

PRELIMINARY PROGRAM

HOUSTON, TX | JUNE 1-5

# SLEEP 2024



38<sup>TH</sup> ANNUAL MEETING OF  
THE ASSOCIATED PROFESSIONAL  
SLEEP SOCIETIES, LLC

A JOINT MEETING



# 2024 HIGHLIGHTS

## 38<sup>TH</sup> ANNUAL MEETING

SLEEP 2024, the 38th annual meeting of the Associated Professional Sleep Societies (APSS), is a joint meeting of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). The SLEEP meeting provides evidence-based education to advance the science and clinical practice of sleep medicine, disseminates cutting-edge sleep and circadian research, promotes the translation of basic science into clinical practice, and fosters the future of the field by providing career development opportunities at all levels. There is simply no other gathering of sleep professionals anywhere of this scale. The conference is attended by thousands of individuals from around the world, all connected by their interest and expertise in sleep medicine, sleep and circadian science, and sleep health.

## ON-DEMAND SESSION RECORDINGS

The APSS is offering recordings of select general sessions available for pre-purchase with SLEEP registration. SLEEP attendees can purchase these recordings for the discounted price of \$250 (member) or \$400 (non-member). Non-attendees of SLEEP 2024 will be able to purchase the recordings after the meeting concludes. The Technologist Track is not included. On-demand recordings of postgraduate courses also are available for purchase.

## CONSIDERATIONS FOR PARENTS

The APSS continually strives to make the meeting more accessible for participants, including those who are traveling with children.

### Mother's Room

The APSS will provide a room in the convention center for use by nursing mothers.

### Childcare Option

While childcare is not provided on-site for SLEEP 2024, we have identified a local provider to address your childcare needs; [Jovie of Downtown Houston](#). Jovie offers full- and part-time nannies and on-demand babysitters so you can balance your family, personal, and professional time while attending SLEEP. They're locally owned and operated and part of the community — here to provide exceptional

childcare and support to your family. For more information and to set up care, please email [info@sleepmeeting.org](mailto:info@sleepmeeting.org) with "Childcare" in the subject line.

## FLEXIBLE CANCELLATION

The APSS is implementing a flexible cancellation policy to promote a healthy environment at SLEEP. Attendees will receive a full refund of all registration fees when a cancellation request is submitted in writing to the APSS national office by 1:00 p.m. CDT on Sunday, June 2, 2024. (Hotel and travel reservations must be cancelled separately and are not covered by this policy.) No cancellations will be accepted after 1:00 p.m. CDT on June 2.

## CODE OF CONDUCT

The Associated Professional Sleep Societies (APSS) values the diversity of views, expertise, opinions, backgrounds, and experiences reflected among everyone attending the SLEEP annual meeting, and the APSS is committed to providing a safe, productive, and welcoming environment for all in attendance. The SLEEP meeting should serve as an effective forum to consider and debate clinical and scientific viewpoints in an orderly, respectful, and fair manner. This Code of Conduct is important for promoting diversity and creating an inclusive, supportive, and collaborative environment for all participants at SLEEP.

All SLEEP meeting participants — including attendees, speakers, volunteers, exhibitors, meeting staff, members of the media, vendors, and service providers (hereinafter "participants") — are expected to abide by the [APSS Code of Conduct](#). This Code of Conduct applies to events and activities in any venue associated with the SLEEP meeting, including ancillary events, social gatherings, and online forums and discussions.

# SLEEP 2024

- Provides evidence-based education to advance the science and clinical practice of sleep medicine
- Disseminates cutting-edge sleep and circadian research
- Promotes the translation of basic science into clinical practice
- Fosters the future of the field by providing career development opportunities at all levels



## TECHNOLOGIST TRACK

Attend the Technologist Track at SLEEP 2024 – a two-day itinerary dedicated to sleep technologists that focuses on relevant topics and issues.



## SLEEPMEETING.ORG

Visit our website for the latest SLEEP 2024 updates!



## SAVE ON REGISTRATION

Register by March 3, 2024, to receive the first early bird registration discount!

## WHAT'S INSIDE

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## TICKETED SESSIONS



Look for this ticket icon throughout the preliminary program for ticketed sessions to enhance your SLEEP 2024 experience.



## CONTINUING EDUCATION

SLEEP 2024 offers CME for physicians, CE for psychologists, CEC for technologists, and letters of attendance. You can earn up to 35.25 AMA PRA Category 1 Credits™! More information can be found on page 9 or by visiting [sleepmeeting.org](http://sleepmeeting.org).

# SLEEP 2024

IT PAYS TO BE A MEMBER



**NOT AN AASM OR SRS MEMBER?**

**MEMBERS SAVE**

an average of **\$265\*** over nonmembers when pre-registering for  
**SLEEP 2024** with a half-day postgraduate course.

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



[aasm.org/benefits](http://aasm.org/benefits)



[sleepresearchsociety.org/benefits](http://sleepresearchsociety.org/benefits)

**SLEEP 2024**

\*Discount may vary based on registration selections.  
Pre-registration ends 03/03/2024.

# GENERAL SESSION REGISTRATION

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

GENERAL REGISTRATION	FIRST EARLY BIRD	SECOND EARLY BIRD	REGULAR RATE	ON-SITE RATE
	THROUGH MARCH 3	MARCH 4 – APRIL 21	APRIL 22 – MAY 24	JUNE 1 – 5
Individual Member	\$350	\$400	\$450	\$500
Individual Nonmember	\$550	\$600	\$650	\$700
Resident/Postdoctoral Member	\$180	\$190	\$200	\$210
Resident/Postdoctoral Nonmember	\$230	\$250	\$270	\$290
Student/Predoctoral Member	\$95	\$105	\$115	\$125
Student/Predoctoral Nonmember	\$135	\$145	\$155	\$165
Sleep Team Member	\$200	\$220	\$240	\$260
Sleep Team Nonmember	\$325	\$355	\$385	\$415
Sleep Medicine Patient Advocate	\$50	\$50	\$50	\$50
Retired/Emeritus Member*	\$100	\$125	\$150	\$175
International – Low-Income Economies***	\$30	\$40	\$50	\$60
International – Lower-Middle Income Economies***	\$45	\$60	\$75	\$90
International – Upper-Middle Income Economies***	\$150	\$170	\$190	\$210
Guest**	\$100	\$100	\$100	\$100

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

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

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

## TICKETED SESSIONS

Attendees may not register for ticketed events without registering for the SLEEP 2024 General Session.

TICKETED SESSIONS	MEMBER	NONMEMBER
Full-Day Postgraduate Course	\$150	\$225
Half-Day Postgraduate Course	\$85	\$150
Meet the Professors <i>Includes Boxed Lunch</i>	\$60	\$70
Lunch Debates <i>Includes Boxed Lunch</i>	\$60	\$70

## CONFIRMATION

After registering for SLEEP 2024, registrants will receive an automated email confirmation.

Add a ticketed session during the registration process and gain access to even more SLEEP 2024.

*Forgot to register for ticketed sessions?*

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

## PRE-REGISTER & SAVE! THREE WAYS TO REGISTER:

Online (credit card only) at [sleepmeeting.org](http://sleepmeeting.org)

Fax (credit card only)  
(630) 737-9790

Mail (credit card or check)

Associated Professional Sleep Societies, LLC  
Attention: Meeting Department  
2510 N. Frontage Road  
Darien, IL 60561  
Registration form available to download [here](#).

## SLEEP 2024 RECORDINGS PRICING

The APSS will produce recordings of all SLEEP postgraduate courses and select sessions.

These recordings will be available for purchase after the meeting (for non-attendees) or during the registration process (for attendees).

AVAILABLE RECORDINGS FOR PURCHASE	MEMBER PRICE	NONMEMBER PRICE
Full-Day Postgraduate Course Recording (SLEEP Attendee)	\$150	\$225
Half-Day Postgraduate Course Recording (SLEEP Attendee)	\$85	\$150
Full-Day Postgraduate Course Recording (Non-Attendee)**	\$200	\$275
Half-Day Postgraduate Course Recording (Non-Attendee)**	\$100	\$175
General Session Recordings* (SLEEP Attendee)	\$250	\$400
General Session Recordings* (Non-Attendee)**	\$550	\$750

\*Does not include recordings of the Tech Track

\*\*Not available for sale until after SLEEP 2024



**Join us at Vibe Fusion Fitness!** Enjoy an early morning Yoga session, followed by a Zumba Fitness® workout with your colleagues and peers at Discovery Green Park, conveniently located within walking distance of the SLEEP convention center and hotels.

Wrap up your workout experience with a complimentary breakfast. This fun event is open to all fitness levels. Don't miss the opportunity to elevate your fitness and unleash your vibe!

## DETAILS

**Date:** June 2, 2024 from 6:00am – 9:00am

### EVENT SCHEDULE

6:00am–6:25am	Check-In
6:30am–7:00am	Yoga
7:15am–8:00am	Zumba Fitness® Workout
8:00am	Breakfast

**Venue:** Discovery Green Park – Grace Event Lawn area

**Price:** \$45 per person. Discounts are not available for partial participation.

*Take Your Career to the Next Level*

## A-STEP → CCSH EDUCATION PROGRAM

Your path towards a Certificate in Clinical Sleep Health (CCSH) credential starts with the A-STEP CCSH Education Program!

**LEARN MORE AT [ASTEP.AASM.ORG](http://ASTEP.AASM.ORG)**



# ADVANCES IN Sleep & Circadian SCIENCE

# 2025



Clearwater Beach, Florida  
February 14-17, 2025

SAVE  
the Date

## SRS LEARNING CENTER

An online educational resource designed to provide a comprehensive and engaging learning experience.

Access recordings, webinars, and more to help you stay current on what is happening in the sleep and circadian research field.

**LOG IN AND LEARN**



Sleep Research Society®

# CREDITS

	AASM/SRS MEMBER	NON- MEMBER
Continuing Medical Education (CME) Credit for Physicians	\$25	\$40
Continuing Education for Technologists (CEC)	FREE	\$25
Continuing Education (CE) for Psychologists	\$25	\$25
Letter of Attendance for Non-Physicians	\$25	\$40
DAY	CREDIT HOURS POSSIBLE	
Saturday, June 1	Up to 7.50	
Sunday, June 2	Up to 7.75	
Monday, June 3	Up to 6.00	
Tuesday, June 4	Up to 7.00	
Wednesday, June 5	Up to 7.00	
TOTAL	Up to 35.25	

## LEARNING OBJECTIVES

After attending SLEEP 2024, participants should be able to:

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

## GENERAL SESSION AND POSTGRADUATE COURSE RECORDINGS

Learners can earn a maximum of 35.25 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing recordings, or combining both methods of participation. To receive credits, participants must register separately for the appropriate credit (e.g., CME, CEC, letter of attendance) and pay the

administrative fee. (Note: SLEEP 2024 recordings are not approved for CE credit for psychologists.)

