

PRELIMINARY PROGRAM

About

SLEEP 2021 will be hosted online from June 10 – 13.

Through the platform, attendees will have access to pre-recorded content and live sessions.

Friday, Saturday, and Sunday, there will be educational content blocks consisting of 2 hours and 45 minutes of live sessions in both the morning and afternoon. Sessions may be either 45 minutes or 1 hour and 45 minutes in length.



While live sessions are streaming, pre-recorded sessions will also be released at scheduled times. The difference is that the presentation was previously recorded. Presenters have been encouraged to be available for questions during SLEEP.

NEW!

SLEEP 2021 will have an additional live track this year. Although you'll face tough decisions of what live session to watch, don't worry! The content will be available on-demand after the conference concludes.



SLEEP 2021 still features postgraduate courses as an add-on option. All attendees have access to enjoy a robust poster hall and exhibit hall filled with industry professionals. Attendee access to content will last until November 30, 2021.



What's Inside

Registration	4
Continuing Education	6
Session Descriptions	8
Schedule	9
Invited Lecturers	17
Postgraduate Courses	20
Meet the Professors	22
Exhibit Hall	23
Networking	24
Contact Information	25



Technologist Track

Attend the Technologist Track at SLEEP 2021 – a two-day itinerary dedicated to sleep technologists that focuses on relevant topics and issues.

sleepmeeting.org

Visit our website for the latest SLEEP 2021 updates!

Save on Registration

Register by April 30, 2021 to receive the early bird registration discount!

Ticketed Sessions

Look for this ticket icon throughout the preliminary program for ticketed sessions to enhance your SLEEP 2021 experience.

Continuing Education

SLEEP 2021 offers CME for physicians, CE for psychologists, CEC for technologists, and letters of attendance. You can earn up to 117.0 ***AMA PRA Category 1 Credits™!*** More information can be found on page 6 or by visiting sleepmeeting.org.

Registration

General Sessions

	On or before April 30	May 1 – June 13
Individual Member*	$300	$350
Individual Nonmember	$500	$550
Resident/Postdoctoral Member*	$180	$180
Resident/Postdoctoral Nonmember	$230	$230
Student/Predoctoral Member*	$95	$95
Student/Predoctoral Nonmember	$135	$135
Technologist Member*	$175	$200
Technologist Nonmember	$275	$325
Sleep Medicine Patient Advocate**	$50	$50
International – Low-Income Economies***	$30	$35
International – Lower-Middle Income Economies***	$45	$55
International – Upper-Middle Income Economies***	$150	$175

**APSS reserves the right to adjust your registration fee to reflect your current AASM and/or SRS membership status as of May 1, 2021.*

***Sleep Medicine Patient Advocate registrants must attest that they are affiliated with a patient advocacy organization with a focus on the field of sleep medicine or sleep research.*

****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.*

General Session Registration

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

Program content for registrants will be accessible until November 30, 2021.

Ticketed Sessions

Attendees may register for postgraduate courses without registering for SLEEP 2021 General Session.

		Member	Non-Member
Full-Day Postgraduate Course	Registrant	$175	$250
	Non-Registrant	$250	$350
Half-Day Postgraduate Course	Registrant	$100	$175
	Non-Registrant	$160	$250
All Nine Courses	Registrant	$525	$750
	Non-Registrant	$750	$1,050

Confirmation

After registering for SLEEP 2021, registrants will receive an automated email confirmation.

Add a ticketed session during the registration process and gain access to even more SLEEP 2021.

Forgot to register for ticketed sessions?

Follow the instructions in your confirmation email to directly add ticketed sessions to your existing registration.

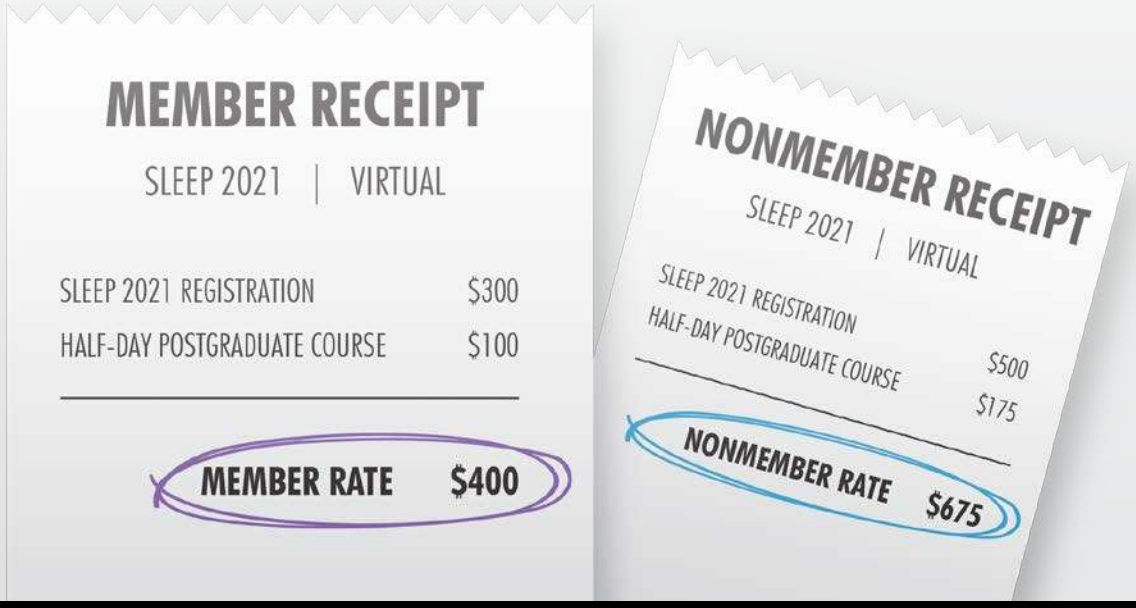
Pre-Register & Save! Three Ways to Register

1. Online (credit card only)
2. Register at sleepmeeting.org
3. Fax (credit card only)
   (630) 737-9790
4. Mail (credit card or check)
   Associated Professional Sleep Societies, LLC
   Attention: Meeting Department
   2510 N. Frontage Road
   Darien, IL 60561
   Registration form available to download here.

