

SLEEP 2021

JUNE 10-13

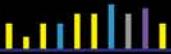
35th Annual Meeting Guide

A JOINT MEETING

AASIM American Academy of
SLEEP MEDICINE™

 Sleep Research Society®
Advancing Sleep & Circadian Science

WELCOME TO SLEEP 2021



Dear Virtual SLEEP 2021 Attendee,

Welcome to Virtual SLEEP 2021, the 35th annual meeting of the Associated Professional Sleep Societies (APSS), a joint venture of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS).

This year's virtual meeting provides you with access to the latest advances in the fields of sleep medicine and sleep and circadian research, while also including virtual discussion rooms for you to network with colleagues old and new.

This year's full slate of postgraduate courses have been developed to review in-depth information on specific topics of interest to sleep professionals and are presented by leaders in the field. Nine courses are available, provided in half-day and full-day formats.

Four Meet the Professor sessions will be broadcast as live evening webinars over the course of the two weeks leading up to the plenary session.

The Virtual SLEEP 2021 meeting kicks off on Thursday, June 10 with the livestream plenary session honoring this year's recipients of awards from the AASM and the SRS, and featuring a keynote address by Eus Van Someren, PhD, entitled, "In Search of Brain Mechanisms of Insomnia."

The scientific program follows June 11-13th, with five live and on-demand session tracks. There will be two live presentation tracks, one focused on clinical sleep medicine, the other focused on sleep and circadian research. This year there is also a technologist track. The other two tracks feature pre-recorded, on-demand sessions. Altogether, these tracks allow you and your colleagues to attend sessions specifically geared towards your clinical or research interests. You will have access to all the sessions until November 30, 2021. Each evening, join your colleagues in open-dialogue discussion virtual meeting rooms. Networking is always an important aspect of our meeting. With the changes and developments occurring in sleep medicine and research every day, it is important that clinicians and researchers are provided the opportunity to meet, interact, and share their experiences and discuss the issues of greatest importance to our field. You are also invited to network using social media (#SLEEP2021).

More than 800 abstracts are being presented at SLEEP 2021.

The SLEEP 2021 mobile app is an essential resource for navigating the meeting. Information regarding postgraduate courses, invited lectures, symposia, discussion groups, abstract presentations and other sessions, activities, and events held during the meeting can all be found in the SLEEP 2021 mobile app.

Be sure to check out the virtual Exhibit Hall, where companies will be featuring their latest products and services available. This is the place to learn about the technologies and advances in the industry.

The APSS Board of Directors, APSS Program Committee, and AASM and SRS Staff work hard throughout the year to ensure that leading science and state-of-the-art practices are featured during the meeting. We hope that you will fully enjoy your experience at SLEEP 2021, and have the opportunity renew and initiate relationships with colleagues from around the world who share your interests. Through these relationships, we can mold the future of sleep. Enjoy virtual SLEEP 2021!

Sincerely,

Shalini Paruthi, MD, Co-Chair
Rebecca Spencer, PhD, Co-Chair
APSS Program Committee

ABOUT VIRTUAL SLEEP

Welcome to Virtual SLEEP 2021. It's a new dawn for the sleep field, and as we gather virtually for the 35th annual meeting of the Associated Professional Sleep Societies (APSS), we're hopeful that much of the world is turning the corner on the pandemic and that we'll be together in person soon.

More than just colleagues, we are a family, and the SLEEP meeting has always been an opportunity for us to reunite over our common passion for sleep. While an online meeting may not have the same feeling of connectedness as a face-to-face gathering, Virtual SLEEP will offer opportunities to catch up with your sleep family and stay abreast of the latest developments in sleep medicine, and sleep and circadian science.

From June 10-13, Virtual SLEEP attendees will enjoy dozens of sessions across clinical sleep science and practice, basic and translational sleep and circadian science, and tech tracks. Two live education tracks, one focused on research and science and one on clinical and didactic content, include opportunities to interact with the presenters through the meeting platform. The meeting also offers the variety of educational formats attendees have come to expect, including symposia, rapid-fire symposia, clinical workshops, and meet the professor. The popular poster hall, featuring the latest sleep and circadian research, will be available throughout the meeting, and attendees can connect with industry representatives to learn about new products and services in the virtual exhibit hall.

Additional time for interaction, networking, and catching up with your sleep family are available via attendee-sourced discussion groups. Attendees can create their own rooms to discuss common interests. The APSS Program Committee hopes Virtual SLEEP attendees will take advantage of opportunities offered through the meeting platform to connect and interact with each other.

"Great ideas come out of networking and talking with colleagues, researchers and clinicians, so we want to facilitate that as much as possible given the technology capabilities that we do have," said APSS Program Chair Dr. Shalini Paruthi, co-director of the Sleep Medicine and Research Center at St. Luke's Hospital in St. Louis. "We've tried to capture all of the elements we would typically have in person and convert that to a virtual format that still allows for people to interact with each other."

Virtual SLEEP begins Thursday, June 10, with the plenary session, featuring keynote speaker Eus JW Van Someren, PhD, who studies the brain mechanisms of insomnia. He leads the sleep and 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.

"Clinicians and scientists are looking forward to hearing Dr. Van Someren's presentation, which will thoughtfully explore the intricacies of insomnia, thus inspiring others in search of a better understanding of insomnia and discovering improved treatment options for patients in the future," said Paruthi.

The virtual plenary session also will include recognition of the AASM and SRS 2021 award recipients and remarks from both organization's presidents. A special Saturday evening musical event will reflect on how the sleep field began and will include personal stories from the pioneers and leaders who shaped the sleep field.

While we wish we were meeting in person this year, we hope you will take advantage of the flexibility and access that a virtual meeting provides. Attendees will be able to view content on demand through Nov. 30, 2021. The poster hall also will remain open through November for presenters who select to keep their poster online.

Virtual SLEEP attendees can download the meeting app by searching for "SLEEP meeting" in your app store. There, you can review the Virtual SLEEP schedule of events, build a personal calendar, and connect with other attendees.

WHAT'S INSIDE

SLEEP is the premier world forum to present and discuss the latest developments in clinical sleep medicine, and sleep and circadian science.



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Program Committee

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Steve Van Hout, Executive Director

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Join us for the Upcoming AASM Courses

Sleep Medicine Trends and Essentials

Sept 10-12, 2021 | Austin, TX

Enjoy emerging topics in sleep medicine and board preparations. Courses run concurrently.

SLEEP MEDICINE **TRENDS**

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new techniques and emerging
sleep related content

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Avadel is dedicated to advancing treatment for narcolepsy

Learn more at our virtual booth

SLEEP2021.AvadelMedicalBooth.com

We're working tirelessly to improve the lives of people living with narcolepsy, guided by their real unmet needs.



GENERAL INFORMATION

Exhibit Hall

The Virtual SLEEP 2021 exhibit hall showcases virtual booth displays of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies.

Exhibit Hall Hours

The exhibit hall will be open 24/7 with dedicated attendee engagement time scheduled from 12:15 p.m. – 12:30 p.m. (ET), 1:15 p.m. – 3:00 p.m. (ET) and 4:45 p.m.- 5:00 p.m. (ET), Friday, June 11 through Sunday, June 13. Attendees will have access to the exhibit hall until November 30, 2021.

Press

Members of the press are encouraged to utilize the virtual press room on www.sleepmeeting.org. The press room has resources to assist reporters with their stories, including detailed information on the participating organizations and study abstracts. Reporters can contact the APSS public relations staff for assistance in scheduling an interview with presenters and abstract authors. Questions? Contact Corinne Lederhouse, *Communications Coordinator*, at clederhouse@sleepmeeting.org.

Virtual SLEEP 2021 Store

Visit the [Virtual SLEEP Store](#) where attendees can receive special discounts on AASM and SRS products to continue their education in sleep long after the meeting! Attendees can ask questions about products at our booth in the exhibit hall, or via email at orders@sleepmeeting.org.

Terms of Use

Virtual SLEEP 2021 content is for individual use only and is not transferable.

Agreement to Online Conduct

SLEEP provides a welcoming environment to all participants. The Associated Professional Sleep Societies, LLC (APSS) reserves the right to rescind access for those who disrupt the meeting or diminish the learning environment for others.

Online Recording and Visual Capture by the APSS

Webinars, virtual sessions, or courses may be recorded or captured by APSS or its agents in any form of media by and with the consent of APSS for eventual resale or other commercial or non-commercial use. As a registered participant joining or attending a webinar, virtual session or course, you consent to such recording of the live event, which may include your participation and interaction.

Recording and Visual Capture by Attendees

No participant may make audio or video recordings of Virtual SLEEP sessions.

Postgraduate Courses

The SLEEP general registration fee does not include access to the on-demand postgraduate courses. You must purchase admission to access any SLEEP 2021 postgraduate courses. Postgraduate course registrants will have access to purchased courses until November 30, 2021. Purchase a postgraduate course or all courses with a discounted bundle [here](#).

SLEEP 2021 Abstract Supplement

All abstracts from SLEEP 2021 are published in an online abstract supplement of the *journal SLEEP*. To view these abstracts, visit www.sleepmeeting.org/abstract-supplements.

Claim Credit

To claim credit from the meeting, complete the evaluation for each session you attend within the website or mobile app. The deadline to claim credit is November 30, 2021. Individuals who have not claimed their continuing education credits by this date will be unable to do so. More information is available at www.sleepmeeting.org/continuing-education.

We Want Your Feedback - Help Improve SLEEP

All attendees are requested to evaluate the conference overall on June 13, 2021 after the close of the last session. The survey feature will close on November 30, 2021. The APSS Program Committee will use this information to plan future events.



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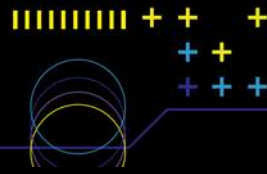




Download the *SLEEP* Meeting app to play SLEEP Walking and enjoy all of the benefits Virtual SLEEP 2021 has to offer.



POSTER HALL INFORMATION



All SLEEP 2021 ePosters are available for viewing from June 9-13*. Be sure to check them out before they're gone!

+

Posters can be rated on a scale of 1-5 hearts. To rate a poster, click on the poster image and click "Rate ePoster" on the lower left-hand corner of the pop-up window.

Browse by title, author, track, keyword, or peruse the e-Poster Gallery! Authors were encouraged to record a brief description of their research, available to you on-demand at the simple click of a button. ePosters are denoted with a document icon to the right of the abstract title. Audio presentations are denoted with a speaker icon to the right of the abstract title. Once logged in, click the star on any abstract to favorite it. **Access your favorite abstracts from your personal My Schedule page.**

*Some posters will be available for viewing until November 30, 2021.



INTRODUCING THE **AASM Sleep Clinical Data Registry (CDR)**

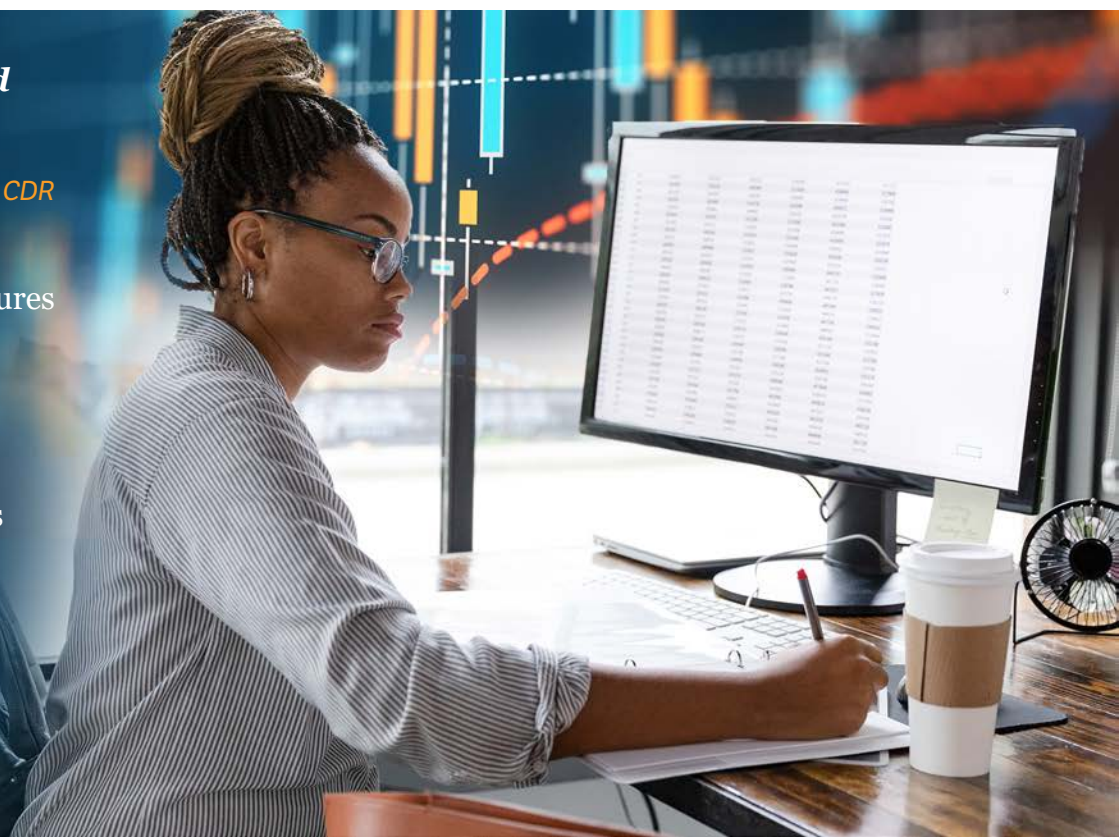
The first registry dedicated solely to sleep medicine

Explore the many benefits of the Sleep CDR

- Increase reimbursement
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- Simplified reporting
- Benchmarking
- Demonstrate value
- Improve practice operations

Learn more

aasm.org/sleep-clinical-data-registry



Visit the Virtual SLEEP 2021 Store!



