



Championship Updates in Sleep Medicine

September 17 – 18, 2026



COURSE DESCRIPTION

Join us September 17-18, 2026, the Ypsilanti/Ann Arbor area for **Championship Updates in Sleep Medicine**. Diverse and multidisciplinary speakers will provide evidence based and practical strategies to improve care of patients with sleep disorders and provide updates on innovations in sleep medicine. This event has been extended to a **2-day conference** and will provide continuing education credits as applicable to attendees commensurate with the extent of their participation in the activity. After this activity, attendees will be able to apply new knowledge regarding best practices and guidelines to the everyday care of patients with sleep disorders.

TARGET AUDIENCE

This activity is appropriate for: House Officers, Medical Students, Nurse Practitioners, Nurses, Physicians, Surgeons, Dentists, Psychologists, Advanced Practice Providers, Residents or Fellows in training, Sleep Technologists, and Other Healthcare Professionals

IN THE FIELDS OF:

Adolescent Medicine, Cardiovascular Medicine, Dentistry, Endocrinology, Family Medicine, Geriatric Medicine, Internal Medicine, Medical Oncology, Neurology, Obstetrics & Gynecology, Otolaryngology, Pediatrics, Primary Care, Psychiatry, Pulmonology, Sleep Medicine, and Surgery.

LEARNING OBJECTIVES

At the end of this activity, participant should be able to:

1. Apply new knowledge regarding best practices and current society guidelines to the evaluation and management of patients with sleep disorders.
2. Educate patients regarding treatment options for sleep disorders.

PROGRAM SCHEDULE – THURSDAY, SEPTEMBER 17

7:50 – 8:00 AM	Welcome: Neeraj Kaplish, MD
8:00 – 8:30 am	Recognizing Artifacts & Troubleshooting in Sleep Labs Michael Bowdish & Judy Fetterolf, RPSGT
8:30 – 9:15 am	Arrhythmias in Sleep Lab: Let Patient Sleep, Wake Up the Patient or call 911 Rakesh Latchamsetty, MD
9:15 – 9:45 am	Adapt, Improve and Pivot: Incorporating AI in Sleep Medicine Matthew Anastasi, RPSGT
9:45 – 10:30 am	Break
10:30 – 11:15 am	Sleep Influencer: Opportunities & Challenges Christopher Allen, MD
11:15 am – 12:00 pm	Uncommon Tests in Clinical Sleep Medicine & Research Ahmed Ghanim, MBBCh
12:00 – 1:00 pm	Lunch
1:00 – 1:45 pm	Mastering Complex PAP Devices in Outpatient Clinic Aneesa Das, MD
2:00 – 2:45 pm	Showcase
3:00 – 3:30 pm	Break
3:30 – 4:15 pm	Epilepsy in Sleep: Avoiding Pitfalls in Diagnosing Nocturnal Seizures Sikawat Thanaviratananich, MD
4:15 – 5:00 pm	Treating Chronic Insomnia when CBT-I Fails: Know Your Hypnotics Xinhang Tu, MD
5:00 – 5:45 pm	Overlooked Aspects of Parasomnia: Psychology & Personal Responsibility Alan Eiser, PhD
6:00pm	Dinner and Social Event All Registered Attendees Welcome



PROGRAM SCHEDULE – FRIDAY, SEPTEMBER 18

7:00 – 7:50 AM	Breakfast
7:50 – 8:00 am	Welcome: Fauziya Hassan, MD
8:00 – 8:45 am	Elevating Peak Performance for High Achievers Through Optimized Sleep Andrew Spector, MD
8:45 – 9:30 am	Recognizing CV risks in Central Disorders of Hypersomnolence Sonja Schuetz, MD
9:30 – 10:00 am	Break
10:00 – 10:45 am	Decoding the RSWA for Assessing RBD Raman Malhotra, MD
10:45 am – 11:30 pm	Updates in Clinical Sleep Medicine Safwan Badr, MD
11:30 am – 1:00 pm	Lunch
1:00 – 1:45 pm	Obesity Management: Treating OSA Comprehensively Jonathan Gabison, MD
1:45 – 2:30 pm	Neurobiology of Sleep & Chronic Pain: Current State and Future Directions Michael T. Smith, PhD
2:30 – 3:00 pm	Break
3:00 – 3:45 pm	Outcome Measure for OSA: PLATO Douglas Kirsch, MD
3:45 – 4:30 pm	Validated Scales in Sleep Medicine: Every Sleep Clinician should know Ron Gavidia, MD