SLEEP 2021

JUNE 10-13 VIRTUAL

Membership Has Value



NOT AN AASM OR SRS MEMBER? MEMBERS SAVE

an average of $125* over nonmembers when pre-registering for SLEEP 2021 with a half-day postgraduate course.

Not only will you receive discounts on SLEEP registration, you will also receive all the benefits membership has to offer. Don't delay, join or renew today!

AASM American Academy of SLEEP MEDICINE™

aasm.org/benefits

Sleep Research Society®

sleepresearchsociety.org/benefits

*Discount may vary based on registration selections.
Pre-registration ends 4/30/2021.

Continuing Education Credits

Credits

	AASM/SRS Member	Non-Member
Continuing Medical Education (CME) Credit for Physicians	$25	$40
Continuing Education for Technologists (CEC)	FREE	$25
Continuing Education (CE) for Psychologists	$50	$50
Letter of Attendance	$25	$40

Day	Credit Hours Possible
Thursday	Up to 1.0
Friday	Up to 24.75
Saturday	Up to 25.0
Sunday	Up to 25.0
Postgraduate Courses	Up to 41.25

Learning Objectives

After attending SLEEP 2021, participants should be able to:

1. Summarize relevant information on the latest sleep research and clinical practices;
2. Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of sleep medicine or topics related to the field of sleep;
3. Integrate strategies and tools for the enhancement/advancement of sleep medicine; and
4. Recognize and discuss common sleep disorders.

Continuing Medical Education (CME) Credit for Physicians

SLEEP 2021 meeting activities have been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians. The American Academy of Sleep Medicine designates this live activity for a maximum of 117.0* *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Technologist Continuing Education

The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend SLEEP 2021. A maximum of 117.0* credits will be awarded.

Continuing Education (CE) for Psychologists

Continuing Education Credits will be provided to Psychologists.

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Associated Professional Sleep Societies (APSS). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Psychologists (APA)

Amedco LLC designates this **Live Activity / Enduring Material** for a maximum of **117.0** Psychologist contact hours.

The following state boards accept courses from APA providers for Counselors: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY
MI: No CE requirements
The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY
MI: No CE requirement
The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held)*, OK, OR, SC, UT, WA, WI, WY
MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.
The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

** If the activity is held live in the state of NY, then direct addictions board is required, ie: NAADAC. If the activity is held outside NY, is virtual, enduring or remote, it is considered "outstate" and this reciprocity applies.*

Continuing Education Credits

Letter of Attendance

Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2021 may receive a letter of attendance outlining the number of *AMA PRA Category 1 Credits*™ designated for the sessions they attend at SLEEP 2021.

Physician Assistant (PA) Credit

PAs may claim a maximum of 117.0* Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit*™ from organizations accredited by ACCME or a recognized state medical society. To receive proof of participation from SLEEP 2021, please select "Letter of Attendance" during the registration process.

Nurse Practitioner (NP) Credit

NPs may claim a maximum of 117.0* Category 1 credits for completing this activity. The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts *AMA PRA Category 1 Credit*™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines. To receive proof of participation from SLEEP 2021, please select "Letter of Attendance" during the registration process.

**The maximum number of credits available for attending SLEEP 2021 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.*

MOC

NEW THIS YEAR! Maintenance of Certification (MOC)

Attendees who register and attend SLEEP 2021 postgraduate courses can earn up to 41.25 MOC points for the following boards: The American Board of Internal Medicine (ABIM), The American Board of Pediatrics (ABP), and The American Board of Otolaryngology – Head and Neck Surgery (ABOHNS). The AASM has applied for ABPN SA CME credits.

SRS® | Trainee Symposia SERIES

The Trainee Symposia Series is a virtual series intended to foster scientific investigation, professional education and career development in sleep and circadian research as well as academic sleep medicine.

LINK TO REGISTER AND MORE INFORMATION:

https://www.sleepresearchsociety.org/trainees/srs-trainee-opportunities/

REGISTER TODAY!

Schedule Descriptions

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, two-hour 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.
M	Meet the Professors	Evening sessions during which an expert in the field leads an informal discussion on a single topic.
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.
T	Technologist Track	Dedicated track for sleep technologists designed to accommodate all levels of sleep technologists and is valuable to all members of the sleep team.
W	Clinical Workshops	Reviews of patient-related and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.

sleepmeeting.org
Receive the latest details

**All schedule information is subject to change. Please visit sleepmeeting.org for the most up-to-date information.*

Ticketed Events
Tickets required to attend

Plenary Session

Thursday, June 10, 2021 | 7:00 p.m. - 9:00 p.m.