*The maximum number of credits available without purchasing ticketed sessions is 21.00.*

## CONTINUING MEDICAL EDUCATION (CME) CREDIT FOR PHYSICIANS

SLEEP 2024 meeting activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The AASM is accredited by the ACCME to provide continuing medical education for physicians. The AASM designates this live activity for a maximum of 35.25\* AMA PRA Category 1 Credits™ for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

Physicians should claim only the credit commensurate with the extent of their participation in the activity. **To receive proof of participation from SLEEP 2024, please select "Continuing Medical Education (CME) Credits for Physicians" during the registration process.**

## TECHNOLOGIST CONTINUING EDUCATION (CEC)

The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend SLEEP 2024.

A maximum of 35.25\* credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. **To receive proof of participation from SLEEP 2024, please select "AASM CEC for Technologists" during the registration process.**

## CONTINUING EDUCATION (CE) FOR PSYCHOLOGISTS

To receive proof of participation from SLEEP 2024, please select "Continuing Education (CE) for Psychologists" during the registration process.



### ACCREDITATION STATEMENT

In support of improving patient care, this activity has been planned and implemented

by Amedco LLC and APSS. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team



### PSYCHOLOGISTS (APA) CREDIT DESIGNATION

This course is co-sponsored by Amedco and APSS. Amedco is

approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content.

## LETTER OF ATTENDANCE

Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2024 may receive a letter of attendance outlining the number of AMA PRA Category 1 Credits™ designated for the sessions they attend at SLEEP 2024. To receive proof of participation from SLEEP 2024, please select "Letter of Attendance" during the registration process.

## PHYSICIAN ASSISTANT (PA) CREDIT

PAs may claim a maximum of 35.25\* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. To receive proof of participation from SLEEP 2024, please select "Letter of Attendance" during the registration process.

## NURSE PRACTITIONER (NP) CREDIT

NPs may claim a maximum of 35.25\* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines. To receive proof of participation from SLEEP 2024, please select "Letter of Attendance" during the registration process.



**MOC**

### MAINTENANCE OF CERTIFICATION (MOC)

All individual postgraduate courses will offer Maintenance of Certification (MOC) points and Self-Assessment

(SA) CME credits. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.50 MOC points/SA CME credits (for each individual full-day postgraduate course) or 3.75 MOC points/ SA CME credits (for each individual half-day postgraduate course) for the following boards:

- Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program;
- MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program; and
- Annual part II self-assessment credits in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC); and
- An application has been submitted to The American Board of Psychiatry and Neurology for SLEEP 2024 postgraduate course self-assessment credits.

It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM, ABP, or ABOHNS MOC credit.

Continuing Education is an additional cost that can be added at the final stage of registration for postgraduate courses.

\*The maximum number of credits available for attending SLEEP 2024 is inclusive of all ticketed and general sessions, or by purchasing the on-demand recordings in place of ticketed sessions.

## DO NOT FORGET TO REGISTER FOR CREDITS

Follow the instructions below to ensure that you receive credit for SLEEP 2024:

1. When you register for SLEEP 2024, be sure to add the appropriate continuing education credits to your registration. This is a separate fee from the general session registration fee.
2. To claim your credit following the meeting, follow the instructions provided in the email that will be sent to you.

## DEADLINE TO CLAIM CREDITS:

**August 1, 2024** for CE for Psychologists.

**December 15, 2024** for CME, Letters of Attendance, and AASM CEC.

**December 15, 2024** for MOC and ABPN SA CME.

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



**The SRS Foundation is pleased to fund these post-doctoral training and trainee opportunities!**

**Career Development AWARD**

**Small Research GRANT**

**Mentored Collaboration GRANT**

Learn More at [sleepresearchsociety.org/foundation/awards/](http://sleepresearchsociety.org/foundation/awards/)

# ELEVATE



## YOUR CAREER TODAY!

*Our grants and training programs are investing in clinicians and researchers.*

Email [foundation@aasm.org](mailto:foundation@aasm.org) to learn more about how you can take advantage of our special networking sessions at SLEEP.

### CHECK OUT THIS NEW AASM MEMBER EDUCATIONAL RESOURCE

INTRODUCING

### THE AASM REMOTE MONITORING IMPLEMENTATION SERVICES GUIDE

This guide will assist AASM members in understanding the requirements for reporting remote physiologic monitoring (RPM) and remote therapeutic monitoring (RTM) codes, as currently defined and implemented by CPT and the Centers for Medicare & Medicaid Services (CMS).

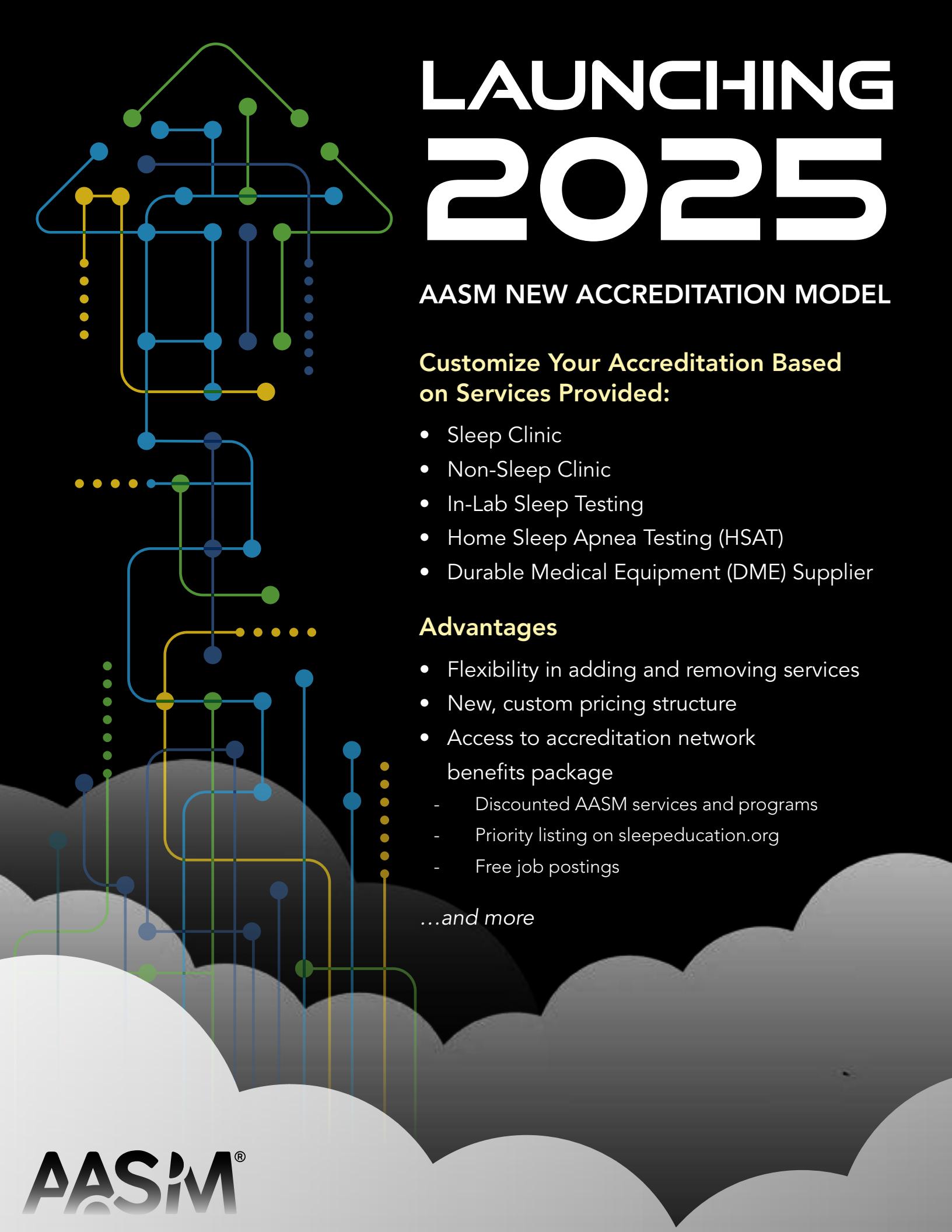
As a perfect introduction to remote monitoring services, the guide also describes:

- Remote services background information
- RPM and RTM applications and reporting requirements
- Recommendations for implementation in sleep medicine
- ...and more



**DOWNLOAD YOUR  
FREE COPY TODAY!**

Visit: [aasm.org/clinical-resources/telemedicine](http://aasm.org/clinical-resources/telemedicine)



# LAUNCHING 2025

## AASM NEW ACCREDITATION MODEL

### Customize Your Accreditation Based on Services Provided:

- Sleep Clinic
- Non-Sleep Clinic
- In-Lab Sleep Testing
- Home Sleep Apnea Testing (HSAT)
- Durable Medical Equipment (DME) Supplier

### Advantages

- Flexibility in adding and removing services
- New, custom pricing structure
- Access to accreditation network benefits package
  - Discounted AASM services and programs
  - Priority listing on sleepeducation.org
  - Free job postings

*...and more*

# SESSION TYPE DESCRIPTIONS

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



**sleepmeeting.org**

Receive the latest details

## TICKETED EVENTS

*Tickets required to attend*

Postgraduate Courses

Lunch Debates

Meet the Professor Sessions

\*All schedule information is subject to change.

# TECHNOLOGIST TRACK SCHEDULE

Schedule and speakers are subject to change without notice.

