



# Championship Updates in Sleep Medicine



Eastern Michigan University (EMU) Student Center • 900 Oakwood Street • Ypsilanti, MI 48197

## COURSE DESCRIPTION

Join Us September 12 – 13, 2024 in Ann Arbor 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 1.5-day conference will provide continuing education credits as applicable to attendees (Physicians, Advance Practice Providers and Sleep Technologists, etc.) commensurate with the extent of their participation in the activity. After this activity, sleep providers will be able to apply new knowledge regarding best practices and guidelines to the everyday care of the sleep medicine patient.

## TARGET AUDIENCE

This activity is appropriate for:  
House Officers, Other Healthcare Professionals, Physician Assistants, Physicians, Technicians

## IN THE FIELDS OF:

Adolescent Medicine, Cardiovascular Medicine, Family Medicine, General Medicine, Geriatric Medicine, Internal Medicine, Neurology, Otolaryngology, Pediatrics, Primary Care, Pulmonology, Sleep Medicine.

## 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 12

<b>11:50 am – 12:00 pm</b>	<p><b>Welcome</b> Afifa Shamim-Uzzaman, MD</p>
<b>12:00 – 12:45 pm</b>	<p><b>Eat and Sleep</b> Amy Rothberg, MD</p>
<b>12:45 – 1:30 pm</b>	<p><b>Desensitization Strategies for PAP Therapy in Children</b> Dawn Dore-Stites, PhD</p>
<b>1:30 – 2:00 pm</b>	<p><b>Break</b></p>
<b>2:00 - 2:45 pm</b>	<p><b>Cardiac Arrhythmias Associated with Sleep Disordered Breathing</b> Peter Farrehi MD</p>
<b>2:45 - 3:30 pm</b>	<p><b>Patient Counseling Based on Science: Cannabis and Sleep</b> Deirdre Conroy, PhD</p>
<b>3:30 - 4:00 pm</b>	<p><b>Break</b></p>
<b>4:00 -4:45 pm</b>	<p><b>Multi-Disciplinary Approach to OSA</b> Fauziya Hassan, MD</p>
<b>4:45 - 5:30 pm</b>	<p><b>When to employ MMA surgery for the management of OSA</b> Ron Aronovich, DMD</p>
<b>5:30 – 6:15 pm</b>	<p><b>Sleep Related Dissociative Disorders: Where Sleep Medicine Meets Psychiatry</b> Alan Eiser, PhD</p>



## PROGRAM SCHEDULE – FRIDAY, SEPTEMBER 13

7:00 – 7:50 am	<b>Breakfast</b>
7:50 – 8:00 am	<b>Welcome</b> Neeraj Kaplish, MD
8:00 – 9:00 am	<b>Improving Titrations with Advanced PAP Modalities in Sleep Lab</b> Jaspal Singh, MD
9:00 – 9:45 am	<b>Sleep and Cancer: An Important and Underappreciated Relationship</b> Saadia Faiz, MD
9:45 – 10:15 am	<b>Break</b>
10:15 – 11:00 am	<b>Sleep Disruption in Pregnancy: A Window to Intervene</b> Louise O'Brien, PhD
11:00 am – 12:00 pm	<b>Pediatric Insomnia: Best Practices for Evaluation &amp; Management</b> Shalini Paruthi, MD
12:00 pm – 1:00 pm	<b>Lunch</b>



## PROGRAM SCHEDULE – FRIDAY, SEPTEMBER 13 *(continued)*

1:00 – 2:00 pm	<b>Hypnotics for Insomnia: Maximizing Benefit &amp; Mitigating Risks</b> Brynn Dredla, MD
2:00 – 2:45 pm	<b>Cardiovascular Risks associated with Sleep Apnea: Details Matter</b> Sonja Schuetz, MD
2:45 – 3:15 pm	<b>Break</b>
3:15 – 4:00 pm	<b>Ironing out the wrinkles in assessing pediatric RLS/PLMD</b> Timothy Hoban, MD
4:00 – 5:00 pm	<b>It's time for Circadian Rhythms!</b> Cathy Goldstein, MD
5:00 – 5:15 pm	<b>Break</b>
5:15 – 6:00 pm	<b>Sleep in the Transgender Population</b> Ron Gavidia Romero, MD