★ **KEYNOTE SPEAKER:** ***Eus JW Van Someren, PhD***

I-01: *In Search of Brain Mechanisms of Insomnia*

GENERAL SESSIONS | 10:30 a.m. - 12:15 p.m. ET

F-01	LIVE	The Role of the Autonomic Nervous System in the Science of Sleep	*Sara Mednick, PhD, Co-Chair* *Katharine Simon, PhD, Co-Chair* *Lauren Whitehurst, PhD* *Massimiliano de Zambotti, PhD | Julian Thayer, PhD* *Pin-Chun Chen*
S-01	LIVE	Navigating Sleep Medicine Services During the Pandemic: Realities, Challenges and Potential Solutions	*Seema Khosla, MD, Chair | Shannon Sullivan, MD* *Indira Gurubhagavatula, MD | Romy Hoque, MD*
D-01	ON-DEMAND	Social and Environmental Determinants of Sleep Health: Implications for Health Disparities	*Janeese Brownlow, PhD, Chair | Dayna Johnson, PhD* *James Katungyi | Lauren Hale, PhD* *Chandra Jackson, PhD*
O-01	ON-DEMAND	Pediatrics: Go to Bed Sleepyhead!	

BREAK | 12:15 p.m. - 12:30 p.m. ET

GENERAL SESSIONS | 12:30 p.m. - 1:15 p.m. ET

I-02	LIVE	Meal Timing, Siesta and Genetics in Obesity and Weight Loss	*Marta Garaulet, PhD*
I-03	LIVE	The Devil is in the Detail: Semiology and Electro-Clinical Correlation in the Differentiation of Sleep-Related Seizures and NREM Arousal Disorders	*Nancy Foldvary-Schaefer, DO*
O-02	ON-DEMAND	Sleep and Sleep Loss in Soldiers, First Responders, and Flight Crew	
O-03	ON-DEMAND	Cognitive-Behavioral Treatment of Insomnia in Special Populations and Comorbid Disorders	

BREAK | 1:15 p.m. - 3:00 p.m. ET

GENERAL SESSIONS | 3:00 p.m. - 4:45 p.m. ET

W-01	LIVE	AASM Clinical Practice Guidelines for the Treatment of Central Disorders of Hypersomnolence	*Kiran Maski, MD, Chair | Nathaniel Watson, MD* *R. Robert Auger, MD | Lynn Marie Trotti, MD* *Suresh Kotagal, MD*
S-02	LIVE	From Circadian Bench to Bedside and from Sleep Bedside to Bench	*Frank Scheer, PhD, Co-Chair* *Horacio de la Iglesia, PhD, Co-Chair* *Emmanuel Mignot, MD, PhD | Colleen McClung, PhD* *Maiken Nedergaard, MD | Bart Straels, PhD*

Schedule

FRI 6/11

Basic and Translational Sleep and Circadian Science

Clinical Sleep Science and Practice

ON-DEMAND | LIVE

S-03	ON-DEMAND	**Ancient Sleep: Lessons from Phylogeny**	*David Raizen, MD, PhD, Chair | Michael Abrams Taichi Itoh, PhD | Bruno van Swinderen, PhD Phillipe Mourrain, PhD*
O-04	ON-DEMAND	**Epidemiology and Pathophysiology of Insomnia: From Childhood to Older Adulthood**	
		BREAK | 4:45 p.m. - 5:00 p.m. ET	
		GENERAL SESSIONS | 5:00 p.m. - 5:45 p.m. ET	
I-04	LIVE	**Sleep to Change Your Mind**	*Gina Poe, PhD*
I-05	LIVE	**The Journey of Patients with Narcolepsy: From Childhood to Maturity**	*Suresh Kotagal, MBBS*
D-02	ON-DEMAND	**A Daylight Saving Time Discussion: Early Sunrises or Late Sunsets? How Should We Set the Clock?**	*Erin Evans, PhD, Chair | Kimberly Honn, PhD Kin Yuen, MD | Elizabeth Klerman, PhD Kenneth Wright, PhD | Raymond Ward, MD, PhD Karin Johnson, MD | Jaime Zeitzer, PhD Muhammad Rishi, MD*
O-05	ON-DEMAND	**Sleep in Populations with Health Disparities**	

SLEEP MEDICINE TRENDS

SLEEP MEDICINE essentials fundamental knowledge

aasm.org/events

Sept. 10-12, 2021

Austin, TX

GENERAL SESSIONS | 10:30 a.m. - 12:15 p.m. ET

S-04	Moving Beyond Circadian Phase: Measuring Global Transcriptional Rhythm Strength and Organization	*Ron Anafi, MD, PhD, Chair | Gang Wu, PhD* *Shihoko Kojima, PhD | David Rand, PhD*
S-05	Pain, Opioids, and the Restless Legs Syndrome	*Elias Karroum, MD, PhD, Chair* *David Champion, MBBS, MD* *John Winkelman, MD, PhD | Arthur Walters, MD*
O-06	Cognitive Effects of Sleep and Sleep Deprivation	
O-07	Sleep-Disordered Breathing: Capnography, Chronotype, Comorbidities, and More	

BREAK | 12:15 p.m. - 12:30 p.m. ET

GENERAL SESSIONS | 12:30 p.m. - 1:15 p.m. ET

I-06	Leveraging Sleep and Circadian Science to Devise and Disseminate Novel Treatments to Improve Sleep Health Among Adolescents and Adults	*Allison Harvey, PhD*
I-07	*Tom Roth Lecture of Excellence* REM Sleep Behavior Disorder: Past, Present, and Future	*Carlos Schenck, MD*
O-08	New Findings in Sleep Physiology	
O-09	The Bi-Directional Relationship of Sleep and Medical Disorders	

BREAK | 1:15 p.m. - 3:00 p.m. ET

GENERAL SESSIONS | 3:00 p.m. - 4:45 p.m. ET

F-02	Time to Wake Up: Exploring the Frontiers of Sleep Inertia Research	*Cassie Hilditch, PhD, Chair | Raphael Vallet, PhD* *Katya Kovac | Raymond Matthews, PhD* *Grace Vincent, PhD | Javier Garcia, PhD*
S-06	Sleep Disparities in Highly-Vulnerable Child Populations	*Candice Alfano, PhD, Chair | Jonika Hash RN, PhD* *Eleanor McGlinchey, PhD | Monica Ordway, PhD* *Amy Wolfson, PhD*
S-07	Obstructive Sleep Apnea in Women: Sex Distinct Topics and Treatments	*Anita Rajagopal, MD, Chair | Carolyn D'Ambrosio, MD* *Chitra Lal, MD | Reena Mehra, MD*
O-10	COVID-19 Related Social and Psychological Effects on Sleep, and Lessons Learned	

