



# 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

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



## PROGRAM SCHEDULE – FRIDAY, SEPTEMBER 18

|                     |                                                                                                               |
|---------------------|---------------------------------------------------------------------------------------------------------------|
| 7:00 am – 7:50 am   | <b>Breakfast</b>                                                                                              |
| 7:50 am – 8:00 am   | <b>Welcome:</b> Fauziya Hassan, MD                                                                            |
| 8:00 am – 8:45 am   | <b>Elevating Peak Performance for High Achievers Through Optimized Sleep</b><br>Andrew Spector, MD            |
| 8:45 am – 9:30 am   | <b>Recognizing CV risks in Central Disorders of Hypersomnolence</b><br>Sonja Schuetz, MD                      |
| 9:30 am – 10:00 am  | <b>Break</b>                                                                                                  |
| 10:00 am – 10:45 am | <b>Decoding the RSWA for Assessing RBD</b><br>Raman Malhotra, MD                                              |
| 10:45 am – 11:30 am | <b>Updates in Clinical Sleep Medicine</b><br>Safwan Badr, MD                                                  |
| 11:30 am – 12:00 pm | <b>Showcase</b>                                                                                               |
| 12:00 pm – 1:00 pm  | <b>Lunch</b>                                                                                                  |
| 1:00 pm – 1:45 pm   | <b>Obesity Management: Treating OSA Comprehensively</b><br>Jonathan Gabison, MD                               |
| 1:45 pm – 2:30 pm   | <b>Neurobiology of Sleep &amp; Chronic Pain: Current State and Future Directions</b><br>Michael T. Smith, PhD |
| 2:30 pm – 3:00 pm   | <b>Break</b>                                                                                                  |
| 3:00 pm – 3:45 pm   | <b>Outcome Measure for OSA: PLATO</b><br>Douglas Kirsch, MD                                                   |
| 3:45 pm – 4:30 pm   | <b>Validated Scales in Sleep Medicine: Every Sleep Clinician should know</b><br>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*

**Aneesha 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>

Residence Inn by Marriott Ann Arbor South  
3764 South State Street  
Ann Arbor, MI 48108

Online Room Reservation:  
<https://michmed.org/bnmkD>

## 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.