- **PURCHASE** on-demand learning modules, textbooks, brochures and more at a discounted price!
- **SAVE 25%** on exclusive, pre-discounted SLEEP 2021 bundles
- **20% OFF** all products in the store

Beginner's Bundle



- The AASM Manual for the Scoring of Sleep and Associated Events v2.6 (Print)
- An Introduction to Sleep Disorders (Print/Online)
- A Provider's Introduction to Sleep Medicine

Member: \$325 **\$245** | Non-member: \$530 **\$400**

Board Review Bundle



- Sleep Qs Board Review
- 2020 Sleep Medicine Board Review Self-Assessment Exam
- 2019 Sleep Medicine Essentials On-Demand
- 2019 Intensive Scoring Review On-Demand

Member: \$800 **\$600** | Non-member: \$1,400 **\$1,050**

Essential Reference Bundle



- Essential Readings in Sleep Medicine
- Case Book of Sleep Medicine Second Edition
- International Classification of Sleep Disorders – Third Edition (ICSD-3)
- AASM Standards and Guidelines for the Practice of Sleep Medicine

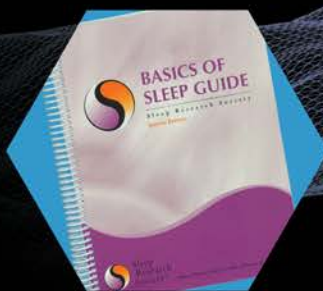
Member: \$255 **\$190** | Non-member: \$445 **\$335**

CME/MOC Bundle (68.75 CME and MOC – ABIM, ABOHNS, ABP)



- 2020 Sleep Medicine Trends On-Demand
- 2019 Sleep Medicine Essentials On-Demand
- 2019 Sleep Medicine Trends On-Demand

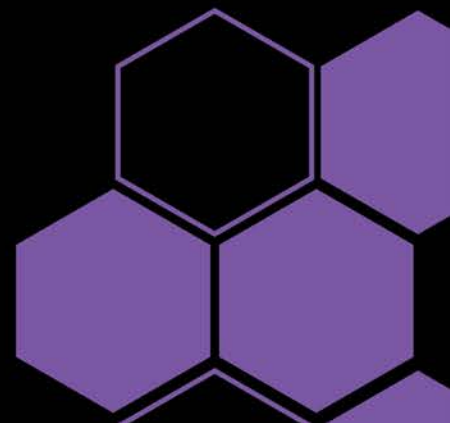
Member: \$1,300 **\$975** | Non-member: \$1,950 **\$1,465**



Basics of Sleep Guide

Member: \$35 **\$28** | Non-member: \$50 **\$40**

- Discounted prices valid 6/10-6/13 and are reflected at checkout.
- Discounts do not apply to membership, event registration or services. Discount is valid at the time of purchase only and cannot be combined with previous or future purchases. Other exclusions may apply.



An iceberg floating in the ocean. The tip of the iceberg, which is above the water line, is labeled 'AHI'. The much larger part of the iceberg is submerged below the water line and contains a list of other sleep-related metrics. The background is a clear blue sky with some clouds.

AHI

To optimize treatment
for sleep disordered
breathing

REM Sleep Apnea
Sleep Stages
Sleep Latency
Cheyne Stokes Respirations
True Sleep Time
Insomnia
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or visit <https://lp.itamar-medical.com/sleep2021/>

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AT SLEEP 2021

The logo for Itamar Medical, featuring a green plus sign to the left of the word 'itamar' in a bold, lowercase sans-serif font, with the word 'medical' in a smaller, lowercase sans-serif font below it.

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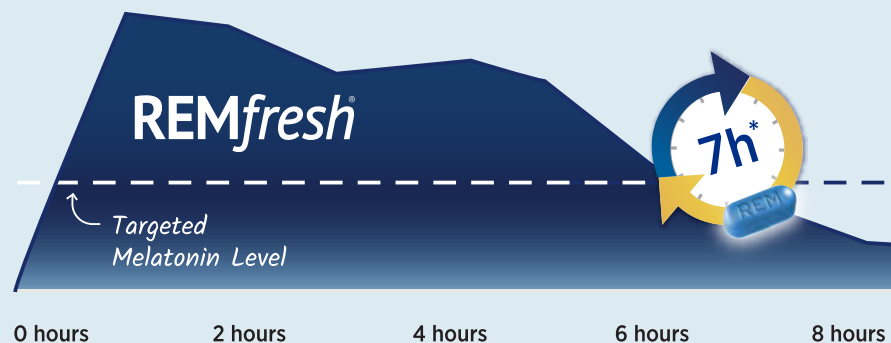
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For occasional sleeplessness. Among primary care physicians with a certification in sleep disorders who recommended a non-prescription sleep aid brand. IQVIA ProVoice 2020 survey. 1. REM Absorption Kinetics Trial (REMAKT), a pharmacokinetic trial of 5 mg absorption of REMfresh® melatonin, not a sleep study. Results peer-reviewed and published in Primary Care Companion for CNS Disorders journal, 2019. Individual results may vary. 2. Based on REMSU36™

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Winner will be contacted after the meeting ends. In the case of ties, winner will be chosen randomly.

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2nd Place
\$250 Amazon Gift Card
& Free 2022 AASM or
SRS Membership

3rd Place
\$100 Amazon Gift Card
& Free 2022 AASM or
SRS Membership

Participating exhibitors as of 5/18/21:



Hitting Refresh on Excessive Daytime Sleepiness: Managing Patients with Narcolepsy and Idiopathic Hypersomnia

Supported by an educational grant from Jazz Pharmaceuticals, Inc.



Virtual Symposium

Friday, June 11
6:15 pm - 7:45pm ET

Featuring Expert Faculty:

Richard K. Bogan, MD, FCCP, FAASM (Moderator)
Yves Dauvilliers, MD, PhD
Terri E. Weaver, PhD, RN, FAAN, ATSF

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INVITED LECTURERS

★ KEYNOTE SPEAKER

Eus JW Van Someren, PhD

Thursday, June 10 | 8:00 p.m. – 10:00 p.m. EDT
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. EDT
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. EDT
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. EDT
*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. EDT
*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. EDT
*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. EDT
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. EDT
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. EDT
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, MD

Sunday, June 13 | 5:00 p.m. – 5:45 p.m. EDT
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.



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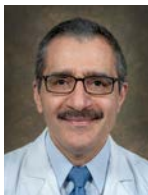
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Four members of the American Academy of Sleep Medicine have been selected as 2021 AASM awards recipients for their contributions to the field of sleep medicine. This year's award winners will be recognized during the plenary session at the Virtual SLEEP 2021 annual meeting on Thursday, June 10. "I congratulate all four of our impressive award recipients, who are recognized for excellence in sleep medicine through clinical practice, research, education, and advocacy," said AASM President Dr. Kannan Ramar. "Their expertise and leadership uphold the mission of the American Academy of Sleep Medicine of advancing sleep care and enhancing sleep health to improve lives."

The 2021 AASM award recipients, who were selected by the AASM board of directors, are:



M. Safwan Badr, MD, MBA, FAASM

Nathaniel Kleitman Distinguished Service Award for dedication to the sleep field and significant contributions in the areas of administration, public relations and government affairs

Dr. Badr is professor and chair of internal medicine at the Wayne State University School of Medicine and staff physician at the John D. Dingell VA Medical Center in Detroit. As a member of the AASM for more than 30 years, Badr has been a leading advocate for promoting high quality, patient-centered sleep care. He served as president of the AASM from 2013-2014, challenging the AASM to consider new paradigms of care that would achieve the Triple Aim through integrated, value-based models. He was the founding director of the Wayne State University School of Medicine sleep medicine fellowship program and has mentored numerous trainees and junior faculty members who have launched successful academic careers, and he continues to support young physician scientists as a faculty member for the AASM Young Investigators Research Forum and as a mentor in the AASM Foundation's Sleep Research Program for Advancing Careers. Badr's own research has advanced the understanding of ventilatory control and airway mechanics during sleep. He currently serves on the board of directors of the American Board of Internal Medicine.

"I am honored to be recognized by this recognition from my AASM family. Work is love made visible, and this is how I feel about serving the mission of the AASM. In fact, I feel very fortunate for being part of this journey and for witnessing the growth of this field from an esoteric scientific endeavor to an independent discipline helping people live better and healthier lives."



Terri Weaver, PhD, RN, FAASM

William C. Dement Academic Achievement Award for exceptional initiative and progress in the areas of sleep education and academic research

Weaver is dean and professor of nursing at the University of Illinois Chicago College of Nursing and professor in the Division of Pulmonary, Critical Care, Sleep & Allergy at UIC.

She also has professor emerita status at the University of Pennsylvania School of Nursing and is a visiting professor at Peking University School of Nursing in Beijing. Her lasting impact on sleep medicine includes her research on the effect of daytime sleepiness on daily behaviors and her development of the Functional Outcomes of Sleep Questionnaire. The first nurse to serve on the AASM board of directors, Weaver paved the way for advanced practice providers to become more involved in the AASM, and her work on the AASM Foundation Development Council helped expand career development programs for sleep and circadian researchers. As a leader, educator, and mentor, she has helped shape the careers of countless nurses and sleep medicine professionals.

"Receiving the William C. Dement Academic Achievement Award is a tremendous honor and I am truly humbled. Dr. Dement was a true pioneer in the field of sleep medicine and his work served as an inspiration for me and many others as we strive to address the sleep problems that so affect individuals' daily lives and quality of their sleep. I greatly appreciate the support and guidance that I have received from my colleagues over the years and the opportunities that were available to me as a scientist and professor at both the University of Pennsylvania and University of Illinois Chicago."



Scott Williams, MD, FAASM

Excellence in Education Award for outstanding contributions in the teaching of sleep medicine

Lieutenant Colonel Scott Williams is the director for medicine at the Fort Belvoir Community Hospital, Fort Belvoir, Virginia, and an associate professor of medicine and psychiatry at the Uniformed Services University of the Health Sciences (USUHS).

Williams is dedicated to enhancing the professional development of the entire sleep team. As co-chair of the Sleep ISR Gold Standard Panel, he has helped sleep technologists develop proficiency in scoring sleep studies, and he helped develop an educational track for sleep technologists at the SLEEP annual meeting when he served as chair of the AASM Sleep Technologist and Respiratory Therapist Education Committee. Williams also has educated key decision makers about the importance of sleep as part of the Surgeon General's Performance Triad Sleep Working group, as consultant to the White House Medical Unit, and as acting consultant to the Army Surgeon General for Sleep Medicine.

"I am humbled to be recognized alongside the prior 19 recipients of this prestigious award. Sleep education has come a long way since the inception of this award in 2002, but it remains significantly under-represented in medical and nursing training. Education takes many forms, whether it be formal physician fellowship training, outreach to primary care clinics, sleep technologist didactics, outreach to other professional societies, and not least direct patient education. As the standard bearer for high quality, evidence-based decisions in sleep medicine, the AASM continues to lead the way and I am proud to be a member of this elite group of providers."



Indira Gurubhagavatula, MD, MPH

Mark O. Hatfield Public Policy or Advocacy Award for developing public policy that positively affects the healthy sleep of all Americans

Dr. Gurubhagavatula is associate professor of clinical medicine at the Perelman School of Medicine at the University of Pennsylvania, director of the sleep medicine fellowship at Penn, and director of the sleep medicine clinic at the Crescenz

VA Medical Center in Philadelphia. Her work includes screening for sleep apnea in high-risk populations, such as commercial truck drivers, law enforcement officers, and those with cardiovascular disease. Gurubhagavatula has authored scientific publications and documents to guide policy for professional and governmental organizations regarding the management of obstructive sleep apnea in commercial drivers and has served as a consultant for federal organizations that address drowsy driving. She served as chair of the AASM Sleep and Transportation Safety Task Force, Occupational Sleep Wellness Presidential Committee, and Public Safety Committee; co-chair of the Work Shift Length Guidance Task Force; and presently serves as chair of the COVID-19 Task Force. Her work on these committees addressed key safety issues such as drowsy driving, school start times, daylight saving time, physician burnout, shift work, and mitigating the transmission of COVID-19 in sleep centers.

"This award represents the sum efforts of many individuals who recognize, prioritize, and promote healthy sleep as part of a greater mission to protect public health and public safety. I am honored to be chosen for such a prestigious award on behalf of our efforts. I am grateful for the many mentors who trained me (Drs. Allan Pack, Sam Kuna, Rich Schwab and Ilene Rosen), numerous collaborators and colleagues in the field, my loving family and my patients who continue to teach me. I am grateful to the AASM for assembling talented teams, providing the resources to pursue what I enjoy doing, and for the dedicated staff at AASM who put in countless hours to support our work. These experiences have been productive and fun. All of you who generously give your passion, knowledge, time, and energy to promote healthy sleep in the interest of the public good will continue to be my heroes and role models."



The Sleep Research Society (SRS) has selected four sleep and circadian scientists as recipients of the 2021 Sleep Research Society awards, which recognize excellence in sleep and circadian research. This year's award winners will be recognized during the plenary session at Virtual SLEEP on Thursday, June 10, 2021. "Congratulations to the remarkable 2021 award recipients for advancing the mission of the Sleep Research Society," said SRS President H. Craig Heller, PhD. "These awards recognize leaders in the field of sleep and circadian science through contributions in research, education, and public service." SRS members were invited to nominate colleagues for the awards. The 2021 SRS award recipients, who were selected by the SRS board of directors, are:



Allison G. Harvey, PhD, CBSM, DBSM

Distinguished Scientist Award for significant, original and sustained scientific contributions of a basic, clinical or theoretical nature to the sleep and circadian research field, made over an entire career.