Schedule

SAT 6/12

Basic and Translational Sleep and Circadian Science

Clinical Sleep Science and Practice

ON-DEMAND | LIVE

BREAK | 4:45 p.m. - 5:00 p.m. ET

GENERAL SESSIONS | 5:00 p.m. - 5:45 p.m. ET

D-03		**Translating Laboratory Research to Industry or Military Operational Environments: Challenges, Successes, and Lessons Learned**	*Christopher Steele, PhD, Chair | Amy Reynolds, PhD* *Kimberly Honn, PhD | Nita Shattuck, PhD* *Allison Brager, PhD | Rachel Markwald, PhD*
I-08		**Are We Doing Our Best? Quality Measurement in Sleep Medicine**	*Timothy Morgenthaler, MD*
D-04		**Understanding Diversity and Inclusion. What Does it Mean to be...in Sleep Medicine? Sharing our Stories**	*Lourdes DelRosso, MD, Chair | Andrew Spector, MD* *Ignacio Tapia, MD | Stuart Quan, MD* *Olufunke Afolabi-Brown, MD | Romy Hoque, MD*
O-11		**New Insights into the Neurobiology of Sleep and Wakefulness**	



GENERAL SESSIONS | 10:30 a.m. - 12:15 p.m. ET

S-08	LIVE	**Effects of Sex on the Bi-Directional Relationship Between Sleep and Substance Use**	*Rui Zhang, PhD, Chair | Lauren Depoy, PhD* *Dante Picchioni, PhD | Corinde Wiers, PhD*
S-09	LIVE	**Developmental Sleep Cohorts: Trajectories and Impact of Sleep-Disordered Breathing and EEG Biomarkers from Infancy to Adulthood**	*Julio Fernandez-Mendoza, PhD, Chair* *Fiona Baker, PhD | Kate Chan, MD, PhD* *Piush Mandhane, MD, PhD | Susan Redline, MD*
S-10	ON-DEMAND	**Anesthesia and Sleep Disorders**	*Krish Ramachandran, MD, Chair | Dennis Auckley, MD* *Mandeep Singh, MD | Christine Won, MD*
S-11	ON-DEMAND	**Mechanisms and Clinical Aspects of Sleep-Related Hypermotor Disorders**	*Rosalia Silvestri, MD, Chair | Oliviero Bruni, MD* *Alessandro Silvani, MD, PhD | Lino Nobili, MD, PhD* *Giuseppe Plazzi, MD, PhD*
O-12	ON-DEMAND	**The Sleep and Psychiatric Disorders Odyssey**	

BREAK | 12:15 p.m. - 12:30 p.m. ET

GENERAL SESSIONS | 12:30 p.m. - 1:15 p.m. ET

I-09	LIVE	**From Crime to COVID: Disparities in Sleep and What We Can Do About It**	*Wendy Troxel, PhD*
S-12	LIVE	**Sleep, Arrhythmias and Sudden Death**	*Anwar Chahal, MBChB, MRCP, PhD, Chair* *Virend Somers, MD, PhD | Reena Mehra, MD* *Tom Konecny, MD, PhD*
O-13	ON-DEMAND	**Contribution of Sleep and Circadian Disruption to Cognitive and Psychological Wellbeing**	
O-14	ON-DEMAND	**Innovation in the Assessment and Management of Central Hypersomnia**	
O-15	ON-DEMAND	**Pediatrics: Fighting the Pillow**	

BREAK | 1:15 p.m. - 3:00 p.m. ET

GENERAL SESSIONS | 3:00 p.m. - 4:45 p.m.

D-05	LIVE	**NIH Resources to Accelerate Solutions for Improved Sleep Health**	*Kathleen Rousche, PhD, Chair | Marishka Brown, PhD* *Emily Caporello, PhD | Dominique Durand, PhD* *Todd Haim, PhD | Michael Thomas* *Xinmin Simon Xie, MD, PhD | Nalaka Gooneratne, MD*

S-13		**Obesity Hypoventilation Syndrome: Guidelines to Clinical Application**	*Ashima Sahni, MD, Chair | Babak Mokhlesi, MD* *Michelle Cao, DO | Loutfi Aboussouan, MD*
O-16		**Changes in Sleep and Sleep Function Across the Lifespan**	
O-17		**The Bi-Directional Effect of COVID-19 on Adult Sleep Health**	
O-18		**Neurological Functioning, Illness, and Sleep**	

BREAK | 4:45 p.m. - 5:00 p.m. ET

GENERAL SESSIONS | 5:00 p.m. - 5:45 p.m. ET

D-06		**Children on the Move: RSD**	*Arthur Walters, MD, Chair | Daniel Picchietti, MD* *Oliviero Bruni, MD | Raffaele Ferri, MD* *Lourdes DelRosso, MD*
I-10		**Delayed Neural Injury Following Chronic Sleep Loss**	*Sigrid Veasey, MD*
O-19		**Sleep Deprivation, Loss and Disruption on Physiology, and Cognitive Functions**	
O-20		**Innovations in Non-Invasive Sleep and Circadian Technologies**	
O-21		**New Paradigms in RBD and RLS**	