## MONDAY

### TECHNOLOGIST TRACK | 1:00 p.m. - 2:00 p.m.

T-01

**AI in Polysomnography: Ready for Clinical Deployment or Still in Beta?**

Dennis Hwang, MD, Chair;  
T. Massey Arrington, RST, RPSGT, CCSH;  
Octavian Ioachimescu, MD, PhD

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

### TECHNOLOGIST TRACK | 2:15 p.m. - 3:15 p.m.

T-02

**Neurostimulation Therapy in the Lab: Challenging Cases in Non-PAP Titration Studies**

Kirat Gill, MD, Chair; Shahrokh Javaheri, MD

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

### TECHNOLOGIST TRACK | 3:30 p.m. - 5:30 p.m.

T-03

**Navigating Respiratory Physiology in the Sleep Lab (1-hour)**

Ashima Sahni, MD, Chair; Michelle Cao, DO;  
Babak Mokhlesi, MD; Bernardo Selim, MD

**Under Pressure: Responding to Urgent Scenarios in the Sleep Lab (1-hour)**

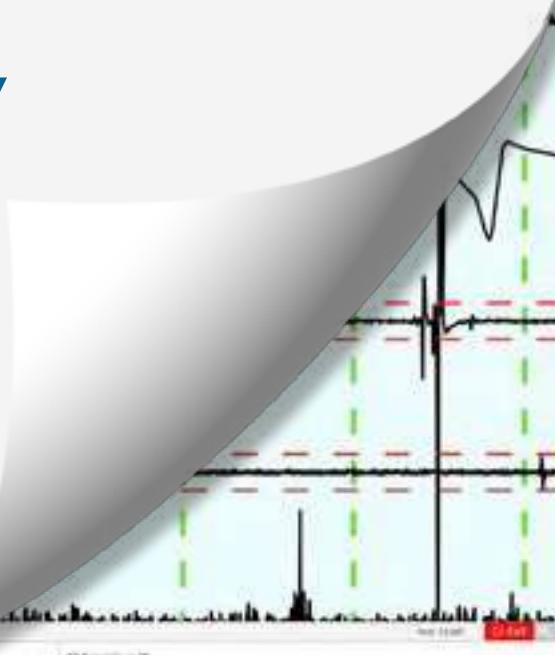
Hrayr Attarian, MD; Nancy Collop, MD

# 2024



**NEW & IMPROVED FEATURES  
COMING SOON**

- ✓ **4K HIGH DEFINITION SIGNAL QUALITY**
- ✓ **MORE CUSTOMIZATION TOOLS**
- ✓ **PRECISION SCORING OPTION**
- ✓ **ALIGNS WITH IN-LAB SOFTWARE**
- ✓ **IMPROVED SCORING CONFIDENCE**



# TECHNOLOGIST TRACK SCHEDULE

Schedule and speakers are subject to change without notice.

## TUESDAY

### TECHNOLOGIST TRACK | 8:00 a.m. - 10:00 a.m.

T-04

#### The ABCs to XYZs of PAP Titration: A Case-Based Exploration

Saiprakash Venkateshiah, MBBS, MD,  
Chair; Dave Balachandran, MD;  
Nancy Collop, MD;  
Timothy Morgenthaler, MD;  
Jordan Rusk, RPSGT

BREAK | 10:00 a.m. - 1:00 p.m.

### TECHNOLOGIST TRACK | 1:00 p.m. - 2:00 p.m.

T-05

#### Pediatrics Update

Caroline Okorie, MD, Chair;  
Auburne Hutchins, PhD, RPSGT;  
Binal Kancherla, MD

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

### TECHNOLOGIST TRACK | 2:15 p.m. - 3:15 p.m.

T-06

#### ISR: Adults and Pediatric Gold Standard Panel

Anuja Bandyopadhyay, MBBS, MD, Co-Chair;  
Scott Williams, MD, Co-Chair;  
Claud Albertario, RST, RPSGT;  
Matthew Balog, RPSGT, CCSH;  
Faye Burnette, RPSGT;  
Ameet Daftary, MBBS;  
Christopher Hope, MD;  
Kevin Kaplan, MD; Michael Zacheck, MD

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

### TECHNOLOGIST TRACK | 3:30 p.m. - 5:30 p.m.

T-07

#### Current Issues in Sleep Center Management (1-hour)

Amber Allen, RPSGT, RST, CCSH,  
Chair; Brendan Duffy, RPSGT, CCSH;  
Kelly Gladden, RRT, RPSGT, CCSH

#### Tools for Building a Technologist Workforce (1-hour)

Lawrence Epstein, MD, Chair;  
Christopher Hope, MD;  
Sherri Hanson, RPSGT, RST, CCSH

# INVITED LECTURERS

## ★ KEYNOTE SPEAKER



**GINA POE, PHD**

Monday, June 3 | 9:00 a.m. – 10:00 a.m.

### ESSENTIAL SLEEP FEATURES FOR BRAIN REMODELING - IMPORTANCE FOR COGNITION AND EMOTIONAL HEALTH

Dr. Gina Poe earned her bachelor's degree in human biology at Stanford and her doctorate in neuroscience at UCLA before completing postdoctoral studies at the University of Arizona. With over 20 years of NIH-funded research on REM sleep and memory, Dr. Poe has worked at Washington State University, University of Michigan and UCLA, where she is a full professor and Lorre Scholars Chair. Currently, she focuses on the role of sleep in resilience to PTSD, gaining insight into tough problems and network remodeling. Dr. Poe is dedicated to increasing diversity in neurosciences through teaching and directing local and national programs.



**EMMANUEL MIGNOT, MD, PHD**

Monday, June 3 | 1:00 p.m. – 2:00 p.m.

### NEW DEVELOPMENTS IN NARCOLEPSY

Dr. Emmanuel Mignot, the Craig Reynolds Professor of Sleep Medicine and director of the Center for Narcolepsy at Stanford University, identified the pathophysiological basis of human narcolepsy — loss of ~70,000 hypothalamic hypocretin/orexin neurons causing deficient neurotransmission. His research pinpointed major susceptibility genes, HLA-DQB1\*06:02 and T-Cell receptor genes, promoting a selective autoimmune process. Dr. Mignot pioneered narcolepsy medication characterization and established cerebrospinal fluid hypocretin-1 as a diagnostic tool. His current research focuses on new narcolepsy diagnostics, analysis of narcolepsy genes, potential infectious triggers, Kleine-Levin syndrome and more. Renowned for cloning a canine narcolepsy gene, Dr. Mignot's awards include election to

the National Academy of Medicine, National Academy of Sciences and the Howard Hughes Institute, and he is a recipient of the McKnight Foundation Award.



**ERIK HERZOG, PHD**

Monday, June 3 | 1:00 p.m. – 2:00 p.m.

### MATERNAL-FETAL CIRCADIAN SYNCHRONY AND BIRTH OUTCOMES

Dr. Erik Herzog, a chronobiologist and professor of biology and neuroscience at Washington University, investigates the molecules, cells, and circuits underlying daily rhythms in physiology and behavior. He studied biology and Spanish as an undergraduate at Duke University and neuroscience in graduate school at Syracuse University. He established his lab at Washington University in 2000. Dr. Herzog's lab, supported by grants from the NIH and March of Dimes, has published over 100 peer-reviewed articles. Recognized with teaching and mentoring awards, he served as the president of the Society for Research on Biological Rhythms and co-director of the WU Neuroscience Graduate Program. Currently, Dr. Herzog is the director of the St. Louis Neuroscience Pipeline, an NIH-funded initiative promoting diversity in neurosciences.



**JOHN WINKELMAN, MD, PHD**

Monday, June 3 | 2:15 p.m. – 3:15 p.m.

### LOW-DOSE OPIOIDS FOR RESTLESS LEGS SYNDROME: WHEN, WHO, WHAT AND HOW

Dr. John Winkelman, with a doctorate in psychobiology from Harvard and a medical degree from Harvard Medical School, completed a psychiatry residency and sleep medicine fellowship at Massachusetts General Hospital. He served as medical director of the sleep program at McLean Hospital and the sleep laboratory at Brigham and Women's Hospital. Currently an associate professor in psychiatry at Harvard Medical School and chief of the sleep disorders clinical research program at Massachusetts

General Hospital, Dr. Winkelman's research focuses on restless legs syndrome epidemiology, physiology and cardiovascular consequences, along with neurobiology and insomnia treatment. He has published more than 100 articles and holds editorial roles in prominent journals.



### ELIZABETH KLERMAN, MD, PHD

Monday, June 3 | 2:15 p.m. – 3:15 p.m.

#### ADDING SLEEP AND CIRCADIAN RHYTHMS TO MEDICINE

Dr. Elizabeth Klerman earned her bachelor's degree from MIT and her medical degree and doctorate from Harvard. She is an investigator at Massachusetts General Hospital, physician at Brigham and Women's Hospital and a Harvard Medical School professor of neurology. As director of the analytic and modeling unit in the division of sleep and circadian disorders, she focuses on clinical and biomathematical research. Her areas of research include the application of circadian and sleep research principles to normal and pathophysiologic states and mathematical analysis, modeling, and simulations of biological systems of human circadian, sleep, and neurobehavioral mood and performance rhythms. Dr. Klerman's teaching and mentoring in patient-oriented research earned her renewed K24 mentoring grant support from NIH.



### SHANNON SULLIVAN, MD

Tuesday, June 4 | 1:00 p.m. – 2:00 p.m.

#### HOME SLEEP HOME: PEDIATRIC HSAT IN 2024

Dr. Shannon Sullivan is a clinical professor at Stanford University in the department of pediatrics, division of pulmonary, asthma and sleep medicine and by courtesy, the department of psychiatry, division of sleep medicine. She currently serves on the American Academy of Sleep Medicine's Coding and Compliance Committee and has served as chair of the Public Safety Committee and vice chair of the Academy's COVID-19 Task Force. Her research interests include the development and evolution of sleep-disordered breathing over the lifespan. Dr. Sullivan has served as principal investigator for the Project Baseline Health Study, a multicenter, community-based longitudinal cohort study.



### CARMELA ALCÁNTARA, PHD

Tuesday, June 4 | 1:00 p.m. – 2:00 p.m.

#### DOES ONE SIZE FIT ALL?

#### UNDERSTANDING SLEEP HEALTH INEQUITIES IN LATINX POPULATIONS

Dr. Carmela Alcántara is an associate professor at the School of Social Work at Columbia University. She works to advance health equity and studies how discrimination and other stressors affect sleep and physical and mental health, particularly among Latinx adults. Her research integrates psychology, public health, social work and medicine to understand how structural and social factors affect sleep, mental health and cardiovascular health, particularly in racial/ethnic and immigrant communities. A licensed clinical psychologist with postdoctoral training in public health and behavioral medicine, she is a faculty affiliate of the Social Intervention Group and the Columbia Population Research Center.

#### TOM ROTH LECTURE OF EXCELLENCE



### DAVID GOZAL, MD

Tuesday, June 4 | 2:15 p.m. – 3:15 p.m.