Allison G. Harvey, PhD, CBSM, DBSM, is a professor and licensed clinical psychologist in the department of psychology at the University of California, Berkeley. Dr. Harvey has practiced as a cognitive-behavior therapist for more than 20 years. She is a treatment development researcher who conducts experimental and intervention studies focused on understanding and treating sleep and circadian problems, severe mental illness and behavior change processes. More recently, she has expanded her focus to the science of dissemination and implementation. Dr. Harvey 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.

"I want to express my sincerest gratitude to the Sleep Research Society for this award. It is an honor, and I am deeply humbled to be recognized by a society that contributes much good to the world. Thanks also to Dr. Candice Alfano for insisting on nominating me! There are many people who I want to thank for their support, friendship and collaboration, particularly: Dan Buysse, Colin Espie, Jack Edinger, Kenny Lichstein, Charles Morin and Michael Perlis. Each became informal mentors as soon as I joined this field. Also, thanks to Candice Alfano, Lisa Meltzer, Wendy Troxel and Matt Walker who are dear friends and have always been generous and supportive. And finally, a huge note of gratitude to Lauren Asarnow, Mike Dolsen, Lulu Dong, Caitlin Gasperetti, Niki Gumpert, Jen Kanady, Laurel Sarfan, Adriane Soehner and many similarly talented and passionate students and post-docs whom I have had the immense blessing of working with over many years." – Allison G. Harvey, PhD, CBSM, DBSM



Colin E. Sullivan, PhD

Outstanding Scientific Achievement Award for novel and seminal discoveries of a basic, clinical or theoretical nature that have made a significant impact on the sleep field

Colin E. Sullivan, PhD, is a professor and chair of the research committee in the department of medicine at the University of Sydney, and a consultant physician with the Children's

Hospital at Westmead and the Sydney Children's Hospital in Randwick. Beyond the identification of the significant influence of sleep on breathing, his major scientific achievements have included the characterization of the pathophysiology of adult sleep apnea; the invention of nasal CPAP in 1980, now the 'gold standard' treatment of sleep apnea; the development of non-invasive ventilation during sleep to manage respiratory failure; the recognition of the extent of upper airway obstruction in infantile apnea; the development of human fetal monitoring technology, and the discovery of the mechanism of sleep-induced worsening of blood pressure in pre-eclampsia.

"I am greatly honored by this award from the Sleep Research Society. While I originally began my research career on the control of breathing and then trained as a pulmonologist, I was drawn into the world of sleep when introduced in the early 1970's to the problem of Sudden Infant Death and to the puzzle of unexpected death in sleep. I was introduced to the SRS by one of its early founders, Dennis McGinty, who spent a sabbatical year with us in Sydney in 1979. Despite the great distance, I have come to many of the annual meetings and marvel at the extraordinary growth of knowledge about sleep by members of the sleep research community. I am very lucky to have been able to contribute to our knowledge in sleep and breathing. I cherish the recognition by the SRS through this award and thank those who nominated me. I hope to be able to attend future meetings in person."

– Colin E. Sullivan, PhD



Girardin Jean-Louis, PhD

Mary A. Carskadon Outstanding Educator Award for excellence in education related to the sleep and circadian research field

Girardin Jean-Louis, PhD, is a professor of population health and psychiatry at NYU Langone Health. He is the director of the PRIDE Institute on Behavioral Medicine and Sleep

Disorders Research and the Translational Sleep and Circadian Sciences Program. Dr. Jean-Louis has been involved in several important NIH-funded studies, which have led to 396 publications, primarily in sleep deficiency and cardio-metabolic diseases, circadian science, aging, and health equity. His research findings have appeared in 180 scientific conference proceedings and book chapters, and 216 peer-reviewed scientific journals. The overarching goal of his research is to address multi-level barriers hindering adoption of healthful sleep practices in vulnerable communities. His research focuses on the application of agile behavioral models to enhance treatment adherence to reduce risk of cardiovascular disease and brain injury. Dr. Jean-Louis has also been involved in several university-based training programs designed to increase academic diversity focusing on mentees at the undergraduate, graduate, post-graduate, and faculty levels.

"I am humbled and honored to receive the 2021 Mary A. Carskadon Outstanding Educator Award. I accept this award on behalf of all the students and fellows, whom I have had the privilege to train and mentor over the years. I thank all the mentors and advisors who have served in the training programs that I have directed. I also want to thank all my colleagues who nominated me for this prestigious award from the Sleep Research Society. I am proud to be a member of a society that has done such a phenomenal job training the new generation of sleep and circadian scientists tackling the most vexing sleep problems facing our society. I am equally proud of the society's initiatives to diversify the sleep academic workforce. Lastly, I want to thank my parents, both educators, who have inspired me to pursue higher learning and become the best educator I could be." – Girardin Jean-Louis, PhD



James K. Walsh, PhD

The Public Service Award for significant and extraordinary contributions to the mission of SRS above and beyond research and educational activities

James K. Walsh, PhD, earned his PhD in experimental psychology from St. Louis University. For more than 35 years he was recognized as a leader in the sleep medicine and research fields, authoring more than 250 professional

manuscripts and lecturing nationally and internationally. In 1981, he started the first sleep center in Missouri at Deaconess Hospital in St. Louis, and in 1993 he founded the Sleep Medicine and Research Center at St. Luke's Hospital. Among many positions in scientific organizations, Dr. Walsh served as president of the American Academy of Sleep Medicine, president of the Sleep Research Society, and on the Sleep Disorders Research Advisory Board of the National Institute of Health.

"Thank you to the Sleep Research Society and especially the board of directors for recognizing me with this award. Service and advocacy activities were some of the most rewarding throughout my career. I want to acknowledge two individuals with whom I worked very closely for many years on these efforts. First, is the late Bill Dement. It was Bill's passion to spread sleep science and sleep knowledge throughout our society. That inspired me to join him in these advocacy efforts. The second individual I want to recognize is Dale Dirks of the Health and Medicine Counsel of Washington. Dale provided me and many others with expertise and guidance in navigating federal agencies which was tremendously helpful. Finally, I would like to encourage all sleep scientists and clinicians to be involved in our professional societies and to help educate policy makers and industry leaders about the latest findings of sleep and circadian science."

– James K. Walsh, PhD

APSS DEI AWARD WINNER



CONGRATULATIONS to our winner!

2021 Diversity, Equity and Inclusion Leadership Award

Charlene E Gamaldo MD, FAASM

Professor, Department of Neurology, Johns Hopkins University School of Medicine

Learn more at sleepmeeting.org/DEIaward

Dr. Gamaldo is receiving this award in recognition of her exemplary leadership in advancing diversity, equity, and inclusion in the field of sleep medicine. She has participated in collaborative research and scholarly publications aimed at closing the gap in health equities, furthering our understanding of the relationship of social determinants of health and health outcomes, and increasing efforts to foster a more inclusive healthcare team from the pipeline up through executive leadership. As a change agent, she serves in EDI leadership roles on the JH EDI advisory council, Vice-chair for the American Academy of Neurology (AAN) joint coordinating council for EDI, and the Vice-chair of the AAN Anti-Racism and Social Justice Task Force.



The Sleep Research Society would like to thank all of our reviewers for their dedication and expertise in advancing *SLEEP*.

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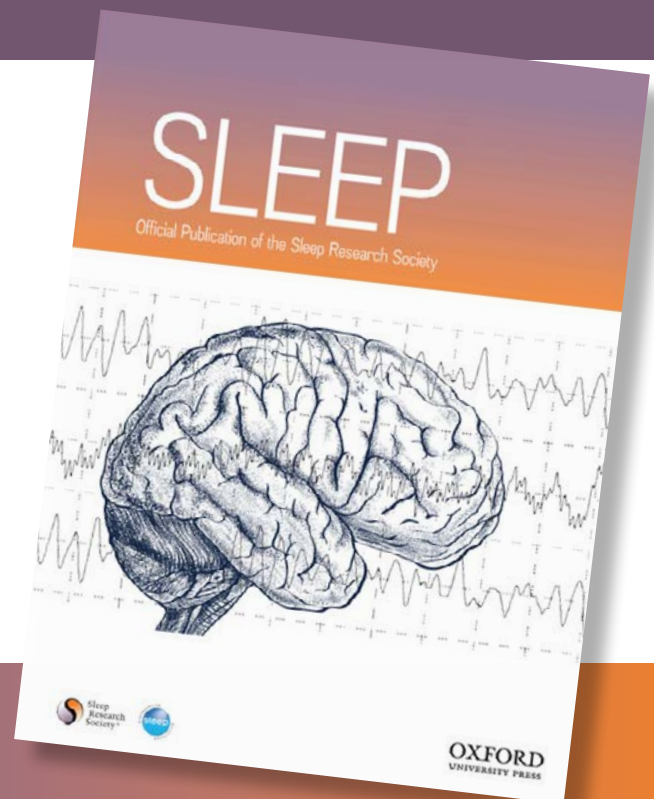
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IN MEMORIAM

The American Academy of Sleep Medicine and Sleep Research Society remember the mentors, colleagues, and friends who have passed away in the time since we met last August for Virtual SLEEP 2020. We are grateful for their many contributions to the fields of sleep medicine and sleep and circadian research. Among the colleagues we lost are these two inspirational leaders.

Richard P. Allen, PhD



Recognized worldwide as a leading RLS scientist, Dr. Allen published more than 300 peer-reviewed articles on sleep disorders, including pioneering work on RLS augmentation, dopamine, and intravenous iron RLS treatments. He had a central

role in defining the current diagnostic standards for RLS, the new standards for iron treatments of RLS, and scoring parameters for periodic limb movements. His work earned him the 2020 Outstanding Scientific Achievement Award from the Sleep Research Society. Dr. Allen was a licensed psychologist, fellow of the AASM, diplomate of the American Board of Sleep Medicine (ABSM), and research associate in neurology at Johns Hopkins University in Baltimore, Maryland, where he founded and co-directed the Johns Hopkins Sleep Disorders Center. Together with Christopher Earley, MBBCh, PhD, he also founded the Johns Hopkins Center for Restless Legs Syndrome.

Rosalind Cartwright, PhD



A pioneer in the fields of clinical sleep medicine and psychological sleep science, Dr. Cartwright was one of the first women to establish a career in the emerging fields of sleep research and sleep medicine. Her curiosity, perseverance, and

generosity were an inspiration to many. She was one of the early sleep scientists to study the relationship between REM sleep and dreaming. In the 1970s, she became chair of the department of psychology at Rush University Medical Center, where she established one of the nation's first clinical centers for the diagnosis and treatment of sleep disorders, and she remained at Rush for the rest of her career. Nicknamed the "Queen of Dreams," Dr. Cartwright had a lifelong fascination with the science of dreams, publishing several books on the role of dreams in our lives and describing the importance of sleep in regulating our emotional health.



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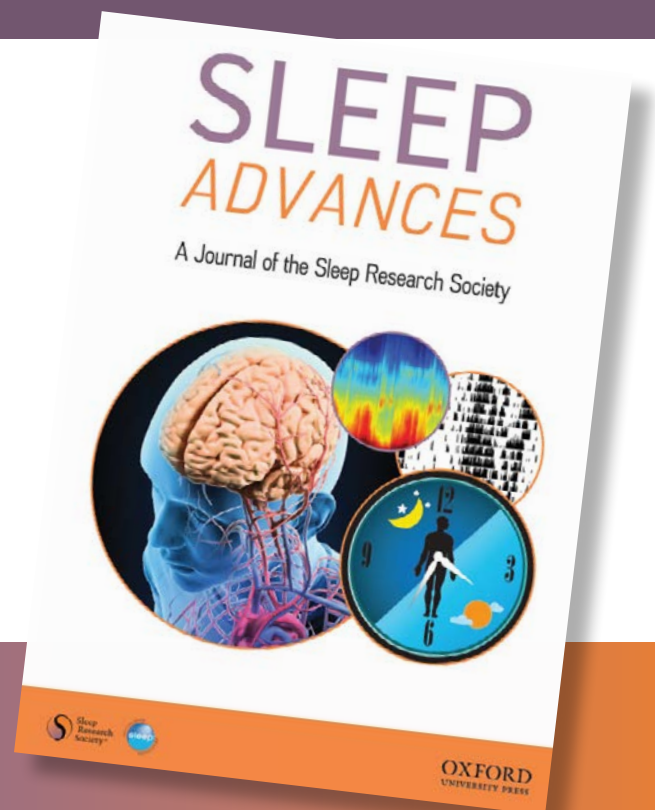
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UNDERSTANDING INSOMNIA:

A Q&A WITH DR. EUS JW VAN SOMEREN



Eus JW Van Someren was trained in physics, psychophysiology and neuropsychology and earned his PhD in neurobiology from the faculty of medicine at the University of Amsterdam. He leads the sleep and

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. Dr. Van Someren will deliver the keynote address at Virtual SLEEP 2021 Thursday, June 10.

As we continue to live with the pandemic, more and more people are struggling with insomnia, some from the stress and anxieties of the past 18 months, others from long-term side effects of COVID-19. How has this impacted your work?

Changes in sleep quality during the COVID-19 pandemic are not one size fits all; there are strong individual differences (Kocevska et al., *Sleep Med* 2020;76:86-88). Negative effects on sleep quality occur primarily among people who did not experience sleep problems before. Surprisingly, positive effects on sleep were more likely among people who experienced insomnia prior to the pandemic. We hypothesize that, for them, some of the imposed restrictive measures may have given some relief from sleep-disturbing stress. It can be highly stressful and counterproductive for sleep onset if you haven't succeeded to fall asleep by 1 a.m. and know you have to get up at 6 a.m. to travel to work and be there in time. When required to work from home, the alarm clock doesn't have to be set so early. This might give some relief from counterproductive nocturnal tension.