SPEAKER INFORMATION

Neeraj Kaplish, MD

*Professor of Neurology
Director, Sleep Medicine Ambulatory Care Unit
Department of Neurology
University of Michigan Health*

Judy Fetterolf, RPSGT

*Technical Operations Coordinator
Michigan Medicine Sleep Disorders Center
University of Michigan*

Michael Bowdish, RPSGT

*Michigan Medicine Sleep Disorders Center
University of Michigan*

Rakesh Latchamsetty, MD

*Clinical Associate Professor of Internal Medicine
Program Director, Fellowship - Clinical Cardiac
Electrophysiology
University of Michigan Health*

Matthew Anastasi, RPSGT, FAASM, FAASM

*Sleep Team Resources Manager
American Academy of Sleep Medicine, Darien, IL*

Christopher J. Allen, MD

*Chief Executive Officer/Lead Physician
Quality Sleep & Neurology PC, Saginaw, MI*

Ahmed Ghanim, MBB Ch

*Manager, Michigan Medicine Sleep
Disorders Laboratory
University of Michigan*

Aneesa Das, MD

*Professor, Division of Pulmonary,
Critical Care & Sleep
The Ohio State University, Columbus, OH*

Alan Eiser, PhD

*Adjunct Lecturer, Department of Psychiatry
Consultant Lead, Michigan Medicine Sleep
Disorders Laboratory
University of Michigan*

Sikawat Thanaviratananich, MD

*Clinical Assistant Professor of Neurology
Cleveland Clinic Foundation, Cleveland, OH*

Xinghang Tu, MD

*Assistant Professor, Department of Neurology
University of Michigan Health*

Fauziya Hassan, MD, MS

*Associate Professor of Pediatrics
Service Chief, Division of Pediatric Pulmonology
University of Michigan Health*

Andrew Spector, MD

*Professor of Neurology
Director, Sleep Medicine Fellowship
Department of Neurology
Duke University School of Medicine, Durham, NC*

Sonja Schuetz, MD

*Associate Professor of Neurology
University of Michigan Health*

Raman Malhotra, MD

*Professor of Neurology
Past President, AASM
Department of Neurology
Washington University, St. Louis, MO*

Sawan Badr, MD

*Professor of Medicine
Past President, AASM
Department of Internal Medicine
Wayne State University, Detroit, MI*

Jonathan Gabison, MD

*Assistant Professor of Family Medicine
University of Michigan Health*

Michael T. Smith, PhD

*Professor of Psychiatry, Neurology & Nursing
Director, Division of Behavioral Medicine
Department of Psychiatry
John Hopkins University, Baltimore, MD*

Douglas Kirsch, MD

*Past President, AASM
Medical Director, Atrium Health Sleep Medicine
Professor of Neurology
Wake Forest University, Winston-Salem, NC*

Ron Gavidia, MD, MS

*Assistant Professor, Department of Neurology
Associate Program Director, Sleep Medicine Fellowship
University of Michigan Health*

REGISTRATION AND RESERVATION INFORMATION

Registration:

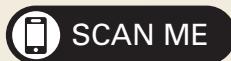
\$200 – MD, DO, PA-C, Nurses, Psychologists, NPs; \$50 Guest Registration

\$75 – Technicians (RPSGT, RRT, RY, EEG Technicians); \$50 Guest Registration

\$0 – Students, Physicians in Training (Residents & Fellows); Guest Registration not available

ONLINE COURSE REGISTRATION:

<https://michmed.org/vd4ZR>



HOTEL RESERVATION

A block of rooms is being held at a discounted rate for attendees.

Double Tree by Hilton Ann Arbor

3600 Plymouth Road
Ann Arbor, MI 48105

Online Room Reservation:

<https://michmed.org/4kYkJ>

Microtel Inn & Suites by Wyndham Ann Arbor

3610 Plymouth Road
Ann Arbor, MI 48105

Online Room Reservation:

<https://michmed.org/4kJ45>

PLANNING COMMITTEE

Educational Planners

Fauziya Hassan, MD, MS

Associate Professor of Pediatrics

Service Chief, Division of Pediatric Pulmonology

University of Michigan Health

Punithavathy Vijayakumar, MBBS, MS

Clinical Assistant Professor of Neurology

University of Michigan Health

ACCREDITATIONS & CREDIT DESIGNATION

The University of Michigan Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA PRA Category 1

The University of Michigan Medical School designates this live activity for a maximum of **12.25 AMA PRA Category 1 Credit(s)**™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **12.25 MOC** points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

ABP MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to **12.25 MOC** points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

ABS CC

Successful completion of this CME activity enables the learner to earn credit toward the CME requirement(s) of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