#### ON THE HETEROGENEITY OF PEDIATRIC OSA: INROADS TO PRECISION

Dr. David Gozal, dean of the Joan C. Edwards School of Medicine and vice president for health affairs at Marshall University, has held leadership roles at Tulane University, University of Louisville, University of Chicago and University of Missouri. He has pioneered biomarker discovery and machine learning approaches for sleep apnea diagnosis and now investigates the gut microbiome's role in sleep disorders. Dr. Gozal is past president of the American Thoracic Society, a former member of the Sleep Research Society board of directors, deputy editor-in-chief for the journal SLEEP, and associate editor for several journals. His recognitions include the ATS Amberson Lecture, AASM Excellence in Research Award, and the Lifetime Achievement Award from the National Sleep Foundation.



## DAVID SAMSON, PHD

Tuesday, June 4 | 2:15 p.m. – 3:15 p.m.

### THE HUMAN SLEEP PARADOX: HOW SOCIAL SLEEP MADE US HUMAN

Dr. David Samson, associate professor of evolutionary anthropology at the University of Toronto, Mississauga and director of the Sleep and Human Evolution Lab, investigates the central anthropological question of human uniqueness. He earned his doctorate at Indiana University and completed a postdoctoral fellowship at Duke University. His research, spanning human and nonhuman primates, explores the behavioral, physiological and cognitive traits contributing to human success. Dr. Samson's revolutionary approach involves recording sleep data for primates and humans in diverse societies. His high-profile research on sleep's role in cognition and sociality offers insights into human evolution. Dr. Samson is the author of "Our Tribal Future: How to Channel Our Foundational Human Instincts into a Force for Good."



## BRIAN CADE, PHD

Wednesday, June 5 | 1:00 p.m. – 2:00 p.m.

### LEVERAGING CLINICAL BIOBANKS AND GENETICS TO UNDERSTAND SLEEP APNEA AND RELATED COMORBIDITIES

Dr. Brian Cade is an assistant professor in medicine at Brigham and Women's Hospital/Harvard Medical School specializing in human sleep, circadian rhythms and related comorbidities research using genetic epidemiology, genome-wide association studies, whole-genome sequencing and bioinformatics. He received his doctorate from University of Surrey in biochemical sciences and completed his postdoctoral fellowship in sleep genetics at Harvard Medical School. Dr. Cade's recent work includes ongoing next-generation sequencing analysis of healthy and disordered sleep and related comorbidities in the NHLBI TOPMed Consortium and large-scale electronic health record analyses of sleep apnea and its relationship to COVID-19 and other disorders.



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- ◆ Was applying for your first grant an overwhelming experience?
- ◆ Do you think an additional \$5,000 to \$50,000 in research funding would have helped to jump-start your career?

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# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

SESSION #	TITLE	SPEAKERS
<b>REGISTRATION OPEN   7:00 a.m. - 5:30 p.m.</b>		
<b>GENERAL SESSIONS   1:00 p.m. - 3:00 p.m.</b>		
O-01	<b>Examining Sleep and Behavior, Performance, and Fatigue in the Laboratory and in the Real World</b>	
S-01	<b>Sleep and Circadian Rhythms in Pregnancy: Fetal and Neonatal Outcomes</b>	Marishka Brown, PhD, Chair; Tracy Baker, PhD; Ghada Bourjeily, MD; Sarah England, PhD; Christina Park, PhD
S-02	<b>Functional Consequences of Circadian and Sleep-Related Genetic Factors in Humans and Model Organisms</b>	Richa Saxena, PhD, Chair; Samuel Jones, PhD; Torrey Mandigo, PhD; Girish Melkani, PhD; Christiane Wrann, DVM, PhD
<b>REFRESHMENT BREAK   3:00 p.m. - 3:15 p.m.</b>		
<b>GENERAL SESSIONS   3:15 p.m. - 5:15 p.m.</b>		
F-01	<b>The Future of Families Sleep Cohort: Disparities in Sleep and Wellbeing from Adolescence to Young Adulthood</b>	Lauren Hale, PhD, Chair; Anne-Marie Chang, PhD; Adwoa Dadzie; Lindsay Master; Gina Marie Mathew, PhD; David Reichenberger, PhD
O-02	<b>Healthy and Disordered Sleep Physiology</b>	
S-03	<b>Sleeping at the Wrong Time: Mechanisms Underlying Internal Desynchrony and Long-Term Health Risks in Shift Workers</b>	Allison Brager, PhD, Chair; Siobhan Banks, PhD; Gabriela Hurtado-Alvarado, PhD; Chathuri Kombala, PhD; Hans Van Dongen, PhD

*Schedule and speakers are subject to change without notice.*

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

SESSION #	TITLE	SPEAKERS
<b>REGISTRATION OPEN   7:00 a.m. - 5:30 p.m.</b>		
<b>PLENARY SESSION AND KEYNOTE ADDRESS   8:00 a.m. - 10:00 a.m.</b>		
I-01	<b>Essential Sleep Features for Brain Remodeling - Importance for Cognition and Emotional Health</b>	Gina Poe, PhD
<b>POSTER HALL OPEN   10:00 a.m. - 4:00 p.m.</b>		
<b>EXHIBIT HALL OPEN   10:00 a.m. - 4:00 p.m.</b>		
<b>AASM Annual Membership Meeting   10:30 a.m. - 11:45 a.m.</b>		
<b>LUNCH BREAK   11:45 a.m. - 1:00 p.m.</b>		
<b>LUNCH SESSIONS   11:45 a.m. - 12:45 p.m.</b>		
LBA	<b>Late-Breaking Abstracts</b>	
L-01	<b>Hypoxic Burden Should Replace AHI as Marker for Apnea Severity</b>	Atul Malhotra, MD & Patrick Strollo Jr., MD
M-01	<b>What Parts of Us Sleep? Why? And How Do We Measure It?</b>	Gina Poe, PhD
M-02	<b>Sex-Specific Differences in Obstructive Sleep Apnea--Why it Matters</b>	Reena Mehra, MD
M-03	<b>Leveraging Implementation Science to Promote Sleep Health, Equitably</b>	Suzanne Bertisch, MD
M-04	<b>A Digital Health Equity Model for Sleep and Circadian Health</b>	Azizi Seixas, MD
M-05	<b>Management of REM Sleep Behavior Disorder</b>	Alon Avidan, MD
<b>GENERAL SESSIONS   1:00 p.m. - 2:00 p.m.</b>		
D-01	<b>Exploring Treatment Options for PLMS and Sleep-Related Movements: A Comprehensive Discussion</b>	Raffaele Ferri, MD, Chair; Lourdes DelRosso, MD, PhD; Maria Mogavero, MD; Arthur Walters, MD
I-02	<b>New Developments in Narcolepsy</b>	Emmanuel Mignot, MD, PhD
I-03	<b>Maternal/Fetal Circadian Synchrony and Birth Outcomes</b>	Erik Herzog, PhD
O-03	<b>Comorbid Sleep Apnea and Insomnia (COMISA): Impact and Novel Assessment Tools</b>	
O-04	<b>Physiological Responses to Sleep Loss</b>	
S-04	<b>FDA Regulation of Sleep Devices: From Concept to Market and Beyond</b>	Rachana Visaria, PhD, Chair; Mahadevappa Hunasikatti, MD; Binoy Mathews

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

S-05

**Considerations for Implementing Sleep and Circadian Interventions in Real-World Occupational Settings**

Philip Cheng, PhD, Chair; Michael Wasik; Imela Wong, PhD

S-06

**Trauma REMedy: The Complex Interaction of REM Sleep, PTSD Mechanisms, and PTSD Symptoms**

Maya Schenker, PhD, Chair; Sean Drummond, PhD; Edward Pace-Schott, PhD; Laura Straus, PhD

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

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

D-02

**Unveiling the Secrets of Adolescents' Sleep and Circadian Rhythms: Laboratory vs. Home Measurements**

Reut Gruber, PhD, Chair; Helen Burgess, PhD; Merrill Wise, MD

F-02

**The Interplay of Faith and Sleep: Strategies for Muslim Patients**

Bilal Irfan, Chair; Hrayr Attarian, MD; Meena Khan, MD

F-03

**Sleep Health in Pregnancy, Infancy, Childhood, and Early Adolescence: Implications for Brain Structure and Function**

Melissa Nevarez-Brewster, Chair; Sanna Lokhandwala; Gina Mason, PhD; Katharina Pittner, PhD

I-04

**Low-Dose Opioids for Restless Legs Syndrome: When, Who, What and How**

John Winkelmann, MD, PhD

I-05

**Adding Sleep and Circadian Rhythms to Medicine**

Elizabeth Klerman, MD, PhD

O-05

**Sleep-Related Breathing Disorders in Ethnic Groups and Socioeconomic Considerations in Disparity of Outcomes**

S-07

**Challenges with Wearables for Sleep: Strategies for Addressing Incomplete Data**

Aarti Sathyaranayana, PhD, Chair; Christopher Depner, PhD; Orsolya Kiss, PhD; Vadim Zipunnikov, PhD

W-01

**Severe Sleep-Related Anxiety in New Onset Insomnia**

Leisha Cuddihy, PhD, Chair; Michael Grandner, PhD; Sara Nowakowski, PhD

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

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

D-03

**Legal Issues in Sleep Medicine**

Ramesh Sachdeva, MD, PhD, Chair; Matthew Horsnell; Seema Khosla, MD; Emmanuel Mignot, MD, PhD; Muhammad Adeel Rishi, MBBS; Lynn Marie Trotti, MD

O-06

**Sleep in Adolescence: Determinants, Measurements of Sleep Health, and Outcome of Interventions**

O-07

**Addressing the Challenges of Insomnia Treatment: CBT-I Augmentations and Alternatives**

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

**O-08** Sleep in Aging and Alzheimer's Disease

**S-08** Artificial Intelligence and Big Data in Sleep Medicine

Carlos Schenck, MD, Chair; Melissa Jones, MD; Arash Maghsoudi, PhD; Javad Razjouyan, PhD; Amir Sharafkhaneh, MD, PhD

**S-09** Giving Weight to Incretin-Based Pharmacotherapy for Obesity-Related Sleep Apnea

Camilla Hoyos, PhD, Chair; Ariana Chao, PhD; Ronald Grunstein, MD, PhD; Atul Malhotra, MD

**S-10** The Impact of Sleep Disturbances on the Immune System: The Modulating Role of Sex and Implications for Long COVID