Do you think chronic insomnia can develop in people over time, such as over the course of the pandemic?

After listening to many people with insomnia, reading a lot, and doing a lot of scientific research, I believe that the vulnerability to insomnia develops early in life. It's about the gene variants you inherit from your parents, the conditions experienced as a fetus in the womb, and the adversities experienced in childhood. One carries the vulnerability around, even though the first epoch of full-blown insomnia fulfilling diagnostic criteria may start with a stressful event much later in life.

Tell us about your interest in insomnia. How did this become the focus of your work?

Even as a child, I had a strong interest in science, to find out how things work. My scientific career developed very slowly, because I also had a strong passion for music. Maybe it was familiarity with oscillations, with waves, that bridged these two interests. I was sold on a scientific career in sleep instantaneously and irreversibly when I recorded sleep EEG for the first time during a course at the university. Working within the sleep field, my attention was drawn more and more toward insomnia. Having witnessed so much suffering close by, I was stunned to learn how little we understand of the brain mechanisms, how neglected the disorder is compared to other mental health issues, and how little we can do to treat people properly. If we're honest, we have to acknowledge that even the first-line treatment, cognitive behavioral therapy, doesn't work completely satisfactorily for many. I decided to devote the rest of my life to a better understanding and treatment.

Can you give us a preview of your keynote address at Virtual SLEEP 2021?

My talk will account for my scientific journey over the past decade-and-a-half to understand brain mechanisms of insomnia vulnerability and consequences. A part of my talk will be on the discovery of different subtypes of insomnia. A second part of my talk will be on the role of sleep in adapting neuronal memory traces of distressful experiences, how this could go awry in cases of restless REM sleep, and how this could ruin resilience and recovery across mental disorders.

What do you hope researchers and scientists will take away from your presentation that could impact future understanding of insomnia?

I mostly hope to inspire people to think about how their own scientific interests and skills could be of use to understanding insomnia, not in the least basic scientists; I think the time has come to start applying the amazing tools for animal research (Van Someren, *Physiol Rev* 2021). I also hope that people dare to think more out of the box. I've noticed that much 'knowledge' that is taken for granted can actually obstruct progress in understanding and treatment. For example, if we record with polysomnography in a person with severe insomnia complaints, and all snippets of sleep add up to seven hours, can we rightfully tell her that there is nothing wrong with her sleep? Wouldn't it be better to start thinking about the limitations of how we record and interpret brain activity, about what may remain hidden?

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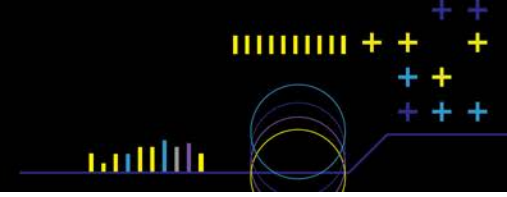

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 C	Postgraduate Courses	Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.
D	Discussion Groups	Forums for informal presentations of a specific topic, which may include conversations on controversial 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 | 8:00PM - 10:00PM EDT

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

I-01: In Search of Brain Mechanisms of Insomnia

SCHEDULE



Basic and Translational Sleep and Circadian Science

Clinical Sleep Science and Practice

Technologist Track

Time (ET)	Live		On-Demand					
10:30 a.m. —	F-01: The Role of the Autonomic Nervous System in the Science of Sleep 10:30 a.m.-12:15 p.m. EDT	S-01: Navigating Sleep Medicine Services During the Pandemic: Realities, Challenges and Potential Solutions 10:30 a.m.-12:15 p.m. EDT	D-01: Social and Environmental Determinants of Sleep Health: Implications for Health Disparities 10:30 a.m.-12:15 p.m. EDT	O-01: Pediatrics: Go to Bed Sleepyhead! 10:30 a.m.-12:15 p.m. EDT	T-01: Difficult PAP Titration Cases 10:30 a.m.-11:15 a.m. EDT			
10:45 a.m. —					BREAK			11:15 a.m.-11:30 a.m. EDT
11:00 a.m. —					BREAK			T-02: Careers for Sleep Technologists 11:30 a.m.-12:15 p.m. EDT
11:15 a.m. —					BREAK			12:15 p.m.-12:30 p.m. EDT
11:30 a.m. —	I-02: Meal Timing, Siesta and Genetics in Obesity and Weight Loss 12:30 p.m.-1:15 p.m. EDT	I-03: The Devil is in the Detail: Semiology and Electro-Clinical Correlation in the... 12:30 p.m.-1:15 p.m. EDT	O-02: Sleep and Sleep Loss in Soldiers, First Responders, and Flight Crew 12:30 p.m.-1:15 p.m. EDT	O-03: Cognitive-Behavioral Treatment of Insomnia in Special Populations and... 12:30 p.m.-1:15 p.m. EDT	T-03: Pediatrics Update 12:45 p.m.-1:30 p.m. EDT			
11:45 a.m. —					BREAK			1:30 p.m.-3:00 p.m. EDT
12:00 p.m. —	BREAK 12:15 p.m.-12:30 p.m. EDT				12:15 p.m.-12:45 p.m. EDT			
12:15 p.m. —	<div style="text-align: center;"> <p>Exhibit Hall IS OPEN! Accessible 24 hours a day, you can watch presentations, send direct messages to exhibitors, have live interactions and "visit" booths at your leisure.</p> </div>				1:30 p.m.-3:00 p.m. EDT			
12:30 p.m. —					BREAK			
12:45 p.m. —					BREAK			
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2:15 p.m. —	BREAK							
2:30 p.m. —	BREAK							
2:45 p.m. —	BREAK							
3:00 p.m. —	S-02: From Circadian Bench to Bedside and from Sleep Bedside to Bench 3:00 p.m.-4:45 p.m. EDT	W-01: AASM Clinical Practice Guidelines for the Treatment of Central Disorders of Hypersomnolence 3:00 p.m.-4:45 p.m. EDT	S-03: Ancient Sleep: Lessons from Phylogeny 3:00 p.m.-4:45 p.m. EDT	O-04: Epidemiology and Pathophysiology of Insomnia: From Childhood to Older Adulthood 3:00 p.m.-4:45 p.m. EDT	T-04: Advances in OSA Evaluation and Management 3:00 p.m.-4:45 p.m. EDT			
3:15 p.m. —					BREAK 4:45 p.m.-5:00 p.m. EDT			
3:30 p.m. —					BREAK			
3:45 p.m. —					BREAK			
4:00 p.m. —	I-04: Sleep to Change your Mind 5:00 p.m.-5:45 p.m. EDT	I-05: The Journey of Patients with Narcolepsy: From Childhood to Maturity 5:00 p.m.-5:45 p.m. EDT	O-05: Sleep in Populations with Health Disparities 5:00 p.m.-5:45 p.m. EDT	D-02: A Daylight Saving Time Discussion: Early Sunrises or Late Sunsets? How Should We Set the... 5:00 p.m.-5:45 p.m. EDT	T-05: Artificial Intelligence and Sleep in the 21st Century and Beyond 5:00 p.m.-5:45 p.m. EDT			
4:15 p.m. —					BREAK			
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7:00 p.m. —	BREAK							
	Live Networking Events 5:45 p.m.-7:00 p.m. EDT Hot Topic Discussions Assemblies Exhibit Hall Poster Hall							

SCHEDULE



Basic and Translational Sleep and Circadian Science

Clinical Sleep Science and Practice

Technologist Track

Time (ET)	Live		On-Demand		
10:30 a.m. —	<p>S-04: Moving Beyond Circadian Phase: Measuring Global Transcriptional Rhythm Strength and Organization 10:30 a.m.-12:15 p.m. EDT</p>	<p>S-05: Pain, Opioids, and the Restless Legs Syndrome 10:30 a.m.-12:15 p.m. EDT</p>	<p>O-06: Cognitive Effects of Sleep and Sleep Deprivation 10:30 a.m.-12:15 p.m. EDT</p>	<p>O-07: Sleep-Disordered Breathing: Capnography, Chronotype, Comorbidities, and More 10:30 a.m.-12:15 p.m. EDT</p>	<p>T-06: Complex Sleep-Related Respiratory Disorders in Various Conditions 10:30 a.m.-12:15 p.m. EDT</p>
10:45 a.m. —					
11:00 a.m. —					
11:15 a.m. —					
11:30 a.m. —					
11:45 a.m. —	BREAK 12:15 p.m.-12:30 p.m. EDT				
12:00 p.m. —	<p>I-06: Leveraging Sleep and Circadian Science to Devise and Disseminate Novel Treatments... 12:30 p.m.-1:15 p.m. EDT</p>	<p>I-07: REM Sleep Behavior Disorder: Past, Present, and Future 12:30 p.m.-1:15 p.m. EDT</p>	<p>O-08: New Findings in Sleep Physiology 12:30 p.m.-1:15 p.m. EDT</p>	<p>O-09: The Bi-Directional Relationship of Sleep and Medical Disorders 12:30 p.m.-1:15 p.m. EDT</p>	<p>T-07: Sleep Lab Emergencies 12:30 p.m.-1:15 p.m. EDT</p>
12:30 p.m. —					
12:45 p.m. —					
1:00 p.m. —					
1:15 p.m. —					
1:30 p.m. —	<p>BREAK 1:15 p.m.-3:00 p.m. EDT</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Exhibit Hall IS OPEN!</p> <p>Accessible 24 hours a day, you can watch presentations, send direct messages to exhibitors, have live interactions and "visit" booths at your leisure.</p> </div>				
1:45 p.m. —					
2:00 p.m. —					
2:15 p.m. —					
2:30 p.m. —					
2:45 p.m. —	<p>F-02: Time to Wake Up: Exploring the Frontiers of Sleep Inertia Research 3:00 p.m.-4:45 p.m. EDT</p>	<p>S-06: Sleep Disparities in Highly-Vulnerable Child Populations 3:00 p.m.-4:45 p.m. EDT</p>	<p>O-10: COVID-19 Related Social and Psychological Effects on Sleep, and Lessons Learned 3:00 p.m.-4:45 p.m. EDT</p>	<p>S-07: Obstructive Sleep Apnea in Women: Sex Distinct Topics and Treatments 3:00 p.m.-4:45 p.m. EDT</p>	<p>T-08: COVID-19 Pandemic 3:00 p.m.-4:45 p.m. EDT</p>
3:00p.m. —					
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4:00 p.m. —	BREAK 4:45 p.m.-5:00 p.m. EDT				
4:15 p.m. —	<p>D-03: Translating Laboratory Research to Industry or Military Operational Environments... 5:00 p.m.-5:45 p.m. EDT</p>	<p>I-08: Are We Doing Our Best? Quality Measurement in Sleep Medicine 5:00 p.m.-5:45 p.m. EDT</p>	<p>O-11: New Insights into the Neurobiology of Sleep and Wakefulness 5:00 p.m.-5:45 p.m. EDT</p>	<p>D-04: Understanding Diversity and Inclusion. What Does it Mean to be... in Sleep Medicine? 5:00 p.m.-5:45 p.m. EDT</p>	<p>T-09: Sleep ISR Panel 5:00 p.m.-5:45 p.m. EDT</p>
4:30 p.m. —					
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5:30 p.m. —	<p>Live Networking Events 5:45 p.m.-7:00 p.m. EDT</p> <p>Hot Topic Discussions Assemblies Exhibit Hall Poster Hall</p>				
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SCHEDULE



Basic and Translational Sleep and Circadian Science

Clinical Sleep Science and Practice

Technologist Track

Time (ET)	Live		On-Demand		
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7:00 p.m. —					



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Back to SLEEP



SLEEP 2022

June 4 - 8, 2022  Charlotte, NC

POSTGRADUATE COURSES

Postgraduate course registrants can access course content through November 30, 2021

C-01: Year in Review 2021

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

CME Hours Available: 6.25

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

15 min	Introduction	
45 min	COVID & Sleep	<i>Meir Kryger, MD</i>
45 min	Have We Gained New Insights into Understanding and Addressing Sleep Health Disparities?	<i>Chandra Jackson, PhD</i>
45 min	Obesity Hypoventilation: To Breathe or not to Breathe?	<i>M. Safwan Badr, MD</i>
45 min	What's New in Narcolepsy and Hypersomnia?	<i>Lynn Marie Trotti, MD, MSc</i>
45 min	Moving Forward, As It Relates To Moving In The Night: What Have we Learned about RBD and Neurodegeneration in the Last Year?	<i>Daniel Barone, MD</i>
45 min	Developmental Changes in Sleep and Sleep-Dependent Cognitive Processing	<i>Rebecca Spencer, PhD</i>
45 min	Circadian Medicine: Does Timing Matter in Development and Treatment of Disease?	<i>Phyllis Zee, MD, PhD</i>

C-02: Trends in Sleep Medicine

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

CME Hours Available: 6.25

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

15 min	Introduction	
45 min	Managing Clinical Cases and the Sleep Lab in the Era of COVID-19	<i>Romy Hoque, MD</i>
45 min	Ditching the Apnea Hypopnea Index: New Ways to Assessing Sleep Apnea	<i>Christine Won, MD</i>
45 min	What's New on Sleep Disordered Breathing and Dementia	<i>Ricardo Osorio-Suarez, MD</i>
45 min	Bringing Diversity, Equity & Inclusion into Sleep Clinical Care & Training	<i>Andrew R. Spector, MD</i>
45 min	Integrating Behavioral Therapies and Hypnotic Medications in Insomnia Management	<i>Suzanne M. Bertisch, MD, MPH</i>
45 min	Sleep Disorders and Cardiometabolic Risk: Clinical Insights from Population Science	<i>Dayna A. Johnson, PhD, MPH, MSW, MS</i>
45 min	Post-Traumatic Sleep Disorders: Comprehensive Assessment and Management	<i>Phillip Gehrman, PhD</i>
45 min	Not Just Fidgety Children: Diagnosing Restless Sleep Disorder	<i>Lourdes Del Rosso, MD</i>

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.

