome Management
Michael Silber, MBChB

M-12: Improving Sleep in Veterans
Jennifer Martin, MD

M-13: Hypoglossal Nerve Stimulation for Obstructive Sleep Apnea in Pediatrics
Chana Chin, MD

M-14: Building Dreams: Steps to Establishing and Running an Independent Sleep Medicine Practice
Sarah Patel, MD

M-15: Sleep, Circadian Rhythms, and Substance Use
Brant Hasler, PhD

Lunch Debates



AAST/AASM/SRS MEMBER \$60

NONMEMBER \$70

Spend your lunch exploring hot topics and listening in on a lively debate of opposing viewpoints. Sessions will have approximately 100 participants and will feature a debate on a specific topic. Lunch is included with registration of this session.

Monday



11:45 a.m. – 12:45 p.m.

L-01: Portable Sleep Testing Should be Standard in Pediatric OSA Diagnosis

Shalini Paruthi, MD (Pro) &
Shannon Sullivan, MD (Con)

Tuesday



11:45 a.m. – 12:45 p.m.

L-02: Does the Failure of Brain Cleaning During Sleep Really Cause Alzheimer's Disease?

Jeffrey Iliff, PhD (Pro) &
Andrew Varga, MD, PhD (Con)

Wednesday



11:45 a.m. – 12:45 p.m.

L-03: Mild OSA: Evidence-Based Action or Wait-and-See Wisdom

Sanjay Patel, MD (Pro) & Neomi Shah, MD (Con)

SLEEP 2025

Seattle, WA / June 8 – 11

SEE YOU IN SEATTLE!