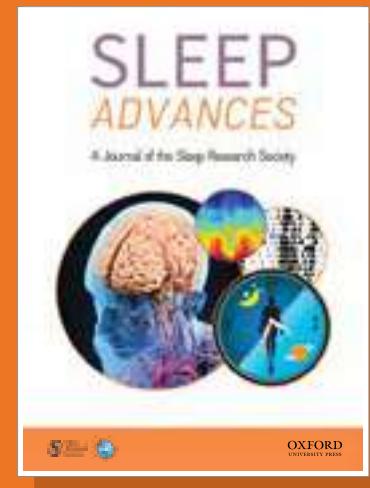
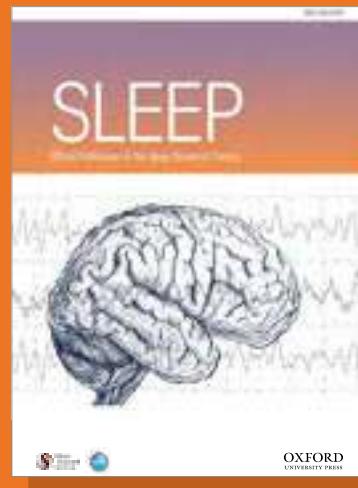
Monika Haack, PhD, Chair; Larissa Engert, PhD; Sairam Parthasarathy, MD; Aric Prather, PhD

**S-11** Sleep, Circadian Rhythms, and Bipolar Disorder: From the Lab to the Clinic

Jennifer Goldschmied, PhD, Chair; Helen Burgess, PhD; Lovemore Kunorozva, PhD; Michael McCarty, MD, PhD

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# SCHEDULE

SUN MON **TUE** WED

## BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

SESSION #	TITLE	SPEAKERS
<b>REGISTRATION OPEN   7:30 a.m. - 5:30 p.m.</b>		
<b>GENERAL SESSIONS   8:00 a.m. - 10:00 a.m.</b>		
F-04	<b>Meal Timing and Cardiometabolic Health: Consequences to Mechanisms</b>	Shadab Rahman, PhD, Chair; Josiane Broussard, PhD; Leilah Grant, PhD; Andrew McHill, PhD; Jingyi Qian, PhD; Frank Scheer, PhD
O-09	<b>How Sleep Technology, Light Therapy, and Medications Affect Stroke, Cognition, and Neurodegeneration</b>	
O-10	<b>Sleep and Emotion Processing</b>	
S-12	<b>The AB and CO2s of Pediatric Neuromuscular Disorders and Sleep-Disordered Breathing</b>	Rakesh Bhattacharjee, MD, Chair; Reshma Amin, MD; Maida Chen, MD; Refika Ersu, MD; Iris Perez, MD; Lisa Wolfe, MD
S-13	<b>Advances in Narcolepsy and Idiopathic Hypersomnia Diagnosis and Management</b>	Kiran Maski, MD, Chair; Lucie Barateau, MD, PhD; Julie Flygare; David Plante, MD, PhD
S-14	<b>Maximizing the Benefits of CBT-I for Each Individual: Factors Improving CBT-I Treatment Outcomes</b>	Sean Drummond, PhD, Chair; Bei Bei, PhD; Celyne Bastien, PhD; Jennifer Martin, PhD
S-15	<b>Mechanisms of Sleep-Mediated Brain Health Outcomes in Socially Disadvantaged Adults</b>	Bengi Baran, PhD, Chair; Kristen Knutson, PhD; Ellen Lee, MD; Bryce Mander, PhD; Lauren Whitehurst, PhD
W-02	<b>REM Sleep Behavior Disorder (RBD): The Patient Experience and Bioethics of Disclosure</b>	Joyce Lee-Iannotti, MD, Chair; Alon Avidan, MD; Carlos Schenck, MD
<b>POSTER HALL OPEN   10:00 a.m. - 4:00 p.m.</b>		
<b>EXHIBIT HALL OPEN   10:00 a.m. - 4:00 p.m.</b>		
<b>LUNCH SESSIONS   11:45 a.m. - 12:45 p.m.</b>		
<b>LUNCH BREAK   11:45 a.m. - 1:00 p.m.</b>		
<b>SRS Annual Membership Meeting   12:30 p.m. - 1:30 p.m.</b>		
R-01	<b>Trainee Case Reports</b>	
L-02	<b>Does CBT-I Need to Involve a Human to be Effective?</b>	Philip Cheng, PhD & Jessica Dietrich, PhD
M-06	<b>Interesting Patient Cases for Hypoglossal Nerve and Phrenic Nerve Stimulation Therapies</b>	Kunal Agarwal, MD
M-07	<b>Craniofacial and Dental Sleep Medicine</b>	Dave Singh, DMD, PhD
M-08	<b>Sleep and Neurodevelopmental Disorders</b>	Temitayo Oyegbile-Chidi, MD, PhD

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

M-09

**Management of Persistent OSA in Children**

Refika Ersu, MD

M-10

**The Appropriate Use of Opiates  
in the Treatment of RLS**

Michael Silber, MBChB

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

**Understanding the Patient Lexicon**

**Regarding Brain Fog in the Central Disorders  
of Hypersomnolence Population**

Jennifer Mundt, PhD, Chair; Frederik Ascencion;  
Matthew Horsnell; Diana Kimmel

**D-04**

**Helping Elite Athletes Optimize  
Sleep for Peak Performance**

Scott Kutscher, MD, Chair; Amy Bender, PhD;  
Jesse Cook, PhD; Cheri Mah, MD

**I-06**

**Home Sleep Home: Pediatric HSAT in 2024**

Shannon Sullivan, MD

**I-07**

**Does One Size Fit All? Understanding Sleep  
Health Inequities in Latinx Populations**

Carmela Alcántara, PhD

**O-11**

**Obstructive Sleep Apnea: Effect  
on Cardiovascular, Metabolic,  
and Health Outcomes**

**O-12**

**Sleep in the Aging**

**O-13**

**Sleep and Child and Adolescent Health**

**S-16**

**Portable Real Time Electroencephalography:  
New Possibilities for Sleep Research  
and Clinical Applications**

Rebecca Robillard, PhD, Chair; Emily Coffey, PhD;  
Erika Yamazaki

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

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

**D-06**

**Updates from "Count on Sleep":  
An OSA Awareness Project**

Jennifer Martin, PhD, Chair;  
Lourdes DelRosso, MD, PhD; John Park, MD;  
Alcibiades Rodriguez, MD

**D-07**

**The Widening Opioid Crisis - At  
the Intersection of Insomnia  
and Opioid Use Disorder**

Andrew Huhn, PhD, Chair; Michael Grandner, PhD;  
David Neubauer, MD; Henry Yaggi, MD

**F-05**

**Screens and Sleep: New Insights and  
the 2024 National Sleep Foundation  
Consensus Panel Recommendations**

Lauren Hale, PhD, Chair; Joseph Dzierzewski, PhD;  
Gina Marie Mathew, PhD; David Reichenberger, PhD

**I-08**

**On the Heterogeneity of Pediatric  
OSA: Inroads to Precision**

David Gozal, MD

**I-09**

**The Human Sleep Paradox: How  
Social Sleep Made Us Human**

David Samson, PhD

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

- O-14** Advancements in Restless Legs Syndrome: From Opioid Management to Impact on Alzheimer's Disease

- O-15** Hypersomnia: New Research, New Understanding

- O-16** Genetics of Sleep Disturbance and Sleep Loss

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

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

- O-17** Outcomes in Patients with Sleep-Related Breathing Disorders

- O-18** New Pharmacology Research in Hypersomnia

- S-17** Sleepiness and Fatigue in Aeronautics and Aerospace: Impact on Safety and Risk Mitigation Strategies

Michael Berneking, MD, Chair;  
Jennifer Creamer, MD; Erin Flynn-Evans, PhD;  
Muhammad Adeel Rishi, MBBS; April Wright, MD

- S-18** Beyond the Night: Circadian Rhythms, Sleep and Neurocognitive Health in Aging Adults

Christina McCrae, PhD, Chair; Ashley Curtis, PhD;  
Soomi Lee, PhD; Brendan Lucey, MD; Spencer Nielson

- S-19** The World Outside of the Sleeper is Changing: Climate-Related Factors that Affect Sleep and Circadian Health

Joon Chung, PhD, Chair; Chandra Jackson, PhD;  
Jose (Memo) Laurent, PhD; Azizi Seixas, PhD

- S-20** Transitioning to Shift Work: The Impact of Beginning Shift Work on New Worker's Health and Wellbeing

Alexander Wolkow, PhD, Chair;  
Philip Cheng, PhD; Meagan Crowther, PhD;  
Rachael Harris; Heidi Lammers-van der Holst, PhD

- W-03** Infant Obstructive and Central Sleep Apnea: Who, When, Why, and How to Treat

Madeleine Grigg-Damberger, MD, Chair;  
Anuja Bandyopadhyay, MBBS, MD; Vlad Janus, MD;  
Eliot Katz, MD; Kathy Wolfe, MD

- W-04** Practical Management of Sleep Disorders in Patients with Psychiatric Illnesses

Amit Chopra, MD, Chair;  
Bhanu Prakash Kolla, MBBS, MD;  
David Plante, MD, PhD; Louisa Sylvia, PhD