CME Hours Available: 6.25

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

15 min	Introduction	
45 min	Critical Components of the Assessment and Management of Insomnia	<i>Deirdre Conroy, PhD</i>
45 min	It's About Timing: Approaches to Treating Circadian Rhythm Disorders	<i>Katherine Sharkey, MD, PhD</i>
45 min	Endotyping Obstructive Sleep Apnea	<i>Andrew Wellman, MD, PhD</i>
45 min	Doctor, Do You Think I Have Narcolepsy?	<i>Alon Avidan, MD, MPH</i>
45 min	Sleep Disordered Breathing: Beyond OSA	<i>Martha Billings, MD, MSc</i>
45 min	Pediatrics: Awake...Again	<i>Shalini Paruthi, MD</i>
45 min	How to Make Managing Parasomnias a Dream Rather than a Nightmare	<i>Joyce Lee-Iannotti, MD</i>
45 min	Sleep Related Movement and Restless Legs Syndrome	<i>Denise Sharon, MD, PhD</i>

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.

CME Hours Available: 6.25

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

15 min	Introduction	
45 min	The AHI is a Poor Predictor of OSA and Associated Comorbidities in Children	<i>Eliot Katz, MD</i>
45 min	Video-PSG in Infants Provide Biomarkers for Typical and Atypical Neurodevelopment and Outcomes	<i>Madeline Grigg-Damberger, MD</i>
45 min	New PSG/MSLT/EEG Biomarkers for Diagnosing Narcolepsies and Idiopathic Hypersomnia?	<i>Suresh Kotagal, MD</i>
45 min	Excessive Periodic and Aperiodic Limb Movements and Restless Sleep in Children: When Enough is Too Much?	<i>Lourdes DelRosso, MD</i>
45 min	Video-Polysomnography a Diagnostic and Management Tool for Central Nervous System Disorders	<i>Anne Morse, DO</i>
45 min	PSG as a Diagnostic and Management Tool for Progressive Pediatric Neuromuscular Disorders	<i>Umakanth Katwa, MD</i>
45 min	Video-PSG Biomarkers, Phenotypes and Signatures of Neurodevelopmental and Neurogenetic Disorders	<i>Leila Kheirandish-Gozal, MD</i>
45 min	Assessing Impact of Sleep Disorders and Seizures Upon Sleep in Children with Epilepsy Using Video-PSG with Expanded EEG	<i>Sanjeev Kothare, MD</i>

POSTGRADUATE COURSES

Postgraduate course registrants can access course content through November 30, 2021

C-05: Hands-on Training in Statistical Methods in Sleep Research

This course will provide attendees a greater understanding and appreciation of statistical methods used in sleep research.

CME Hours Available: 3.25

Course Chair: Jennifer Goldschmied, PhD

10 min	Introduction	
60 min	Methods for Dealing with Non-Normally Distributed and Missing Data	<i>Joshua Wiley, PhD</i>
60 min	Applications of Unsupervised Clustering in Sleep Medicine	<i>Diego Mazzotti, PhD</i>
60 min	Causal Modeling: Regression, Mediation & Moderation	<i>Haoqi Sun, PhD</i>

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.

CME Hours Available: 3.25

Course Chair: Cathy Goldstein, MD, MS

15 min	Introduction	
45 min	AI101: Terminology, Trends, and a Brief History of AI in Healthcare	<i>Octavian Ioachimescu, MD, PhD, MBA</i>
45 min	Sleep Staging and Beyond: How AI Tools Might Allow us to Derive More Meaning from PSG to Better Understand Sleep Disorders	<i>David Kent, MD</i>
45 min	AI Applications to Improve Efficiency and Quality of Clinical Care in the Sleep Disorders Center	<i>Dennis Hwang, MD</i>
45 min	Opportunities for You and AI to Further Sleep Health	<i>Azizi Seixas, PhD</i>

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.

CME Hours Available: 3.25

Course Chair: Sarah Honaker, PhD

15 min	Introduction	
45 min	In-Home Sleep Assessment for Infants and Young Children Experiencing Typical and Atypical Development	<i>AJ Schwichtenberg, PhD</i>
45 min	Behavioral Sleep Treatment of Insomnia in Young Children	<i>Jodi Mindell, PhD</i>
45 min	Behavioral Sleep Treatment of Insomnia in Young Children with Neurodevelopmental Disorders	<i>Sarah Honaker, PhD</i>
45 min	Initiation and Management of Positive Airway Pressure for the Treatment of Obstructive Sleep Apnea in Young Children	<i>Melissa Xanthopoulos, MS, PhD</i>

C-08: EEG Essentials for the Sleep Practitioner

This course will target all sleep providers who struggle with interpreting EEG and handling nocturnal events including neurologists and non-neurologically trained individuals.

CME Hours Available: 3.25

Course Chair: Bradley Vaughn, MD

15 min	Introduction	
45 min	No Waves No Glory: Basic Approach to Electronics and Reading EEG	<i>Bradley Vaughn, MD</i>
45 min	The Drop: Recognizing EEG Patterns of Normal Variants and Artifacts	<i>Mithri Junna, MD</i>
45 min	Carving off the Top: Identification of Pathological Waveforms Including Seizures	<i>Carl Bazil, MD, PhD</i>
45 min	Kicking out the Barrel - Application of EEG in Distinguishing Parasomnias and Other Nocturnal Events in the Sleep Laboratory	<i>Erik St. Louis, MD, MS</i>

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

This course 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.

CME Hours Available: 3.25

Course Chair: Daniel Lewin, PhD

15 min	Introduction	
45 min	Sleep and Meditation: Continuity Within or Distinct Categories of Consciousness from Sleep to Meditation? Evidence of how Meditation Practices Contribute to Physical and Neurobehavioral Health	<i>Daniela Dentico, MD, PhD</i>
45 min	The Intersection of Affective Neuroscience, Sleep and Circadian Regulation, and Traditional Meditation Practices	<i>Philippe Goldin, PhD</i>
45 min	Mindfulness Based Practices in CBTI using Evidence Based Practice	<i>Jason Ong, PhD</i>
45 min	Provider Self Care & Engaging Pediatric Populations in Mindfulness Practices	<i>Daniel Lewin, PhD</i>



Flex Time Events

Check below for just some of the flex time events happening during SLEEP 2021! A full list of flex time events with links to join will be available in the schedule on the SLEEP meeting platform. All events are listed in eastern time.

Friday, June 11

6:00 p.m. – 7:00 p.m.

Advanced Practice Provider Assembly: Burnout - A Light Look at Coping Strategies

Join your colleagues as we discuss working in healthcare during a pandemic and focus on coming together and supporting each other. Sign up in advance so we can send you further information about the fun activities we have planned!

6:00 p.m. – 7:00 p.m.

Daylight Saving Time: Keep or Toss?

Live Panel Discussion

Members of the panel from D-02 will be available for live discussion immediately after the session.

6:00 p.m. – 7:00 p.m.

International Member Assembly

Attend the International Assembly's virtual networking event to chat with members from around the world. Bring a drink and enjoy each other's company at this virtual mixer.

Saturday, June 12

6:00 p.m. – 7:00 p.m.

Alzheimer's and Dementia Assembly

Attend a virtual networking event hosted by the Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART) to connect with other attendees interested in the relationship between sleep and dementia.

6:00 p.m. – 6:45 p.m.

Sleep Technologist/Respiratory Therapist Assembly

Attend the Sleep Technologist/Respiratory Therapists Assembly's virtual networking event. This is a round robin 'discussion' and a great opportunity to connect with other sleep technologists and respiratory therapists.

7:00 p.m. – 9:00 p.m.

The Dawn of Sleep Field

This special event for Virtual SLEEP 2021 attendees will combine scintillating jazz music with a nostalgic look back at how the sleep field began. An exclusive music performance will be provided by Hidden Jazz Club, a collective of world-class jazz musicians and vocalists in London. You'll also hear stories from the pioneers and leaders who shaped the sleep field, including Nathaniel Kleitman, William Dement, Mary Carskadon, and many others. Access is free for all Virtual SLEEP 2021 attendees; no additional registration is required. Join the celebration and participate in the live chat with colleagues from around the world.

6:00 p.m. – 7:00 p.m.

Diversity and Inclusion: Tell Your Story

This is a gathering to follow the diversity and inclusion discussion group where you will have the opportunity to interact with the speakers and share your experiences.

Sunday, June 13

6:00 p.m. – 7:00 p.m.

DEI Challenges in Sleep Medicine

This is an interactive session that will provide a unique look into challenging D&I cases that come up in the workplace and ways to address them. Let's talk about it!

6:00 p.m. – 7:00 p.m.

Christian Guilleminault Young Investigator Award Presentations

The Christian Guilleminault "CG" Young Investigator Award encourages young investigators in the field of sleep, especially in developing portions of the world, to advance sleep medicine and research worldwide. World Sleep Society (WSS) selected award recipients to present their abstracts during this special session at SLEEP 2021. Please visit the [WSS website](#) for more information on the previous and current recipients of the CG Young Investigator Award.

6:00 p.m. – 7:00 p.m.

D-06: Sleeping Children on the Move: RSD, Part Two

Join Drs. Walters, DelRosso, Bruni, Ferri and Picchetti for a continuation of their discussion group lecture.

6:00 p.m. – 7:00 p.m.

Early Career Physician Assembly

Please join us for a virtual happy hour hosted by the Early Career Physician Assembly. This is an open 'discussion' and a great opportunity to connect with other early career sleep medicine physicians. No registration is required.

6:00 p.m. – 8:00 p.m.

Long-term Outcomes Research in OSA: What is the Path Forward?

Recently, the Agency for Healthcare Research and Quality (AHRQ) released a draft report for public comment on the topic of Continuous Positive Airway Pressure Treatment for Obstructive Sleep Apnea, which was requested by CMS. The report focused on long-term outcomes observed with CPAP treatment for OSA and the putative roles of disease severity measures or sleepiness on CPAP-related outcomes. The report concluded that CPAP does not affect long-term, clinically relevant OSA-related outcomes and questioned the validity of currently used measures of disease severity. In this panel discussion, we will review the findings of the draft report, summarize the multi-society response, and discuss approaches the sleep research community can take to address knowledge deficiencies raised by the report. All stakeholders are welcome to join this moderated discussion.

Attendee-Sourced Group Discussion

Every evening starting at 7:00 p.m. Eastern

Engage with presenters, abstract authors, and other attendees at SLEEP 2021 by creating your own virtual discussion group. Attendees can create their own discussion group or view a list of discussion groups to join on the virtual SLEEP meeting platform.

INDUSTRY SUPPORTED EVENTS

Industry supported events will be available to attendees June 11, 2021 - November 30, 2021. To view any of the ISEs listed below, hover over the "Industry Supported Event" tab on the SLEEP 2021 virtual website home page.



How Narcolepsy Management is Evolving: Expert Panel Discussion

Speakers: Alon Y. Avidan, MD, MPH, Clete Kushida, MD, PhD and Michael H. Alderman, MD

Moderator: Michael J. Thorpy, MD

Sponsored by Avadel Pharmaceuticals

Dive into Dayvigo (lemborexant) CIV with Dr Mattingly

Speaker: Gregory Mattingly, MD

Sponsored by Eisai, Inc.

The Neurobiology of Sleep, Wakefulness, and Narcolepsy

Sponsored by Harmony Biosciences

A Closer Look at WAKIX® (pitolisant): From Mechanism of Action to Clinical Use in Patients

Speakers: William Winter, MD, Margaret Park, MD and Bruce Corser, MD

Sponsored by Harmony Biosciences

Who and How? New Opportunities for Monotherapy in Narcolepsy

Speakers: Phyllis Zee, MD, PhD, Russell Rosenberg, PhD and Michael Thorpy, MD

Supported by an educational grant from Harmony Biosciences

Look Further Than AHI – Why AHI is Not Enough

Speaker: Atul Malhotra, MD

Sponsored by Itamar Medical

Improving the Management of Excessive Daytime Sleepiness in Patients With OSA: Looking Beyond CPAP Therapy

Speakers: Russell Rosenberg, PhD, DABSM, Meir Kryger, MD and Heidi Riney, MD, D.ABPN

Supported by an educational grant from Jazz Pharmaceuticals, Inc.

Hitting Refresh on Excessive Daytime Sleepiness: Managing Patients with Narcolepsy and Idiopathic Hypersomnia

Speakers: Yves Dauvilliers, MD, PhD, and Terri E. Weaver, PhD, RN, FAAN, ATSF

Moderator: Richard K. Bogan, MD, FCCP, FAASM

Supported by an educational grant from Jazz Pharmaceuticals, Inc.

Watch live presentation Friday, June 11 at 6:15 p.m. Eastern

Beyond Sleepy: Quantity of Sleep Isn't Everything in Idiopathic Hypersomnia (IH)

Speaker: Logan Schneider

Sponsored by Jazz Pharmaceuticals, Inc.