Tech Track Schedule

FRI 6/11

Technologist Track

ON-DEMAND

LIVE

TECHNOLOGIST TRACK | 10:30 a.m. - 11:15 a.m. ET			
T-01	▶	**Difficult PAP Titration Cases**	*Michelle Cao, DO, Chair | Loutfi Aboussouan, MD* *Ashima Sahni, MD*
BREAK | 11:15 a.m. - 11:30 a.m. ET			
TECHNOLOGIST TRACK | 11:30 a.m. - 12:15 p.m. ET			
T-02	▶	**Careers for Sleep Technologists**	*Thomas Arrington, RST, RPSGT, CCSH, Co-Chair* *Christopher Hope, MD, Co-Chair* *Amber Waynick, RPSGT*
BREAK | 12:15 p.m. - 12:45 p.m. ET			
TECHNOLOGIST TRACK | 12:45 p.m. - 1:30 p.m. ET			
T-03	▶	**Pediatrics Update**	*Caroline Okorie, MD, Chair | Kevin Gipson, MD* *Shannon Sullivan, MD*
BREAK | 1:30 p.m. - 3:00 p.m. ET			
TECHNOLOGIST TRACK | 3:00 p.m. - 4:45 p.m. ET			
T-04	▶	**Advances in OSA Evaluation and Management**	*Robert Stansbury, MD, Chair* *Fernanda Almeida, DDS, PhD | Raj Dedhia, MD* *Neil Freedman, MD | Chris Pham, DO* *Everett Seay, RPSGT*
BREAK | 4:45 p.m. - 5:00 p.m. ET			
TECHNOLOGIST TRACK | 5:00 p.m. - 5:45 p.m. ET			
T-05	▶	**Artificial Intelligence and Sleep in the 21st Century and Beyond**	*Cathy Goldstein, MD, Chair* *Octavian Ioachimescu, MD, PhD | David Kent, MD*

Tech Track Schedule

SAT 6/12

Technologist Track

ON-DEMAND

LIVE

TECHNOLOGIST TRACK | 10:30 a.m. - 12:15 p.m. ET			
T-06		**Complex Sleep-Related Respiratory Disorders in Various Conditions**	*Saiprakash Venkateshiah, MD, Chair* *Gaurav Singh, MD | Shahrokh Javaheri, MD* *Bernardo Selim, MD*
BREAK | 12:15 p.m. - 12:30 p.m. ET			
TECHNOLOGIST TRACK | 12:30 p.m. - 1:15 p.m. ET			
T-07		**Sleep Lab Emergencies**	*Michelle Cao, DO, Chair | Subodh Arora, MD* *Jacob Collen, MD | Nancy Collop, MD*
BREAK | 1:15 p.m. - 3:00 p.m. ET			
TECHNOLOGIST TRACK | 3:00 p.m. - 4:45 p.m. ET			
T-08		**COVID-19 Pandemic**	*Sunil Sharma, MD, Chair | Martha Billings, MD* *Sushil Patil, MD, PhD | Mihaela Teodorescu, MD*
BREAK | 4:45 p.m. - 5:00 p.m. ET			
TECHNOLOGIST TRACK | 5:00 p.m. - 5:45 p.m. ET			
T-09		**Sleep ISR Panel**	*Brian Robertson, MD, Co-Chair* *Scott Williams, MD, Co-Chair* *Claude Albertario, RST, RPSGT* *Matthew Balog, MPH, CCSH, RPSGT* *Anuja Bandyopadhyay, MBBS | Faye Burnette, RPSGT* *Ameet Daftary, MBBS | Mark McCarthy, MD* *Michael Zachek, MD*

Invited Lecturers

SLEEP 2021 brings you some of the brightest minds in sleep medicine and sleep research. Enjoy forty-minute lectures followed by twenty-minute Q&A in which senior-level investigators/clinicians present in their areas of expertise.



★ KEYNOTE SPEAKER

Eus JW Van Someren, PhD

Thursday, June 10 | 7:00 p.m. – 9:00 p.m. ET

Professor of Neuroscience, Netherlands Institute for Neuroscience

In Search of Brain Mechanisms of Insomnia

Prof. Eus Van Someren was trained in physics, psychophysiology and neuropsychology and received a summa cum laude PhD in neurobiology from the faculty of medicine. He leads the Sleep & Cognition group at the Netherlands Institute for Neuroscience and holds a professorship at the Department of Integrative Neurophysiology and Psychiatry at the VU University and Medical Center in Amsterdam. His group aims to unravel brain mechanisms of chronic insomnia. He received prestigious grants including an ERC-AdG and founded the Sleep Registry (sleepregistry.org) for rich phenotyping of now over 18,000 volunteers, which led to the discovery of robust insomnia subtypes. He (co)-authored on more than 250 peer-reviewed publications in scientific journals including NJEM, Jama, Nature Genetics, Nature Neuroscience, Lancet Psychiatry, Archives of General Psychiatry, Psychological Bulletin, Brain, Current Biology and PNAS and is widely cited (H-index 58). His informal infectious enthusiasm for a neuroscience of insomnia makes him a frequently invited speaker.



Nancy Foldvary-Schaefer, DO

Friday, June 11 | 12:30 p.m. – 1:15 p.m.