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

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SESSION #	TITLE	SPEAKERS
<b>REGISTRATION OPEN   7:30 a.m. - 5:30 p.m.</b>		
<b>GENERAL SESSIONS   8:00 a.m. - 10:00 a.m.</b>		
O-19	New Considerations in Sleep-Related Breathing Disorders	
O-20	Advances in Understanding of Sleep and Cognition	
S-21	Tailoring Behavioral Insomnia Interventions for Diverse Populations: AASM Foundation-Funded Implementation Efforts	Jessica Dietrich, PhD, Chair; Suzanne Bertisch, MD; Sarah Honaker, PhD; Traci Speed, MD, PhD
S-22	Interacting with the Media: What Hurts/Helps with Sleep Education and Advocacy?	Karin Johnson, MD, Chair; Funke Afolabi-Brown, MD; Julie Flygare; Lynne Lamberg
S-23	Disrupted Sleep and Menopause: Impact on Cardiometabolic Health	Hadine Joffe, MD, Chair; Leilah Grant, PhD; Shadab Rahman, PhD; Prachi Singh, PhD; Marie-Pierre St-Onge, PhD
S-24	Sleep Health Inequities: Sleep Deserts and Beyond	Hrayr Attarian, MD, Chair; Ronald Gavidia Romero, MD; Lauren Robinson, MD; Caroline Skolnik, MD
W-05	Safety and Quality Considerations in Pediatric and Adult Sleep Labs: One Size Does Not Fit All!	Umakanth Katwa, MD, Chair; Maida Chen, MD; Rafael Pelayo, MD; Narong Simakajornboon, MD
W-06	Augmentation in Restless Legs Syndrome: How to Identify it, Treat it, and Guide the Patient to Long-Term Efficacy	Brian Koo, MD, Chair; Joseph Andrew Berkowski, MD; Christopher Earley, MBCh, PhD; John Winkelman, MD, PhD
<b>POSTER HALL OPEN   10:00 a.m. - 1:30 p.m.</b>		
<b>EXHIBIT HALL OPEN   10:00 a.m. - 1:30 p.m.</b>		
<b>LUNCH BREAK   11:45 a.m. - 1:00 p.m.</b>		
<b>LUNCH SESSIONS   11:45 a.m. - 12:45 p.m.</b>		
M-11	CPAP Adherence in Women with Sleep Apnea	Jennifer Martin, PhD
M-12	Novel Treatments for Central Sleep Apnea	M. Safwan Badr, MD
M-13	Understanding the Complex Relationship Between Obstructive Sleep Apnea and Cardiovascular Disease	Neomi Shah, MD
M-14	Unusual Approaches to Treating Unusual Leg Sensations	Joseph Andrew Berkowski, MD
M-15	Psychosocial Aspects of Pediatric Narcolepsy	Judith Owens, MD

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

*Schedule and speakers are subject to change without notice.*

 M-16

Diagnosing Sleep Apnea in Hospitalized Patients

Sunil Sharma, MD

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

I-10

Leveraging Clinical Biobanks and Genetics to Understand Sleep Apnea and Related Comorbidities

Brian Cade, PhD

O-21

Sleep Problems in Infants and Young Children: Role of Parental Characteristics, Beliefs, and the Sleep Environment

O-22

Investigating the Roles of Stress and Hyperarousal in Insomnia

O-23

Sleep and Cardiometabolic Health: Thinking Beyond OSA

O-24

Sleep Response to Trauma and Stress

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

F-06  
(NON-CME)

Phylogeny of Sleep and Glymphatic Function

Miranda Lim, MD, PhD, Chair; Dea Garic, PhD; Natalie Haugland, PhD; Jeffrey Iliff, PhD; Gianina Ungurean, PhD; Alison Weis, PhD

F-07

Cardiovascular Health and Performance: Daily Behaviors and Their Interaction with the Circadian System

Saurabh Thosar, PhD, Chair; Allison Brager, PhD; Leandro Brito, PhD; Katharine Currie, PhD; Joshua Gonzalez, PhD; Jingyi Qian, PhD

S-25

AADSM Consensus on Evolving Dental Therapies for Snoring and OSA

Jean-Francois Masse, DDS, Chair; Ghizlane Aarab, DDS, PhD; Maria Therese Galang-Boquiren, DMD; Michael Simmons, DMD; Jacy Stauffer, DMD

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

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

O-25

Sleep's Influence on Post-Traumatic Stress Disorder and Depression Across Age Groups

O-26

Updates on Non-PAP Therapy for Sleep-Related Breathing Disorders

O-27

Advances in Technologies: Wearables and Other Sensors

S-26

Community-Based Efforts to Disseminate Sleep Information to Underserved Pediatric Audiences: Lessons from the Field

Rebecca Robbins, PhD, Chair; Candice Alfano, PhD; Michael Scullin, PhD

W-07

Exploring the Shades of HGNS Therapy - Clinical Case Scenarios

Lindsay McCullough, MD, Chair; Michael Hutz, MD; Ashesha Mechineni, MD

# SCHEDULE

SUN MON TUE WED

BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

CLINICAL SLEEP SCIENCE AND PRACTICE

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

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

D-08 (NON-CME)	Are Hypnotics Addictive?	John Winkelman, MD, PhD, Chair; Suzanne Bertisch, MD; Andrew Krystal, MD; Charles Morin, PhD; Thomas Roth, PhD; Ty Schepis, PhD; Norah Simpson, PhD
O-28	Achieving Quality Sleep Across Childhood: Addressing Barriers, Interventions, and Their Outcomes	
O-29	New Sleep Research with Focus on Gender Considerations	
O-30	Observational and Treatment Studies on Sleep, Psychiatric Diseases, and Suicidality	
O-31	Circadian Rhythms - From Genes to Populations	
S-27	Respiratory Dysfunction in Stroke: Lessons from Animal Models, Clinical Care, Research, & Future Directions	Sudha Tallavajhula, MD, Chair; Devin Brown, MD; Jun Li, PhD; Louise McCullough, MD, PhD
S-28 (NON-CME)	Approaches to Measuring Sleep and Glymphatic Function in Clinical Populations	Jeffrey Iliff, PhD, Chair; Paul Dagum, MD, PhD; Brendan Lucey, MD; Swati Rane Levendovszky, PhD; J. Kent Werner, MD, PhD
S-29 (NON-CME)	Leveraging Sleep Medications, EHR-Defined Disorders, and Sleep Health Traits to Advance Sleep and Circadian Genetics	Jacqueline Lane, PhD, Chair; Chia-Yen Chen, PhD; Naomi Friedman, PhD; Lovemore Kunorozva, PhD

# POSTGRADUATE COURSES



Enjoy additional sleep content with one or more of the SLEEP 2024 postgraduate courses. Choose from full-day or half-day courses on your topic of interest. These sessions are an excellent resource for in-depth information regarding a variety of topics in sleep medicine and sleep research. You must be registered for SLEEP 2024 general sessions to register for postgraduate courses.

	MEMBER	NON-MEMBER
Full-Day Postgraduate Course	\$150	\$225
Half-Day Postgraduate Course	\$85	\$150

## SATURDAY, JUNE 1

FULL-DAY COURSES | 8:00 A.M. - 5:00 P.M.

### C-01: YEAR IN REVIEW 2024

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

**Co-Chairs:** Romy Hoque, MD;  
Iris Perez, MD; Sara Aton, PhD

Jimmy Fraigne, PhD; Bhanu Prakash Kolla, MBBS, MD;  
Adi Lador, MD; Octavian Ioachimescu, MD, PhD;  
Naresh Punjabi MD, PhD; Douglas Wallace, MD;  
David Zielinski, MD

### C-02: BRIDGING SLEEP RESEARCH-PRACTICE GAPS: A (GENTLE) INTRODUCTION TO IMPLEMENTATION SCIENCE

This postgraduate course is for sleep clinicians, researchers, and patient advocates interested in learning about foundational implementation science methods to advance the uptake of evidence-based sleep medicine practices and policies across health care delivery contexts.

**Co-Chairs:** Suzanne Bertisch, MD; Ariel Williamson, PhD

Carmela Alcántara, PhD; Adam Bramoweth, PhD;  
Alicia Chung, EdD; Jessica Levenson, PhD;  
Rebecca Robbins, PhD; Jason Sico, MD

### C-03: NAVIGATING NOVEL AND EMERGING CONSUMER, DIAGNOSTIC, AND THERAPEUTIC SLEEP TECHNOLOGIES

Novel and emerging consumer and clinical technologies will continue to bring changes to clinical practices. This course will educate clinicians on the nuts and bolts of current and emerging consumer and clinical diagnostic and therapeutic technologies, prepare for increased uses of novel sensors and AI/ML/DL applications, and offer insights into using these technologies clinically.

**Co-Chairs:** Seema Khosla, MD;  
Sharon Schutte-Rodin, MD

Anuja Bandyopadhyay, MBBS, MD;  
Ambrose Chiang, MD;  
Cathy Goldstein, MD; Steven Holfinger, MD;  
Clete Kushida, MD, PhD; Shalini Paruthi, MD

## HALF-DAY COURSE | 8:00 A.M. – 12:00 P.M.

### C-04: UPDATE AND REVIEW ON RLS DURING PREGNANCY, RLS IN CHILDHOOD, RLS IN DEMENTIA, AND IRON SUPPLEMENTATION IN RLS

This course will provide up-to-date information and guidance on managing and diagnosing RLS during pregnancy and lactation, in children, and in the demented elderly. The fourth presentation will provide the rationale and guidance for iron supplementation in RLS.

**Chair: Christopher Earley, MBBCh, PhD**

Mauro Manconi, MD, PhD;  
Shalini Paruthi, MD; Kathy Richards, PhD

## HALF-DAY COURSE | 1:00 P.M. – 5:00 P.M.

### C-05: MAKING A TRANSITION FROM PEDIATRIC TO ADULT CARE IN CHILDREN WITH CHRONIC SLEEP DISORDERS

Transitional care from pediatric to adult program in patients with chronic sleep disorders is a challenging period due to several factors including different management approaches. Therefore, a structured transition program is very important to allow coordinated and collaborative processes among patients, parents, and pediatric and adult clinicians. In this course, we will outline the process of making transition from pediatric to adult sleep clinics in patients with various sleep disorders.

**Chair: Narong Simakajornboon, MD**

Lourdes DelRosso, MD, PhD; Thomas Dye, MD;  
Neepa Gurbani, DO; Umakanth Katwa, MD

## SUNDAY, JUNE 2

## FULL-DAY COURSES | 8:00 A.M. - 5:00 P.M.

### C-06: ADVANCES IN CLINICAL SLEEP MEDICINE

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

**Co-Chairs: Rebecca Spencer, PhD;  
Robert Stansbury, MD; Alberto Ramos, MD**

Amber Allen, RPSGT, RST, CCSH;  
Rakesh Bhattacharjee, MD; Michael Howell, MD;  
Atul Malhotra, MD; Kiran Maski, MD;  
Michael Silber, MBChB;  
Nicole Stout, DPT; Patrick Strollo Jr., MD

### C-07: A JOURNEY INTO THE CENTER OF THE SLEEPING BRAIN

In this course, leaders in sleep medicine discuss the mechanism of abnormal sleep and will deepen attendees' understanding of how sleep disorders impact brain health. Attendees will assimilate and apply novel diagnostics and therapeutics approaches in managing insomnia, narcolepsy, circadian disorders, parasomnias, movement disorders, and restless sleep.