Cardiorespiratory Sleep Staging (CReSS) for Home Sleep Apnea Testing

Speakers: Peter Anderer, PhD and Jessie Bakker, PhD

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The Importance of Technology in OSA Adherence

Speakers: Dr. Josep Monsterrat and Mark Aloia, PhD

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Identifying and Treating the Patient with Predominant Central Sleep Apnea (CSA)

Speakers: Kara Dupuy-McCauley, MD and Alan Schwartz, MD

Sponsored by Respicardia

Watch live presentation Friday, June 11 at 6:15 p.m. Eastern

Living with Narcolepsy: Sleepy Days and Diagnostic Delays

Speakers: Emmanuel Mignot, MD, PhD, Claudio Bassetti and Sebastiaan Overeem, MD, PhD

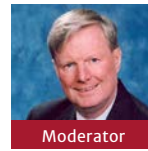
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How Narcolepsy Management Is Evolving: Expert Panel Discussion

Click here to watch this industry supported program on demand



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Moderator

Michael Thorpy, MD
Albert Einstein College
of Medicine



Clete Kushida, MD, PhD
Stanford University
School of Medicine



Alon Avidan, MD, MPH
David Geffen School of
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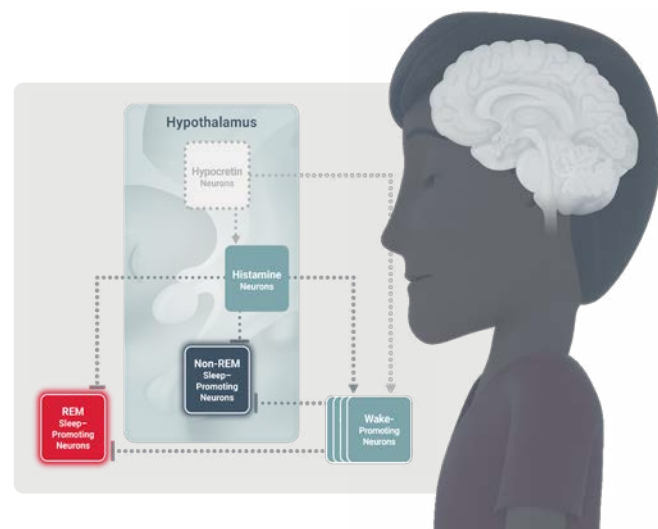
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Who and How? New Opportunities for Monotherapy in Narcolepsy

PROGRAM DESCRIPTION

Three new agents were approved for narcolepsy in the last 2 years. Trial data for these, and previously approved agents, indicate that they can be effective as monotherapy; however, clinicians frequently utilize polypharmacy, which can negatively impact patient outcomes due to tolerability, adherence, and safety issues. Guidelines are outdated and do not provide direction for monotherapy, and data that demonstrate that monotherapeutic approaches are effective are lacking. This CME-certified event at SLEEP 2021 consists of a lively panel discussion regarding an approach to monotherapy among faculty experts and a real patient, moderated by Russell Rosenberg, PhD, FAASM.

LEARNING OBJECTIVES

After taking part in this educational activity, clinicians should be better able to:

- Discuss the role that histamine plays in promoting wakefulness and improving cataplexy in patients with narcolepsy, and implications for treatment selection
- Devise a monotherapeutic approach to managing type 1 and type 2 narcolepsy, taking into account efficacy and safety data and patient characteristics

If you have any questions or need assistance with registration, please call Christie Kavanagh at 201-446-5203.

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Improving the Management of Excessive Daytime Sleepiness in Patients With OSA: Looking Beyond CPAP Therapy

This CME-certified industry-supported event at SLEEP 2021, chaired by Russell Rosenberg, PhD, FAASM, consists of a lively panel discussion among faculty experts (Meir Kryger, MD, FRCP and Heidi Riney, MD, D.ABPN, Sleep Medicine) and patient with obstructive sleep apnea, Michele, who will provide insights into her personal experience of EDS in OSA.

LEARNING OBJECTIVES

- Describe the mechanisms, prevalence, and impact of excessive daytime sleepiness in patients with obstructive sleep apnea treated with CPAP or other evidence-based treatment approaches
- Adequately and frequently assess patients with OSA for EDS using clinical scales and objective methods to inform ongoing treatment decisions
- Incorporate adjunctive pharmacotherapy for patients with OSA who have EDS to improve patient outcomes and quality of life

If you have any questions or need assistance with registration, please call Christie Kavanagh at 201-446-5203.

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Look Further Than AHI – Why AHI is not enough.

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Dr. Atul Malhotra

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Redwood City, CA



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In idiopathic hypersomnia (IH)...

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MORE SLEEP



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Identifying and treating the patient with predominant central sleep apnea (CSA)

JUNE 11TH | 6:15 PM EST

TOPICS

- Identifying and treating CSA patients
- PAP treatment options
- Phrenic nerve stimulation as a novel approach for treating CSA



Alan Schwartz, MD
Adjunct Professor, University of Pennsylvania Perelman School of Medicine



Kara Dupuy-McCauley, MD
Sr. Associate, Consultant, Pulmonary and Critical Care Medicine Sleep Medicine, Mayo Clinic

Important Safety Information The **remedē**® System is indicated for moderate to severe Central Sleep Apnea in adult patients. Your doctor will need to evaluate your condition to determine if the **remedē** System is right for you. You will not be able to have an MRI or diathermy (special heat therapies) if you have the **remedē** System implanted. The **remedē** System may be used if you have another stimulation device such as a heart pacemaker or defibrillator; special testing will be needed to ensure the devices are not interacting. As with any surgically implanted device, there are risks related to the surgical procedure itself which may include, but are not limited to, pain, swelling, and infection. Once the therapy is turned on, some patients may experience discomfort from stimulation and/or from the presence of the device. The majority of these events are resolved either on their own or by adjusting the therapy settings. The **remedē** System may not work for everyone. There are additional risks associated with removing your system. If you and your doctor decide to remove the system, another surgery will be required. Be sure to talk with your doctor so that you thoroughly understand all of the risks and benefits associated with the implantation of the **remedē** System. For further information, please visit www.respicardia.com, call +1-952-540-4470 or email info@respicardia.com. **Indication for use:** The **remedē**® System is an implantable phrenic nerve stimulator indicated for the treatment of moderate to severe central sleep apnea (CSA) in adult patients. **Contraindications:** The **remedē** System is contraindicated for use in patients with an active infection or patients known to require magnetic resonance imaging (MRI). See the Instructions for Use for complete information regarding the procedure, indications for use, contraindications, warnings, precautions, and potential adverse events. **Rx Only.** ©2021 Respicardia®, Inc. Respicardia, **remedē**, One Breath at a Time are registered trademarks of Respicardia, Inc. The **remedē**® System has received FDA and CE Mark approvals. MKT2420, Rev A

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Living with narcolepsy: sleepy days and diagnostic delays

June 10-13, 2021 | Virtual SLEEP 2021 Meeting
sleep2021symposium.medical.takedaneuroscience.com

Roundtable discussion with Professor Bassetti^a and Professor Overeem^a, chaired by Professor Mignot^a

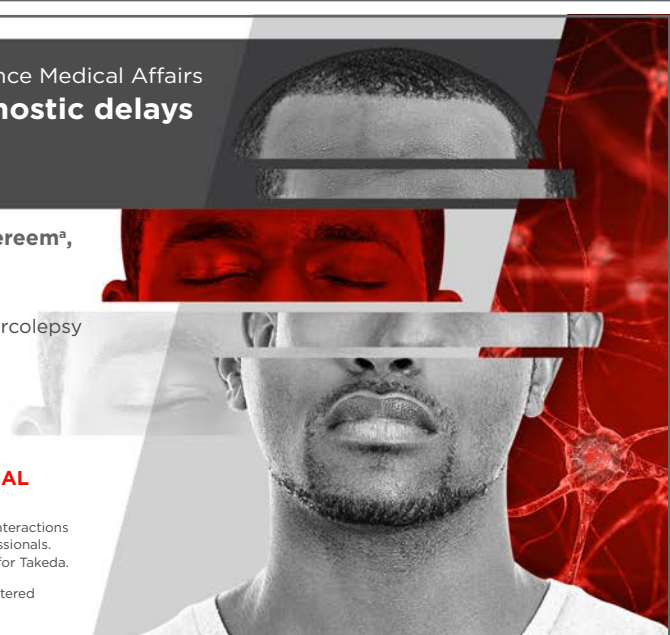
- Welcome and introductions
- Getting a narcolepsy diagnosis: describing the delay in patients with narcolepsy
- What is the burden of narcolepsy?
- Understanding the causes of narcolepsy
- Closing remarks
- Submit your questions

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This program is not for CME credit and is consistent with the PhRMA Code on Interactions with Healthcare Professionals. This information is intended for Healthcare Professionals. Takeda does not have any approved treatment for narcolepsy. ^aPaid consultant for Takeda.

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The Importance of Technology in OSA Adherence

Chairperson: Dr. Mark Aloia
Speaker: Dr. Josep Montserrat

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Career Development Awards

Focused Projects Award for Junior Investigators

TRAINING

Up to \$40,000 for 1 year

Applications accepted November 2021 - January 2022 and June-July 2022

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TRANSITION

Up to \$100,000 for 1 year

Applications accepted November 2021 - January 2022 and June-July 2022

Physician Scientist Training Award

TRAINING

Up to \$100,000 for 1 year

Applications accepted November 2021 - January 2022 and June-July 2022

American Board of Sleep Medicine Junior Faculty Award

TRANSITION

Up to \$100,000 for 2 years

Applications accepted November 2021 - January 2022 and June-July 2022

Bridge to Success Awards for Mid-Career/Senior Investigators

INDEPENDENT

Up to \$100,000 for 1 year

Applications accepted November 2021 - January 2022 and June-July 2022

Investigator-Initiated Awards

Strategic Research Award Category I

ALL LEVELS

Up to \$250,000 for 3 years

Letters of Intent accepted September - October 2021

Strategic Research Award Category II

ALL LEVELS

Up to \$100,000 for 2 years

Letters of Intent accepted September - October 2021

Supplemental Awards

COVID-19 Relief Funding

Up to 10% of the original AASM Foundation award to a maximum of \$10,000

Applications accepted each month

Diversity Supplement Award

Up to 20% of the parent AASM Foundation research award to a maximum of \$50,000

Applications accepted each month

Since 1998, the AASM Foundation has invested more than **19.2 M to support sleep research, community, and training initiatives**

COMMUNITY AWARDS

Community Sleep Health Award
Up to \$20,000 per award for 1 year

Letters of Intent accepted each month

Sleep Champion Award
\$5,000 per award plus travel award to SLEEP meeting

Nominations accepted January - February 2022

Disaster Relief Fund
Amounts vary

Applications accepted each month

TRAINING AWARDS

Sleep Medicine Fellow Funding Award

TRAINING

Up to \$130,000 for 1 year

Applications accepted October - December 2021

Sleep Research Program for Advancing Careers

TRAINING

Supports up to 5 SOAR Fellows

Applications accepted February - March 2022

Young Investigators Research Forum

TRAINING

Supports up to 30 Trainees

Applications accepted September - November 2021

LBA001

Title: Behavioral and Psychological Treatments for Chronic Insomnia Disorder in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline

Authors/Institutions: Jack D. Edinger, PhD¹; J. Todd Arnedt, PhD²; Suzanne M. Bertisch, MD, MPH³; Colleen E. Carney PhD⁴; John J. Harrington, MD⁵; Kenneth L. Lichstein, PhD⁶; Michael J. Sateia, MD, FAASM⁷; Wendy M. Troxel, PhD⁸; Eric S. Zhou, PhD⁹; Uzma Kazmi, MPH¹⁰; Jonathan L. Heald, MA¹¹; Jennifer L. Martin, PhD¹²

¹National Jewish Health, Denver, CO; ²University of Michigan, Ann Arbor, MI; ³Brigham and Women's Hospital, Harvard Medical School, Boston, MA; ⁴Ryerson University, Toronto, CA; ⁵University of Nebraska Medical Center, Omaha, NE; ⁶University of Alabama, Tuscaloosa, AL; ⁷Geisel School of Medicine at Dartmouth, Hanover, NH; ⁸RAND Corporation, Pittsburgh, PA; ⁹Harvard Medical School, Dana-Farber Cancer Institute, Boston Children's Hospital, Boston, MA; ¹⁰American Academy of Sleep Medicine, Darien, IL; ¹¹Darien, IL; ¹²David Geffen School of Medicine at the University of California Los Angeles, Los Angeles, CA; ¹²VA Greater Los Angeles Healthcare System, Geriatric Research, Education and Clinical Center, Los Angeles, CA

Introduction: The American Academy of Sleep Medicine (AASM) commissioned a task force of experts in sleep medicine to establish clinical practice recommendations for the use of behavioral and psychological treatments for chronic insomnia disorder in adults. The clinical practice guideline is intended to update the previously published AASM guidelines on the psychological and behavioral treatments of insomnia.

Methods: The task force developed recommendations and assigned strengths based on a systematic review of the literature and an assessment of the evidence using Grading of Recommendations Assessment, Development and Evaluation (GRADE) methodology. The AASM Board of Directors approved the final recommendations.

Results: The following recommendations are intended as a guide for clinicians in choosing a specific behavioral and psychological therapy for the treatment of chronic insomnia disorder in adult patients. Each recommendation statement is assigned a strength ("Strong" or "Conditional"). A "Strong" recommendation (i.e., "We recommend...") is one that clinicians should follow under most circumstances. A "Conditional" recommendation is one that requires that the clinician use clinical knowledge and experience, and to strongly consider the patient's values and preferences to determine the best course of action.

We recommend that clinicians use multi-component cognitive-behavioral therapy for insomnia for the treatment of chronic insomnia disorder in adults. (STRONG)

We suggest that clinicians use multi-component brief therapies for insomnia for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians use stimulus control as a single-component therapy for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians use sleep restriction therapy as a single-component therapy for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians use relaxation therapy as a single-component therapy for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

We suggest that clinicians not use sleep hygiene as a single-component therapy for the treatment of chronic insomnia disorder in adults. (CONDITIONAL)

Conclusion: The treatment of chronic insomnia disorder should be based on a diagnosis established using ICSD-3 or DSM-5 criteria, and a comprehensive clinical history. Standard of care should be to provide one of the recommended interventions discussed within the guideline, taking into consideration the accessibility and resource requirements when deciding on the most appropriate treatment for a given patient. The ultimate judgment regarding any specific care must be made by the treating clinician and the patient.