Professor of Neurology, Cleveland Clinic Lerner College of Medicine, Director, Cleveland Clinic Sleep Disorders Center

The Devil is in the Detail: Semiology and Electro-Clinical Correlation in the Differentiation of Sleep-Related Seizures and NREM Arousal Disorders

Dr. Nancy Foldvary-Schaefer is a professor of neurology at Cleveland Clinic Lerner College of Medicine and director of the Cleveland Clinic Sleep Medicine Program. Certified by the American Board of Neurology and Psychiatry in neurology, clinical neurophysiology, sleep medicine, and epilepsy medicine. She leads a research program focused on elucidating the complex interactions between sleep and epilepsy. She is an expert in seizure semiology in focal epilepsies and is studying peri-ictal cardiorespiratory alterations to understand the mechanistic underpinnings of sudden unexplained death in epilepsy (SUDEP). She serves on the AASM RBD Task Force and teaches in the International League against Epilepsy (ILAE) Academy on PSG methodology in epilepsy. She is the chief editor of Sleep Disorders: A Case a Week from the Cleveland Clinic, 2nd Edition, released in 2019 by Oxford University Press.



Marta Garaulet, PhD

Friday, June 11 | 12:30 p.m. – 1:15 p.m.

Doctor of Pharmacy, University of Murcia

Meal Timing, Siesta and Genetics in Obesity and Weight Loss

Dr. Marta Garaulet is a professor of physiology and nutrition at the University of Murcia in Spain. She is also a scientist at Brigham and Women's Hospital. She holds a Master's in Public Health from Harvard University. Her teaching and research activity have always been related to nutrition topics, especially obesity, publishing more than 200 scientific articles in high impact factor journals on the field of nutrition and obesity. Her research has been crucial to the discovery of the importance of meal timing in obesity and weight loss. She has recently received two relevant awards: the European Award in Endocrinology and Obesity awarded by the "Nutrition and Santé" in 2011 and the Dr. Gregorio Marañón Award for Best Researcher in Nutrition in Spain from the Spanish Academy of Gastronomy and Nutrition in 012.

Invited Lecturers



THOMAS ROTH LECTURE OF EXCELLENCE

Carlos Schenck, MD

Saturday, June 12 | 12:30 p.m. – 1:15 p.m. ET

Professor of Psychiatry, University of Minnesota Medical School, Minnesota Regional Sleep Disorders Center

REM Behavior Disorder: Past, Present and Future

Dr. Carlos H. Schenck was born in New York City in 1951, received his BA degree from the Johns Hopkins University in 1972, and his MD degree from the State University of New York at Buffalo in 1976. He completed a psychiatry residency at the University of Minnesota in 1980, where he is currently a professor. Since 1982 he has been a staff physician at the Minnesota Regional Sleep Disorders Center (located at Hennepin County Medical Center). In 1985 to 1987, Dr. Schenck and colleagues reported on a new category of parasomnia that they named REM sleep behavior disorder (RBD). In 1996 Dr. Schenck and colleagues first reported that RBD commonly heralds future parkinsonism, thus initiating a major international research effort in this area, involving clinical and basic science. Dr. Schenck was the Founding President of the International REM Sleep Behavior Disorder Study Group (IRBD-SG) that has held yearly research symposia and that to date has published more than 15 collaborative, multicenter, peer-reviewed articles.



Gina Poe, PhD

Friday, June 11 | 5:00 p.m. – 5:45 p.m. ET

Professor, Department of Integrative Biology and Physiology, UCLA

Sleep to Change Your Mind

Dr. Gina Poe has been working since 1995 on the mechanisms through which sleep serves memory consolidation and restructuring. Dr. Poe is a professor at UCLA and directs the COMPASS-Life Sciences and BRI-SURE programs and co-Directs the MARC-U*STAR program. Nationally she is course director of the Marine Biological Lab's SPINES course and co-directs the Society for Neuroscience's NSP program which earned the nation's highest mentoring honor in 2018. She earned her PhD in Basic Sleep in the Neuroscience Interdepartmental Program at UCLA under the guidance of Ronald Harper then moved to the University of Arizona for her postdoctoral studies with Carol Barnes and Bruce McNaughtons. Her lab employs tetrode recording and optogenetic techniques in learning animals to see how neural patterns underlying learning are reactivated during sleep, and how activity during sleep influences the neural memory code.



Suresh Kotagal, MBBS

Friday, June 11 | 5:00 p.m. – 5:45 p.m. ET

Professor, Department of Neurology, Mayo Clinic

The Journey of Patients with Narcolepsy - From Childhood to Maturity

Dr. Suresh Kotagal is a consultant in the Departments of Neurology, Pediatrics and the Center for Sleep Medicine at Mayo Clinic in Rochester, Minnesota, and a professor of neurology at the same institution. He trained in sleep medicine in 1982 at Stanford University under the guidance of the late Drs. William Dement and Christian Guilleminault. He was one of the first pediatric neurology-sleep specialists in the United States. He has been awarded the Distinguished Educator award by the American Academy of Sleep Medicine and the Lifetime Achievement Award by the Child Neurology Society. Dr. Kotagal has served on editorial boards of Sleep Medicine, Sleep Medicine Reviews and Pediatric Neurology, and as Associate Editor for the Journal of Child Neurology. Dr. Kotagal has made substantial contributions in the study of pediatric sleep disorders. He currently a member of a task force of the American Academy of Sleep Medicine that is developing evidence-based guidelines for the treatment of hypersomnia disorders.

Invited Lecturers



Allison Harvey, PhD

Saturday, June 12 | 12:30 p.m. – 1:15 p.m. ET
Professor of Psychology, Director, The Golden Bear Sleep and Mood Research, University of California (Berkeley)

Leveraging Sleep and Circadian Science to Devise and Disseminate Novel Treatments to Improve Sleep Health Among Adolescents and Adults

Dr. Allison G. Harvey is a professor and licensed clinical psychologist in the department of psychology at the University of California, Berkeley. Her clinical training and PhD were completed in Sydney, Australia. Dr. Harvey moved to the University of Oxford as a postdoctoral fellow in the department of psychiatry and then joined the department of experimental psychology as faculty with a fellowship at St. Anne's College. Dr. Harvey has practiced as a cognitive-behavior therapist for more than 20 years. She has had the honor of participating in the Training Institute for Dissemination and Implementation Research in Health (TIDIRH) hosted by the National Cancer Institute. She has published more than 250 peer reviewed papers and chapters and authored three books. Her team's research is funded by the National Institute of Mental Health and National Institute of Child Health and Human Development. Dr. Harvey is a recipient of numerous awards, including from the American Association for Behavior Therapy and from NARSAD. Dr. Harvey has also been awarded an Honorary Doctorate from the University of Orebro, Sweden and is a Fellow of the Association for Psychological Science.