**Co-Chairs: Alon Y. Avidan, MD;  
Lourdes DelRosso, MD, PhD**

Tiffany Braley, MD; Devin Brown, MD;  
Romy Hoque, MD; Lynn Marie Trott, MD;  
Aleksandar Videnovic, MD; Nathaniel Watson, MD

## **C-08: PEDSLEEP 2024 NEXT LEVEL: CLIMATE CHANGE, EXPOSOME, AND DIVERSITY IMPACT ON SLEEP AND CIRCADIAN RHYTHMS IN CHILDREN**

This course will review the latest research and understanding of climate change, environmental exposures and health inequities on sleep duration, quality, breathing, sleep disorders, and circadian rhythms in fetus, infants, children, and adolescents. It is important to understand how these unrecognized, unaddressed, and untreated reduce the likelihood of optimizing sleep and treating sleep disorders among them. Evaluation and treatment of the negative effects of environment, climate change and health disparities take sleep medicine to a crucial new much needed level.

**Chair: Madeleine Grigg-Damberger, MD**

Vlad Ianus, MD; Seyni Gueye-Ndiaye, MD; Umakanth Katwa, MD; Sanjeev Kothare, MD; Anne Morse, DO; Susan Muraida, MD; Vaishal Shah, MD

**HALF-DAY COURSES | 8:00 A.M. – 12:00 P.M.**

## **C-09: WHEN AND WHY TO CONSIDER SURGERY FOR SLEEP APNEA?**

This course will describe the important yet underutilized roles for surgery in the management of adults with obstructive sleep apnea. It will review the underlying evidence to support those roles. It will summarize the AASM Guideline on referral for sleep surgery, including the basis for and recommendations from the guideline.

**Chair: Edward M. Weaver, MD**

Ofer Jacobowitz, MD, PhD; David Kent, MD

## **C-11: HUMAN AND ARTIFICIAL INTELLIGENCE TO MAXIMIZE SLEEP DATA**

This course will provide an approach for seamless integration of human and artificial intelligence approaches to clinical sleep data. Computation and morphological analytic approaches will be presented to demonstrate how to extract the maximum possible clinically useful information from home sleep apnea testing, classic sleep laboratory testing, actigraphy, and selected consumer sleep tracking devices.

**Chair: Robert Thomas, MD**

Danny Eckert, PhD; Cathy Goldstein, MD; Haoqi Sun, PhD

**HALF-DAY COURSES | 1:00 P.M. – 5:00 P.M.**

## **C-10: ADVANCING HOSPITAL SLEEP MEDICINE: INTEGRATIVE APPROACHES AND NEW FRONTIERS**

This course is designed to provide a comprehensive update on the latest developments and integrative approaches in hospital sleep medicine. Emphasizing the importance of interdisciplinary collaboration, the course will cover innovative treatment modalities, and emerging research in sleep medicine.

**Chair: Edward Rojas, MD**

Karin Johnson, MD; Ashima Sahni, MD; Sunil Sharma, MD

## **C-12: MINDFUL OF SLEEP: USING MINDFULNESS TECHNIQUES TO IMPROVE PATIENT CARE AND PROVIDER WELL-BEING**

This course will include didactics including cutting edge research on neuroscience and evidence based clinical applications of mindfulness. Each presenter will also provide practical experiences for attendees and guidance on strategies to implement a broad range of mindfulness techniques with a focus on children of all age groups developmental trajectories, populations with diverse ethnicities and spiritual beliefs as well as a toolkit for clinician to improve self-care.

**Chair: Daniel Lewin, PhD**

Philippe Goldin, PhD;  
Michael Irwin, PhD; Erica Sharpe, PhD

*Speakers are subject to change without notice.*

# MEET THE PROFESSOR SESSIONS

AASM/SRS MEMBER \$60 | NONMEMBER \$70

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

## MONDAY, JUNE 3

11:45 a.m. – 12:45 p.m.

### M-01: WHAT PARTS OF US SLEEP? WHY? AND HOW DO WE MEASURE IT?

Gina R. Poe, PhD

### M-02: SEX-SPECIFIC DIFFERENCES IN OBSTRUCTIVE SLEEP APNEA--WHY IT MATTERS

Reena Mehra, MD, MS

### M-03: LEVERAGING IMPLEMENTATION SCIENCE TO PROMOTE SLEEP HEALTH, EQUITABLY

Suzanne Bertisch, MD

### M-04: A DIGITAL HEALTH EQUITY MODEL FOR SLEEP AND CIRCADIAN HEALTH

Azizi Seixas, MD

### M-05: MANAGEMENT OF REM SLEEP BEHAVIOR DISORDER

Alon Y. Avidan, MD

## TUESDAY, JUNE 4

11:45 a.m. – 12:45 p.m.

### M-06: INTERESTING PATIENT CASES FOR HYPOGLOSSAL NERVE AND PHRENIC NERVE STIMULATION THERAPIES

Kunal Agarwal, MD

### M-07: CRANIOFACIAL AND DENTAL SLEEP MEDICINE

Dave Singh, DMD, PhD

### M-08: SLEEP AND NEURODEVELOPMENTAL DISORDERS

Temitayo Oyegbile-Chidi, MD, PhD

### M-09: MANAGEMENT OF PERSISTENT OSA IN CHILDREN

Refika Ersu, MD

### M-10: THE APPROPRIATE USE OF OPIATES IN THE TREATMENT OF RLS

Michael Silber, MBChB

## WEDNESDAY, JUNE 5

11:45 a.m. – 12:45 p.m.

### M-11: CPAP ADHERENCE IN WOMEN WITH SLEEP APNEA

Jennifer Martin, PhD

### M-12: NOVEL TREATMENTS FOR CENTRAL SLEEP APNEA

M. Safwan Badr, MD

### M-13: UNDERSTANDING THE COMPLEX RELATIONSHIP BETWEEN OBSTRUCTIVE SLEEP APNEA AND CARDIOVASCULAR DISEASE

Neomi Shah, MD

### M-14: UNUSUAL APPROACHES TO TREATING UNUSUAL LEG SENSATIONS

Joseph Andy Berkowski, MD

### M-15: PSYCHOSOCIAL ASPECTS OF PEDIATRIC NARCOLEPSY

Judith Owens, MD

### M-16: DIAGNOSING SLEEP APNEA IN HOSPITALIZED PATIENTS

Sunil Sharma, MD

# LUNCH DEBATE SESSIONS

AASM/SRS MEMBER \$60 | NONMEMBER \$70

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

**MONDAY, JUNE 3**

11:45 a.m. – 12:45 p.m.

**L-01: HYPOXIC BURDEN SHOULD REPLACE AHI AS MARKER FOR APNEA SEVERITY**

*Atul Malhotra, MD (Con) & Patrick Strollo Jr., MD (Pro)*

**TUESDAY, JUNE 4**

11:45 a.m. – 12:45 p.m.

**L-02: DOES CBT-I NEED TO INVOLVE A HUMAN TO BE EFFECTIVE?**

*Philip Cheng, PhD (Con) & Jessica Dietrich, PhD (Pro)*

# EXHIBIT HALL



## EXHIBIT HALL HOURS

Monday, June 3	10:00 a.m. – 4:00 p.m.
Tuesday, June 4	10:00 a.m. – 4:00 p.m.
Wednesday, June 5	10:00 a.m. – 1:30 p.m.

Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2024 exhibit hall! Every year SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies all with the goal of bringing you the latest advancements in sleep medicine.

*You must be at least 12 years of age to enter the exhibit hall.*

Become an  
**A-STEP** INTRODUCTORY  
COURSE PROVIDER

Learn how to create a new revenue stream by providing standardized education to prepare the next generation of sleep technologists for certification.

**LEARN MORE AT [ASTEP.AASM.ORG](http://ASTEP.AASM.ORG)**

# NETWORKING



## SOCIETY BOOTH

Visit the Society Booth to learn about AASM and SRS products! Interact with peers and employees of the societies and take advantage of some meeting exclusive product bundles.

## MEMBERSHIP MEETINGS AASM ANNUAL MEMBERSHIP MEETING

Monday, June 3 | 10:30 a.m. – 11:45 a.m.

## SRS ANNUAL MEMBERSHIP MEETING

Tuesday, June 4 | 12:30 p.m. – 1:30 p.m.

## POSTER HALL

Posters will be presented from 10:00 a.m.-11:45 a.m. on Monday, June 3, Tuesday, June 4, and Wednesday, June 5 in the poster hall. Authors will be present at their posters during one of the two poster presentation sessions, based on their abstract number.

### Poster Hall Hours:

10:00 a.m. – 4:00 p.m. | Monday & Tuesday

10:00 a.m. – 1:30 p.m. | Wednesday

### Poster Presentations:

10:00 a.m. – 10:45 a.m.

11:00 a.m. – 11:45 a.m.

## ATTENDEE NETWORKING OPPORTUNITIES

Looking for even more to do while you're in Houston? Monitor your email for a list of networking events from Industry Sponsored Events to a Vibe Fusion Fitness invitation.

## 29TH ANNUAL TRAINEE SYMPOSIA SERIES

The 29th Annual Sleep Research Society Trainee Symposia Series will be held Saturday, June 1 and Sunday, June 2. The Trainee Symposia Series includes seminars on the science of sleep and

circadian rhythms, career development, as well as social activities for trainees to foster a collegial atmosphere. The series is free to student member attendees of SLEEP 2024. You must be registered for SLEEP 2024 general sessions to participate. There is limited capacity in each session, please register for specific sessions that you will attend during general registration. For the full agenda and to find out more visit <https://www.sleepmeeting.org/schedule/highlights/srs-trainee-opportunities/>.

## TRAINEE NETWORKING DEVELOPMENT SUITE

The Trainee Networking Development Suite offers SRS and AASM trainee members an opportunity to network with other trainees, experienced researchers and mentors in sleep and circadian science. During lunch Monday through Wednesday, up to 30 trainees will be welcomed on a first-come, first-serve basis to enjoy a complimentary meal and beverages. Visit <https://www.sleepmeeting.org/schedule/highlights/srs-trainee-networking-development-suite/> for more information.

## VIBE FUSION FITNESS EVENT

Join us at Vibe Fusion Fitness on Sunday, June 2 from 6:00 a.m. – 9:00 a.m.! Enjoy an early morning Yoga session, followed by a Zumba Fitness® workout with your colleagues and peers at Discovery Green Park, conveniently located within walking distance of the SLEEP convention center and hotels. Wrap up your workout experience with a complimentary breakfast. This fun event is open to all fitness levels. Don't miss the opportunity to elevate your fitness and unleash your vibe!