LBA002

Title: Transitioning to Shiftwork Rapidly Alters Overnight Blood Pressure

Authors/Institutions: Andrew W. McHill¹, Josie Velasco², Todd Bodner³, Steven A Shea^{2,4}, Ryan Olson^{2,3,4}

¹Sleep, Chronobiology, and Health Laboratory, School of Nursing, Oregon Health & Science University, Portland OR, ²Oregon Institute of Occupational Health Sciences, Oregon Health & Science University, Portland OR, ³Department of Psychology, Portland State University, Portland OR, ⁴School of Public Health, OHSU-Portland State University, Portland, OR

Introduction: Cardiovascular disease is a leading cause of death, and the 24-hour blood pressure pattern indicates cardiovascular risk. Specifically, risk for adverse cardiovascular events increases when blood pressure does not decrease at night ("non-dipping", <10% decrease from daytime blood pressure). Shiftwork alters relationships between daily behavioral cycles (e.g., sleep/wake; rest/activity/fasting/feeding) and endogenous circadian rhythms, which can increase cardiovascular disease risk. To determine whether transitioning into shiftwork changes the overnight blood pressure dipping pattern, we leveraged a natural experiment that occurs when newly-hired bus operators transition from a daytime training schedule into either a shiftwork or daywork schedule.

Methods: Twenty bus operators ($36.3y \pm 7.1y$ [mean \pm SD]) were studied in a 90-day protocol upon new employment. At baseline, participants underwent a battery of cardio-metabolic health assessments in the laboratory, wore an ambulatory blood pressure device for the subsequent 24-48h, and completed sleep-wake diaries for one week. Follow-up measurements were repeated after ~30 and 90 days after transitioning to either schedule. Overnight blood pressure dipping was derived from the sleeping/waking systolic blood pressure ratio. Percentage of population dipping was analyzed using Fischer's exact test and dipping percentage with an independent t-test.

Results: A majority of participants (16/20) transitioned to shiftwork. 31% of shift workers had the unhealthy non-dipping overnight blood pressure profile at baseline and this increased to 93% at 90-days. In contrast, 50% of dayworkers had a non-dipping profile at baseline and this actually decreased to 0% at 90-days, a significant difference from shiftworkers ($p=0.001$). At 90-days, the mean overnight blood dipping was ~7% less in shiftworkers than dayworkers (-6.3% [95%CI -3.7 to -8.8%] vs 13.1% [95%CI -10.3 to -15.9%]: $p<0.01$).

Discussion: These robust changes in overnight blood pressure dipping in newly-hired shiftworkers may be an early warning of increased cardiovascular risk, which if prolonged, may relate to increased cardiovascular events and mortality of shiftworkers.

Support: NIH R01HL105495, K01HL146992 and by the Oregon Institute of Occupational Health Sciences (ORS 656.630)

LBA003

Title: Sleep Efficiency is Associated with Amyloid-Beta Deposition in Adults with Mild Cognitive Impairment Within a Community Sample

Authors/Institutions: Kristine A. Wilckens¹, Beth E. Snitz², Rebecca E. Roush¹, Daniel J. Buysse¹, James T. Becker^{1,2,3}, Theodore J. Huppert⁴, Ann D. Cohen¹

¹University of Pittsburgh School of Medicine Department of Psychiatry, ²University of Pittsburgh School of Medicine Department of Neurology, ³University of Pittsburgh Department of Psychology, ⁴University of Pittsburgh School of Medicine Department of Radiology

Introduction: Sleep is associated with Alzheimer's disease pathology; better sleep quality is seen among older adults with lower levels of amyloid beta in the precuneus. However, prior studies have had small sample sizes and have mostly used subjective measures of sleep. It is, moreover, unclear whether associations between sleep and amyloid deposition are consistent across clinical factors, such as cognitive status.

Methods: Here we assessed amyloid deposition with Pittsburgh Compound B positron emission tomography (PiB PET) and actigraphy-assessed sleep efficiency in a diverse sample of 129 adults ages 51-89 (68.2% female; 48.8% college degree; 59.1% African American/Black; 48.8% with mild cognitive impairment (MCI)). We examined associations of sleep efficiency with PiB retention measured in the precuneus controlling for age, sex, education, race, cognitive status, and e4 carrier status. We

further examined whether these associations were consistent across cognitive status (healthy control ($n=63$), impaired without complaint ($n=22$), subjective complaint ($n=13$), and mild cognitive impairment (MCI) ($n=31$)).

Results: Better sleep efficiency was associated with lower PiB retention in the precuneus, R^2 change = 0.07, $p=0.002$. Analyses stratified by cognitive status demonstrated that the association between sleep efficiency and PiB was significant only in those with MCI, R^2 change = 0.2, $p=0.002$, though a similarly large effect size was found for those with subjective complaints, R^2 change = 0.38, $p > 0.1$.

Conclusion: These results may reflect a higher degree of disease progression in those with poor sleep efficiency, higher PiB retention, and MCI. Better sleep efficiency may additionally play a role in staving off Alzheimer's disease pathology particularly in those at higher risk of Alzheimer's disease. Intervention studies are needed to determine the directionality of these findings.

Support: NIH NIA grants UF1AG051197; K01 AG049879

LBA004

Title: Treatment of Central Disorders of Hypersomnolence: An American Academy of Sleep Medicine Clinical Practice Guideline

Authors/Institutions: Kiran Maski, MD MPH¹; Lynn Marie Trotti MD, MSc²; Suresh Kotagal, MD³; Robert R Auger MD⁴; James A Rowley MD⁵; Sarah D Hashmi, MBBS, MSc, MPH⁶; Nathaniel F Watson, MD⁷

¹Department of Neurology, Boston Children's Hospital, Boston, MA, ²Department of Neurology, Emory University School of Medicine, Atlanta, Georgia, ³Department of Neurology, Mayo Clinic, Rochester, MN, ⁴Department of Psychiatry and Psychology, Mayo Clinic College of Medicine, Rochester, MN, ⁵Department of Medicine, Wayne State University School of Medicine, Detroit, MI, ⁶American Academy of Sleep Medicine, Darien, IL, ⁷Department of Neurology, University of Washington, Seattle, WA.

Introduction: This guideline establishes clinical practice recommendations for the treatment of central disorders of hypersomnolence in adults and children. This clinical practice guideline updates the previously published American Academy of Sleep Medicine (AASM) guidelines on the treatment of narcolepsy and other hypersomnias of central origin. The clinical practice guideline focused on prescription medications with United States Food and Drug Administration (FDA) approval and non-pharmacologic interventions studied for the treatment of symptoms caused by central disorders of hypersomnolence

LATE BREAKING ABSTRACTS

Results: The following recommendations are intended as a guide for clinicians in choosing a specific treatment for central disorders of hypersomnolence in adults and children. Each recommendation statement is assigned a strength ("Strong" or "Conditional"). A "Strong" recommendation (i.e., "We recommend...") is one that clinicians should follow under most circumstances. A "Conditional" recommendation (i.e., "We suggest...") is one that requires that the clinician use clinical knowledge and experience, and strongly considers the individual patient's values and preferences to determine the best course of action. The section on adult patients with hypersomnia due to medical conditions is categorized based on the clinical and pathological subtypes identified in ICSD-3. All recommendations and suggestions are versus no treatment.

Adult patients with narcolepsy

We recommend that clinicians use modafinil for the treatment of narcolepsy in adults. (Strong)

We recommend that clinicians use intolerant for the treatment of narcolepsy in adults. (Strong)

We recommend that clinicians use sodium oxybate for the treatment of narcolepsy in adults. (Strong)

We recommend that clinicians use solriamfetol for the treatment of narcolepsy in adults. (Strong)

We suggest that clinicians use armodafinil for the treatment of narcolepsy in adults. (Conditional)

We suggest that clinicians use dextroamphetamine for the treatment of narcolepsy in adults. (Conditional)

We suggest that clinicians use methylphenidate for the treatment of narcolepsy in adults. (Conditional)

Adult patients with idiopathic hypersomnia

We recommend that clinicians use modafinil for the treatment of idiopathic hypersomnia in adults. (Strong)

We suggest that clinicians use clarithromycin for the treatment of idiopathic hypersomnia in adults. (Conditional)

We suggest that clinicians use methylphenidate for the treatment of idiopathic hypersomnia in adults. (Conditional)

We suggest that clinicians use pitolisant for the treatment of idiopathic hypersomnia in adults. (Conditional)

We suggest that clinicians use sodium oxybate for the treatment of idiopathic hypersomnia in adults. (Conditional)

Adult patients with Kleine-Levin Syndrome

We suggest that clinicians use lithium for the treatment of Kleine-Levin syndrome in adults. (Conditional)

Adult patients with hypersomnia due to medical conditions

Hypersomnia secondary to alpha-synucleinopathies

We suggest that clinicians use armodafinil for the treatment of hypersomnia secondary to dementia with Lewy bodies in adults.

(Conditional)

We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to Parkinson's disease in adults. (Conditional)

We suggest that clinicians use sodium oxybate for the treatment of hypersomnia secondary to Parkinson's disease in adults. (Conditional)

Posttraumatic hypersomnia

We suggest that clinicians use armodafinil for the treatment of hypersomnia secondary to traumatic brain injury in adults. (Conditional)

We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to traumatic brain injury in adults. (Conditional)

Adult patients with genetic disorders associated with primary central nervous system somnolence

We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to myotonic dystrophy in adults. (Conditional)

Adult patients with hypersomnia secondary to brain tumors, infections, or other central nervous system lesions

We suggest that clinicians use modafinil for the treatment of hypersomnia secondary to multiple sclerosis in adults (Conditional)

Pediatric patients with narcolepsy

We suggest that clinicians use modafinil for the treatment of narcolepsy in pediatric patients. (Conditional)

We suggest that clinicians use sodium oxybate for the treatment of narcolepsy in pediatric patients. (Conditional)

EXHIBITOR DESCRIPTIONS

FOUNDATION

AASM Foundation

Darien, Illinois | foundation.aasm.org
(630) 737-9724

Founded in 1998, the AASM Foundation has invested in the future of sleep medicine by supporting more than 240 awards totaling \$19 million in funding. Our portfolio includes research awards for all career stages, community awards and training awards.

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EXHIBITOR DESCRIPTIONS



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Smyrna, Georgia | us.bioserenity.com

(800) 753-3763

BioSerenity is an innovative medical technology company focused on healthcare as a service. We connect healthcare providers with their patients anywhere, anytime. Our solutions include direct-to-patient sleep testing programs, sleep center management, and remote neurodiagnostic offerings.

Board of Registered Polysomnographic Technologists

Arlington, Virginia | brpt.org

(571) 253-6870

The Board of Registered Polysomnographic Technologists is an organization recognized around the world for the highest standards in sleep credentialing, certification and education.



Brain Electrophysiology Laboratory Company

Eugene, Oregon | bel.company

(541) 525-9799

Brain Electrophysiology Laboratory Company (BEL) is a neuroscience technology company dedicated to advancing the study and understanding of the human brain by pioneering new technologies and tools for neurophysiology. BEL offers complete EEG systems, software, and tools for open-source collaboration for sleep research.



Brain Vision, LLC

Morrisville, North Carolina | brainvision.com

(919) 460-2510

Brain Vision, LLC offers solutions for neurophysiological research. We specialize in the integration of EEG and PSG with fMRI, fNIRS, TMS, tES and more. Our solutions are great for research on both infants and adults, and we provide various electrode technologies for use with wired and wireless systems.

CleveMed

Cleveland Medical Devices Inc.

CleveMed

Cleveland, Ohio | clevemed.com

(216) 791-6720

CleveMed is a leader in services and devices for home sleep apnea testing. From monitors for HSAT to full PSG, to SleepView Direct mail services, we aim to improve the delivery of care and expand the reach of sleep medicine. Our web-based services streamline operations for providers.



COMPUMEDICS®

Compumedics

Charlotte, North Carolina | compumedics.com.au/en/mpumedics.com.au/en

(877) 717-3975

Compumedics is a global medical device company involved in the development and manufacture of diagnostics technology for sleep and neurology. We take vast amounts of data and turn it into valuable information to accurately diagnosis and treat neurological and sleep disorders.



Ectosense Group

Leuven, Belgium | nightowl.care

(786) 458-8990



Eisai, Inc.

Woodcliff Lake, New Jersey | us.eisai.com

(201) 692-1100

At Eisai, Inc., human health care is our goal. We give our first thoughts to patients and their families and help to increase the benefits health care provides. As the U.S. pharmaceutical subsidiary of Tokyo-based Eisai Co., Ltd., we have a passionate commitment to patient care that is the driving force behind our efforts to discover and develop innovative therapies to help address unmet medical needs. Eisai is a fully integrated pharmaceutical business that operates in two global business groups: oncology and neurology (dementia-related diseases and neurodegenerative diseases). Our U.S. headquarters, commercial and clinical development organizations are in New Jersey; our discovery labs are in Massachusetts and Pennsylvania; and our global demand chain organization resides in Maryland and North Carolina.



EnsoData, Inc.

Madison, Wisconsin | ensodata.com

(608) 509-4704

EnsoData, Inc. uses waveform AI technology to perform complex and time-consuming data interpretation. Our AI-assisted sleep test scoring solution, EnsoSleep, automates event detection leading to consistency, reduction in time spent scoring and opportunities to expand patient care and improve outcomes.



Fisher & Paykel Healthcare

Irvine, California | fphcare.com/us/homecare

(800) 446-3908

Fisher & Paykel Healthcare is a leading manufacturer of products and systems for use in respiratory care, acute care, surgery, and the treatment of obstructive sleep apnea. Our purpose is to improve care and outcomes through inspired and world-leading healthcare solutions.