Timothy Morgenthaler, MD

Saturday, June 12 | 5:00 p.m. – 5:45 p.m. ET
Co-Director, Mayo Clinic Center for Sleep Medicine

Are We Doing Our Best? Quality Measurement in Sleep Medicine

Dr. Timothy Morgenthaler is the co-director of the Center for Sleep Medicine and the chair of the Mayo Clinic Sleep Medicine Specialty Council for Mayo Clinic. He is a professor of medicine in the division of pulmonary, critical care, and sleep medicine at the Mayo Clinic College of Medicine and Science. Dr. Morgenthaler has been on staff at Mayo Clinic since 2000. He received his Bachelors of Science in Chemical Engineering from the Massachusetts Institute of Technology, and his MD from Dartmouth Medical School. He recently served as the Chief Patient Safety Officer for the Mayo Clinic, and as the past president of the American Academy of Sleep Medicine, and currently serves as the Vice Chair for Quality and Affordability at Mayo Clinic. He also serves as a director at Mercy Health in St. Louis, Missouri, and has been the author of more than 130 peer-reviewed publications.



Wendy Troxel, PhD

Sunday, June 13 | 12:30 p.m. – 1:15 p.m. ET
Senior Behavioral and Social Scientist, RAND Corporation

From Crime to COVID: Disparities in Sleep and What We Can Do About It

Dr. Wendy Troxel is a senior behavioral scientist at RAND and holds adjunct faculty positions at the University of Pittsburgh and University of Utah. She is the author of Sharing the Covers: Every Couple's Guide to Better Sleep, book to be released in April 2021. She is a licensed clinical psychologist and certified behavioral sleep medicine specialist. Dr. Troxel's research focuses on the interface between sleep, the social environment, and health, and the implications for public policy. She served on the American Academy of Sleep Medicine Task Force for the Psychological and Behavioral Guidelines for the Treatment of Chronic Insomnia, is a Member of NIH's Sleep Disorders Research Advisory Board and is an Associate Editor of the journals Sleep Health and Behavioral Sleep Medicine. She also served on the Commonwealth of Pennsylvania's task force to study school start times. Dr. Troxel's work has been published in top-tier scientific journals and has received widespread media attention.



Sigrid Veasey, PhD

Sunday, June 13| 5:00 p.m. – 5:45 p.m. ET
Professor of Medicine, University of Pennsylvania

Delayed Neural Injury Following Chronic Sleep Loss

Dr. Sigrid Veasey is a physician scientist at the University of Pennsylvania. Her research focuses on defining the extent of neural injury in response to chronic sleep disruption and on identifying the molecular mechanisms underlying neural injury in sleep disorders and sleep disruption. The present focus of her lab is understanding the molecular mechanisms by which sleep disruption imparts a delayed and slowly progressive neurodegenerative process with some features of Alzheimer's disease. Previously, sleep researchers believed that all neurobehavioral consequences of sleep loss were fully reversible. Dr. Veasey's lab has led the way in discovering that chronic short sleep and sleep fragmentation induce loss of wake-activated neurons, neurons essential for alertness and optimal cognitive performance.

Postgraduate Courses

Enjoy additional sleep content with one or more of the SLEEP 2021 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 do not have to be registered for SLEEP 2021 general sessions to register for postgraduate courses.

		Member	Non-Member
Full-Day Postgraduate Course	Registrant	$175	$250
	Non-Registrant	$250	$350
Half-Day Postgraduate Course	Registrant	$100	$175
	Non-Registrant	$160	$250
BEST DEAL All Nine Courses	Registrant	$525	$750
	Non-Registrant	$750	$1,050

FULL-DAY COURSES

C-01: Year in Review 2021

This annual course discusses new perspectives and recent findings in translational science from the past year.

Co-Chairs: Daniel Barone, MD and Rebecca Spencer, PhD

M. Safwan Badr, MD | Ian Colrain, PhD | Chandra Jackson, Ph
Meir Kryger, MD | Lynn Marie Trotti, MD, MsC
Phyllis Zee, MD, PhD

C-02: Trends in Sleep Medicine

This annual course focuses on topics that are important to the practice of clinical sleep medicine.

Co-Chairs: Julio Fernandez-Mendoza, PhD and Romy Hoque, MD

Suzanne Bertisch, MD, MPH
Lourdes DelRosso, MD | Philip Gehrman, PhD
Dayna Johnson, PhD, MPH, MSW | Ricardo Osorio-Suarez, MD
Andrew Spector, MD | Christine Won, MD

C-03: 2021 State of the Art for Clinical Practitioners

This annual course focuses on the best practices for evaluating, diagnosing and treating the most common sleep disorders in clinical practice.

Co-Chairs: Shalini Paruthi, MD and Elda Arrigoni, MD

Alon Avidan, MD, MPH | Martha Billings, MD, MsC
Deidre Conroy, PhD | Joyce Lee-Iannotti, MD
Katherine Sharkey, MD, MPH | Denise Sharon, MD, PhD
Andrew Wellman, MD, PhD

C-04: Pediatric Video-Polysomnography Provides Much More than an Apnea-Hypopnea Index

This course will examine how comprehensive video-polysomnography (V-PSG) in pediatric sleep medicine provides much more than an apnea-hypopnea index.