## CLUB HYPNOS

The SRS will be hosting Club Hypnos on Sunday, June 2 from 6:00 p.m. – 8:00 p.m. at the Hilton Americas-Houston. All SLEEP attendees are welcome at no cost - but you must pre-register! Socialize with your colleagues and enjoy the entertaining data blitz. Light food and drink will be provided along with the opportunity to network with fellow members.

## AASM FOUNDATION RECEPTION

Join the AASM Foundation, colleagues, and friends for a networking reception on Sunday, June 2 from 6:30 p.m. – 8:00 p.m.

# THINGS TO DO

## HOUSTON

As the fourth-largest city in the United States, Houston is home to a respected and energetic arts community, celebrated restaurants, world-renowned theater groups and the brains behind U.S. space exploration. Houston also is a mecca of diversity, giving breath to one of the most vivid cultural scenes in the country. Experience all that Houston has to offer when you attend SLEEP 2024!

### ABOUT HOUSTON



The style-savvy residents of the country's fourth-largest city and third-largest county (Harris) know that there's no place quite like Houston.

[LEARN MORE](#)

### ATTRACTIOnS



Regardless of what your interests are, Houston has attractions just right for you. From Space Center Houston (home to NASA's Mission Control) to the largest Fine Arts Museum in the Southwest, the options are many.

[LEARN MORE](#)

### ARTS & CULTURE



Houston is now home to seven cultural districts and has the largest number of cultural districts in one city. The city hosts 21,000 concerts, plays, exhibitions, and other arts programs annually, giving visitors access to a wide variety of cultural programs.

[LEARN MORE](#)

### GET MOVING



After undergoing a \$58 million project in 2015, Buffalo Bayou is now an outdoor haven for hiking, biking, art and the best views of the Houston skyline.

[LEARN MORE](#)

### RESTAURANTS & BARS



Deemed the culinary and cultural capital of the South, Houston has endless options for food lovers.

[LEARN MORE](#)

### LOCAL TRANSPORTATION



Houston is an extremely accessible city. Choose your ideal mode of transportation.

[LEARN MORE](#)



## GETTING TO HOUSTON

The Houston Airport System (HAS) is one of North America's largest public airport systems and positions Houston as the international passenger and cargo gateway to the world with its two commercial airports, IAH and HOU.

[LEARN MORE](#)

Come. Live like a local for a few days and discover why Houston's mix of international appeal and Southern charm have captured the imagination of taste makers the world over.

Select images courtesy of Houston First Corporation.

**AASM® FOUNDATION**

# VISIT OUR OASIS IN HOUSTON

*Network, Relax and Learn*

Join the AASM Foundation for mentoring, fellowship, food, and fun!

Email [foundation@aasm.org](mailto:foundation@aasm.org) to learn more about our schedule of activities and events during SLEEP.

# HOUSING

## THE HILTON AMERICAS-HOUSTON SERVES AS THE SLEEP 2024 HEADQUARTER HOTEL.

The Hilton Americas-Houston and the Marriott Marquis Houston are conveniently attached to the George R. Brown Convention Center. A block of guest rooms has been reserved at a group rate available through May 10, 2024 (or until the room block sells out). Guest room reservations must be made directly through the SLEEP 2024 housing website. Rooms available at the group rate are limited and available on a first-come, first-served basis. Book your hotel room early to ensure the best hotel selection and price.

Visit [sleepmeeting.org](http://sleepmeeting.org) to make your hotel reservation.

## HOUSING CONTACT INFORMATION

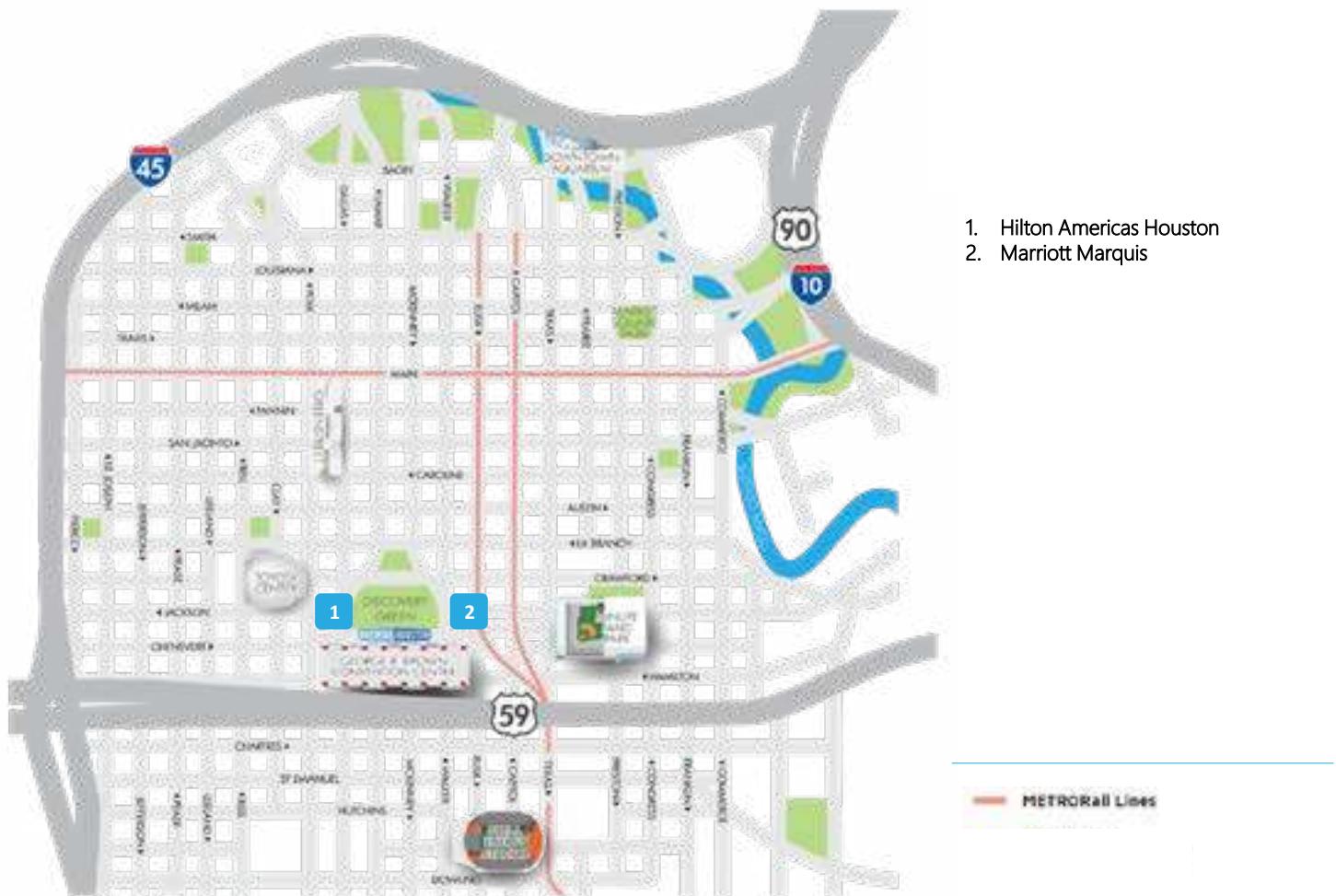
Email: [HELP@ORCHID.EVENTS](mailto:HELP@ORCHID.EVENTS)

Phone: (888) 334-1139

[www.sleepmeeting.org/housing](http://www.sleepmeeting.org/housing)

SLEEP 2024 and the official housing company, Orchid Events, do not solicit by phone or email for hotel reservations.

**If you receive a phone call or email from any party other than the APSS about the meeting, they are not a legitimate entity, nor are they associated with the SLEEP meeting.**

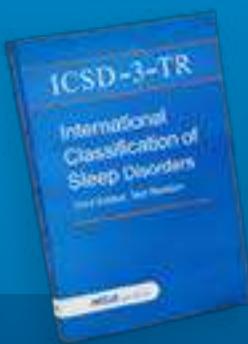


Houston

## MUST-HAVE PRODUCTS:

### ICSD-3-Text Revision

Essential reference for all clinicians and researchers for accurately diagnosing sleep disorders.



### AASM Scoring Manual 3

Indispensable for sleep technologists, and an essential reference for physicians who interpret sleep studies.



## TOP-SELLING ON-DEMAND PRODUCT:

### Sleep Qs: Board Review 2.0

Gain confidence and best prepare for your Sleep Medicine exam! This customizable product allows you to create practice exams, pulling from 350+ questions, based on specific topics in sleep.



**SHOP TODAY**



## Trainee Symposia SERIES

**June 1 & 2, 2024**

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

### Saturday, June 1

Welcome Reception  
and Networking

### Sunday, June 2

Choose from 15 different  
live educational sessions

### Trainee Awards for SLEEP

Current SRS members can apply for various awards to attend SLEEP. Learn more on the Conference Awards page of the SRS website.

**REGISTER FOR SESSIONS DURING SLEEP Registration**

# CONTACT

## ASSOCIATED PROFESSIONAL SLEEP SOCIETIES, LLC

2510 N. Frontage Road, Darien, IL 60561

Ph: (630) 737-9700 | Fax: (630) 737-9790

[sleepmeeting.org](http://sleepmeeting.org)

## ADVERTISING, EXHIBIT HALL, AND SPONSORSHIP OPPORTUNITIES

**Annette Delagrange**

Senior Sales Manager

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## CONTINUING EDUCATION

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## COURSES, SESSIONS, AND ABSTRACTS

**Jen Luedtke**

Meeting Planner

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## MEDIA AND PUBLIC RELATIONS

Communications Coordinator

[media@aasm.org](mailto:media@aasm.org)

## REGISTRATION AND OTHER MEETING INQUIRIES

[info@sleepmeeting.org](mailto:info@sleepmeeting.org)

## APSS PROGRAM COMMITTEE

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*Executive Director*

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ENJOY AN EARLY MORNING YOGA SESSION,  
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IN THE PARK. REFUEL WITH A COMPLIMENTARY  
BREAKFAST AFTER YOUR WORKOUT.

**WHERE:** DISCOVERY GREEN PARK,  
HOUSTON, TX (GRACE EVENT  
LAWN AREA)

**TIME:** 6:00AM – 9:00AM CST

**FEE:** \$45 (DISCOUNTS ARE NOT AVAILABLE  
FOR PARTIAL PARTICIPATION)

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[SLEEPMEETING.ORG](http://SLEEPMEETING.ORG)