EXHIBITOR DESCRIPTIONS



General Sleep Corporation

Cleveland, Ohio | generalsleep.com

(888) 330-4424

General Sleep Corporation is dedicated to providing clinicians and researchers with products and services that allow them to achieve maximum effectiveness in the diagnosis and study of sleep disorders.



Harmony Biosciences

Plymouth Meeting, Pennsylvania | harmonybiosciences.com

(484) 539-9800

Harmony Biosciences is a pharmaceutical company headquartered in Plymouth Meeting, PA. The company was established in October 2017 with a vision to develop and commercialize novel treatment options for people living with rare, neurological diseases. With a focus on disorders of sleep and wakefulness, Harmony Biosciences is currently working to advance the understanding of narcolepsy and provide information and resources to people who live with, and healthcare professionals who treat, this chronic, debilitating neurologic disorder.



Idorsia Pharmaceuticals

Basel, Switzerland | idorsia.com

(058) 844-0919

The purpose of Idorsia is to discover, develop and commercialize innovative medicines to help more patients. We have ideas, we see more opportunities, and we want to transform the horizon of therapeutic options. We specialize in the discovery and development of small molecules. Our clinical pipeline comprises 12 assets, 6 of which are in late-stage development. Headquartered in Switzerland, Idorsia is building its first commercial organization in the US in anticipation of the FDA approval and subsequent launch of our medicine for the treatment of insomnia in the first half of 2022.

Inspire Medical Systems, Inc.

Golden Valley, Minnesota | inspiresleep.com/about-inspire

(844) 672-4386



Itamar Medical

Atlanta, Georgia | itamar-medical.com

(888) 748-2627

Itamar Medical is a medical technology company focused on the development and commercialization of non-invasive medical devices to aid in the diagnosis of respiratory sleep disorders. We have commercialized a digital healthcare platform to facilitate the continuum of care for effective sleep apnea management. Our WatchPAT® family of products which utilize the PAT® signal, are designed for a simple home sleep apnea test experience which, can be easily conducted in the comfort of patients' home with accurate and reliable results.



Jazz Pharmaceuticals, Inc.

Palo Alto, California | jazzpharmaceuticals.com

(215) 478-3780

Jazz Pharmaceuticals plc (Nasdaq: JAZZ) is a global biopharmaceutical company dedicated to developing medicines for people with serious diseases — often with limited or no options. We have a diverse portfolio of marketed medicines and novel product candidates, from early- to late-stage development, in key therapeutic areas. Our focus is neuroscience, including sleep medicine and movement disorders, and oncology, including hematologic and solid tumors. We actively explore new options for patients including novel compounds, small molecule advancements, biologics and innovative delivery technologies. Jazz is headquartered in Dublin, Ireland and has employees around the globe, serving patients in more than 90 countries.



Merck & Co., Inc.

Kenilworth, New Jersey | merckconnect.com

(908) 740-4000

For more than 125 years, Merck has been working to help address many of the world's most challenging diseases. We aspire to improve the health and wellness of people worldwide.



MonitAir, LLC

Miami, Florida | monitairhealth.com

(305) 874-0086

MonitAir is a HIPAA-compliant platform combining remote patient monitoring and telemedicine to help physicians improve patient outcomes while increasing practice revenues. It was designed by doctors for doctors who manage patients on PAP/NIV for chronic sleep and respiratory conditions.



National Heart, Lung, and Blood Institute

Bethesda, Virginia | nhlbi.nih.gov

(877) NHL-BI4U

Located within the Division of Lung Diseases of the NHLBI, the National Center on Sleep Disorders Research (NCSDR) was established in 1993 to foster the coordination of sleep and circadian research within NIH and other federal agencies.



REMfresh

Nestlé Health Science

Bridgewater, New Jersey | nestlehealthscience.us

(908) 333-9390

Nestlé Health Science, a wholly owned subsidiary of Nestlé, is committed to empowering healthier lives through nutrition. Through innovation and leading-edge science, we bring forward nutritional and nutrition enabling solutions with clinical, health economic value and quality of life benefits.

EXHIBITOR DESCRIPTIONS



Nihon Kohden

Irvine, California | us.nihonkohden.com
(949) 268-0801

Since 1985, Nihon Kohden has delivered market refined comprehensive end-to-end PSG diagnostic solutions. Nihon Kohden's medical and research solutions are designed to improve workflow, reduce cost of ownership, and increase situational awareness for clinicians that perform complex PSGs and HSATs.



Ognomy

Buffalo NY, New York
(877) 664-6669

Ognomy is a complete sleep apnea care solution connecting patients and sleep doctors in the comfort of home. Patients can get a virtual consultation, take a home sleep apnea test and start their journey to better sleep and health in no time at all.



Oxford University Press

Oxford, England | academic.oup.com/sleep

Oxford University Press publishes some of the world's most prestigious and respected books and journals, including SLEEP and SLEEP Advances, the official publications of the Sleep Research Society.



Pear Therapeutics

Boston, Massachusetts | peartherapeutics.com



Philips

Cambridge, Massachusetts
usa.philips.com/healthcare/solutions/sleep



ProSomnus Sleep Technologies

Pleasanton, California | prosomnus.com
(844) 537-5337

ProSomnus is a leader in precision oral appliance devices for OSA. 96% of patients prefer ProSomnus devices, citing comfort and resolution of complaints (IRB, 2021). Biomechanically engineered, studies associate ProSomnus devices with excellent efficacy, adherence, and mitigation of side effects.



REMware

Tampa, Florida | remware.io
813-364-2670

Quickly increase revenue, operate more efficiently and improve patient care. HSAT with DreamClear, to simplify the entire process, referral-to-scoring. Focus on sales not logistics! All-in-one platform through REMmanager, to automate back-office operations. Save up to 50% on overhead.



ResMed

San Diego, California | resmed.com
(800) 424-0737

At ResMed, we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our digital health technologies and cloud-connected medical devices transform care for people with sleep apnea, COPD, and other chronic diseases.



Respicardia

Minnetonka, Minnesota | respicardia.com
(952) 540-4470

Respicardia® is a leader in innovative technologies that address the unmet needs in respiratory and cardiovascular disease with safe and effective therapies. Founded in 2006 and headquartered near Minneapolis, Minnesota, Respicardia is dedicated to improving patient outcomes, quality of life and overall cardiovascular health via novel transvenous neurostimulation therapies.



Signifier

Needham, Massachusetts | exciteosa.com
(860) 918-7264

Signifier Medical Technologies is dedicated to improving quality of life, sleep, and relationships through innovations for patients with sleep disorders worldwide.



Sizewise

Lenexa, Kansas | sizewise.com/sleep1
(800) 814-9389

Sizewise designs, manufactures, and distributes medical equipment, dedicated to advancing patient care and promoting caregiver safety. We engineer specialty surfaces, bed frames, and mobility devices to meet the needs of various patient populations.

EXHIBITOR DESCRIPTIONS



Sleep ISR

Darien, Illinois | isr.aasm.org
(630) 737-9765

Sleep ISR is the premier resource and go-to platform for improving scoring consistency worldwide. The platform's robust features allows both individual and facility users to score new records of 200 epochs every month and provides comparison to scorers from across the globe. Through intelligent reporting options, scorers can identify their strengths and determine where opportunities for improvement lie. Users can gain additional insight by reviewing the Gold Standard comparison to see how their results measure up against experts in the field. Join the thousands of users who rely on Sleep ISR to achieve the Gold Standard and receive 20% off your new/lapsed (before 2021) subscription and/or 20% off Sleep ISR add-on upgrades.



Sleep Multimedia, Inc.

Scarsdale, New York | sleepmultimedia.com
(914) 722-9291

SMM v. 12.0 is a computerized textbook of sleep medicine with text, audio, graphics, animation, and video; suitable for specialists, trainees, and researchers, with the latest Medline references. Updated annually to include 140CME credits covering adult/pediatric sleep medicine, PSG and more.

sleep number.

Sleep Number

Minneapolis, Minnesota | sleepnumber.com/science
(305) 915-5979

Sleep Number delivers life-changing innovations informed by science. Aligned with our purpose of improving the health and wellbeing of society, we're committed to advancing sleep health, linking smart sleep to individualized wellness via innovation informed by data and scientific expertise. Our proprietary sleep ecosystem and real-world sleepers generate billions of accurate, longitudinal data points every night. To date, we've learned from 9+ billion hours of sleep data gathered from 1.2+ billion sleep sessions. The data generated by our 360 smart beds and our SleepIQ technology fuel our award-winning sleep innovations. The high-precision biometric nature of our data, plus collaborations with leading partners in sleep such as Mayo Clinic and the renowned clinicians and physicians of our scientific advisory board, help us create actionable health and wellness solutions that impact millions of lives through proven quality sleep.

SLEEP Store

Darien, Illinois | learn.aasm.org
(630) 737-9700

The SLEEP Store features products from AASM and SRS. Browse 100+ products that focus on board review, CME, reference materials, branded swag, and patient education material.



SleepTest.com

Laguna Niguel, California | sleeptest.com
(800) 753-3783

SleepTest.com sets the standard in reliable home sleep apnea testing for patients with sleep apnea with our direct-to-patient model & SleepTestCRM. We're serving more dentists and we're recruiting physicians who want to see more patients, generate revenue, and collaborate with our dental network!



SleepTM

Darien, Illinois | sleeptm.com
(630) 737-9745

SleepTM is a telemedicine platform designed and developed by the American Academy of Sleep Medicine intended for the sleep medicine community, but in recent times has been adopted by other medical specialties and organizations to meet their telemedicine needs.



SomnoMed

Plano, Texas | somnomed.com
(888) 447-6673

SomnoMed, a global leader in open airway therapy devices for the treatment of mild-to-moderate obstructive sleep apnea. Each custom-made device is designed with patient comfort and therapy effectiveness as the priority. We strive with healthcare communities to support 100% therapy adherence.



Sovasage

Pittsburgh, Pennsylvania | sovasage.com
(877) 937-2520

Sovasage's patent-pending software assists respiratory therapists in managing CPAP therapies by leveraging AI, novel computer vision, and more than 3 years of R&D and testing. The result is a seamless patient management solution that enables therapists to select and fit masks using a smart phone.



SRS

Darien, Illinois | sleepresearchsociety.org/membership/benefits
(630) 737-9702

The Sleep Research Society (SRS) is an organization for scientific investigators who educate and research sleep and circadian science. The SRS serves its members and the field of sleep research through training and education, and by providing forums for the collaboration and the exchange of ideas. Additionally, the SRS advocates on behalf of its members to increase federally-funded sleep research through grass-roots lobbying and communications efforts. The SRS also publishes the journals *SLEEP* and *SLEEP Advances*, produces educational products and provides volunteer opportunities for regular and student members.



SRS Foundation

Darien, Illinois | sleepresearchsociety.org/foundation
(630) 737-9702

The Sleep Research Society Foundation is committed to the growth and development of the field of sleep and circadian research through education and research funding opportunities.

EXHIBITOR DESCRIPTIONS



Takeda Pharmaceuticals Intl., Co.

Lexington, Massachusetts | takeda.com

(877) 825-3327

Takeda Neuroscience is driven by the unmet needs of patients with rare neurological diseases. Our mission is to bring innovative and potentially disease-modifying medicines to these patients. To deliver on this mission, our approach leverages advances in molecularly and genetically defined targets, biomarkers, and targeted modalities. Our commitment to patients starts with our research efforts and is fueled by our strategic partnerships with both academia and industry – all with the goal of developing new treatments for those who need them most.



The Hypersomnia Foundation

Atlanta, Georgia | hypersomnifoundation.org

(678) 842-3512

The Hypersomnia Foundation is a nonprofit which raises awareness of idiopathic hypersomnia and sleep related disorders. Patients visit our site to view our provider directory and to learn about their disorder. Visit our website to join the directory and view our research award program.

UCLA Health

UCLA Health

Los Angeles, California | uclahealthcareers.org

(310) 267-3292

UCLA Health defines greatness by the quality of the patient experience we are able to deliver. Each and every time. To every single patient. If that's where your ambitions lie, UCLA is where you belong. We offer unequalled challenges and opportunities to further your education, training and career.



Vanda Pharmaceuticals, Inc.

Washington, District of Columbia | vandapharma.com

(202) 734-3400

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Educational Webinars

The SRS hosts a variety of webinars on educational topics and COVID-19 related resources. Members are welcome to submit topics they would like to learn more about and are encouraged to present on a topic of their own!

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Practice Management

Practice Management Course 2021
Improve Sleep Facility Operations

VIRTUAL EVENT
November 19 – 20, 2021

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at aasm.org/events





Career Resources

Take advantage of the many resources SRS provides to members!

COURSE SYLLABI

Be prepared for your next sleep course by utilizing course materials provided by other instructors that are SRS members.

LABORATORY DIRECTORY

A directory listing Undergraduate, Graduate, Clinical Internship, Post-Doctoral, and T32 opportunities.

PROFESSIONAL JOB BOARD

Looking for the next step in advancing your career? Explore new opportunities by browsing the Oxford University Press Job Board for openings in sleep and circadian research.

Become a Member Today!



Trainee Resources

Take advantage of the many resources SRS provides to trainee members!

TRAINEE JOB BOARD

Looking for a trainee or early career position in the field? Explore new opportunities by browsing the SRS Job Board for openings in sleep and circadian research.

TRAINEE SUBCOMMITTEE

The SRS forms the Trainee Subcommittee each year in August to help plan the Trainee Symposia Series and other trainee-related activities at SLEEP the following year, the Annual Meeting of the APSS. This is a unique opportunity for current trainee members to become more actively involved in the SRS and field!

TRAINEE JOURNAL CLUB

Author a Journal Club Review for the journal *SLEEP*. These reviews are a summary, critical review and discussion of impact/significance of an article recently published in *SLEEP*. The submission fee is waived for SRS members!

Become a Member Today!

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