Co-Chairs: Anne Morse, DO and Madeline Grigg-Damberger, MD

Lourdes DelRosso, MD | Umakanth Katwa, MD | Eliot Katz, MD
Leila Kheirandish-Gozal, MD | Suresh Kotagal, MD
Sanjeev Kothare, MD

HALF-DAY COURSES

C-05: Training in Statistical Methods in Sleep Research

This course will provide attendees with greater understanding and appreciation of statistical methods used in sleep research and intensive training on advanced statistical analytic methods within the area of sleep research.

Chair: Jennifer Goldschmied, PhD

Diego Mazzotti, PhD | Haoqi Sun, PhD | Joshua Wiley, PhD

C-06: Don't Miss the Random Forest for the Trees: The Clinical Implications of Artificial Intelligence for Sleep Medicine

This course will explain the fundamental principles of AI, define the associated terminology, describe the evolution of AI in healthcare and detail how sleep medicine can leverage AI for applications that far transcend automated sleep staging.

Chair: Cathy Goldstein, MD, PhD, MBA

Dennis Hwang, MD | Octavian Ioachimescu, MD, PhD, MBA
David Kent, MD | Azizi Seixas, PhD

C-07: Improving Sleep in the Littlest Ones: Assessment and Behavioral Sleep Intervention in Children from Birth to Age 3

This course will provide an overview of assessment and behavioral sleep intervention strategies for pediatric patients from infancy through age three, emphasizing the most recent findings.

Chair: Sarah Honaker, PhD

Jodi Mindell, PhD | AJ Schwichtenberg, PhD
Melissa Xanthopoulos, PhD

C-08: EEG Essentials for the Sleep Practitioner

This program will approach the challenges of understanding the EEG by first establishing foundation on EEG principles, review understanding of normal variants and artifacts, then progress to recognition of pathological waveforms including interictal activity, and seizure activity.

Chair: Bradley Vaughn, MD

Carl Bazil, MD, PhD | Mithri Junna, MD | Erik St. Louis, MD, MS

C-09: Mindfulness Medicine for Sleep and Circadian Medicine Providers and Patients: The Science and Practice

This session will integrate the cutting-edge science on mindfulness relevant to sleep clinicians and will introduced a broad range of techniques through experiential practice and specific skills for attendee self-practice and interventions with patients.

Chair: Daniel Lewin, PhD

Daniela Dentico, MD, PhD | Philippe Goldin, PhD | Jason Ong, PhD

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Supporting Sleep and Circadian Research

Meet The Professors

Join us for the unofficial kickoff to SLEEP 2021! Meet the Professor sessions are open to all those interested. These one-hour sessions will be presented via Zoom and provide a glimpse of the great content you would receive as a SLEEP attendee. Registration for these sessions will open in April.

Thursday, May 27, 2021

8:00 p.m. – 9:00 p.m. (ET)
Brain Stimulation to Enhance Memory
Roneil Gopal Malkani, MD

Monday, May 31, 2021

8:00 p.m. – 9:00 p.m. (ET)
The Brain State of Sleep and the Function of Sleep
Robert W. Greene, MD, PhD

Wednesday, June 2, 2021

8:00 p.m. – 9:00 p.m. (ET)
Experience with New Insomnia Medications
Andrew Krystal, MD

Tuesday, June 8, 2021

8:00 p.m. – 9:00 p.m. (ET)
Doctoring Beyond Imagination:
COVID-19 and the Practice of Sleep Medicine Planning
Indira Gurubhagavatula, MD, MPH

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SCIENCE SERIES

MARCH 8, 2021 – 10:00 AM – 12:00 PM, CT

- Is it Time to be Awake? Sleep and Circadian Control of Alertness
- Light Integration: Photons, Phase Shifts and Sleep

MARCH 22, 2021 – 10:00 AM – 12:00 PM, CT

- Sleep for the Cure: Sleep, Cancer, and Circadian Clocks
- Time to Sleep, Replenish, and Re-energize

Link for registration and more information:
www.sleepresearchsociety.org/ascs21

FREE FOR SRS MEMBERS – REGISTER TODAY!

Exhibit Hall



Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2021 exhibit hall! Every year SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies all with a goal of helping with your care or research.

50+
companies exhibited at Virtual SLEEP 2020.

Networking

SLEEP Store
Visit the Virtual SLEEP where attendees can receive special discounts on AASM and SRS products to continue their education in sleep long after the meeting.

Poster Viewing
Posters will be displayed 24-hours a day in the ePoster gallery through Tuesday, November 30.

NEW THIS YEAR! We're working with poster presenters to release the posters in advance of the start of the conference, and to keep access to the posters open through November 30.

Attendee-Sourced Discussion Groups
Engage with presenters, abstract authors, and other attendees at SLEEP 2021 by creating your own virtual discussion group. The APSS will provide information on how to host your own discussion group as we get closer to the meeting.

26th Annual Trainee Symposia Series
The 26th Annual Sleep Research Society Trainee Symposia Series will be held virtually Monday, May 24 through Friday, May 28, 2021. The series is free to student attendees of SLEEP 2021. You must be registered for the SLEEP 2021 general session to participate. The deadline to register for the Trainee Symposia Series is May 23, 2021.

The Dawn of the Sleep Field
Saturday, June 12, Livestream
7:00 p.m. to 9:00 p.m. (ET)

This special event for Virtual SLEEP 2021 attendees will take a look back at how the sleep field began. Hear stories from the pioneers and leaders who shaped the sleep field and enjoy music from the era. Join the celebration and participate in the live chat with colleagues from around the world.



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