### 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.

The University of Michigan Medical School designates this live activity for a maximum of 13.50 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 13.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity.*

## **SPEAKER INFORMATION**

**Amy E Rothberg, MD, DABOM**

*Clinical Professor of Internal Medicine  
Division of Metabolism, Endocrinology and Diabetes  
University of Michigan Health, Ann Arbor*

**Dawn Dore-Stites, PhD**

*Clinical Associate Professor of Psychology  
Department of Pediatrics - Psychology  
University of Michigan Health, Ann Arbor*

**Peter Farrehi, MD**

*Clinical Associate Professor  
Department of Internal Medicine  
University of Michigan Health, Ann Arbor*

**Deirdre Ann Conroy, PhD**

*Professor of Psychiatry  
University of Michigan Health, Ann Arbor*

**Fauziya Hassan, MD**

*Clinical Associate Professor of Pediatrics &  
Sleep Medicine  
Service Chief of Pediatric Pulmonology  
University of Michigan Health, Ann Arbor*

**Ron Aronovich, DMD**

*Clinical Associate Professor of Dentistry  
Department of Oral and Maxillofacial Surgery  
University of Michigan Health, Ann Arbor*

**Alan Eiser, PhD**

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

**Jaspal Singh, MD, MHA**

*Clinical Professor of Medicine  
Atrium Health Carolinas Medical Center  
Charlotte, North Carolina*

**Saadia Faiz, MD**

*Professor of Pulmonary Medicine/Internal Medicine  
The University of Texas MD Anderson Cancer Center  
Houston, Texas*

**Louise O'Brien, PhD**

*Research Professor of Neurology & Sleep Medicine  
University of Michigan, Ann Arbor*

**Shalini Paruthi, MD**

*Professor-Adjunct  
St Louis University, School of Medicine  
St Louis, Missouri*

**Brynn Dredla, MD**

*Clinical Assistant Professor of Neurology &  
Sleep Medicine  
Consultant, Mayo Clinic Neurology & Neurosurgery  
Jacksonville, Florida*

**Sonja Schuetz, MD**

*Clinical Associate Professor of Neurology &  
Sleep Medicine  
University of Michigan Health, Ann Arbor*

**Timothy F. Hoban, MD**

*Clinical Professor of Child Neurology &  
Sleep Medicine  
University of Michigan Health, Ann Arbor*

**Ronald R. Gavidia, MD**

*Clinical Assistant Professor of Sleep Medicine  
University of Michigan, Ann Arbor*

**Cathy Goldstein, MD**

*Clinical Professor of Neurology & Sleep Medicine  
University of Michigan Health, Ann Arbor*



## REGISTRATION AND RESERVATION INFORMATION

Eastern Michigan University (EMU) Student Center  
900 Oakwood Street  
Ypsilanti, MI 48197

**Course Fee:**

\$200 - MD, DO, PhD or APP

\$75 - Allied Health Professionals



Registration fee is waived for physicians or students in training.  
To be eligible you must register online.

**Online Course Registration:** <https://michmed.org/QkxyG>

**Hotel Reservation:**

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

Fairfield Inn & Suites Ann Arbor Ypsilanti  
326 James L Hart Parkway  
Ypsilanti, MI 48197  
734-482-0668

**Online Room Reservation:**

[www.marriott.com/event-reservations/reservation-link.mi?id=1709660892952&key=GRP&app=resvlink](http://www.marriott.com/event-reservations/reservation-link.mi?id=1709660892952&key=GRP&app=resvlink)

**Phone Reservation:**

If calling to book a room, ask for the Updates in Sleep Medicine room block.

## PLANNING COMMITTEE

**Educational Planners**

Neeraj Kaplish, MD, BS  
*Associate Professor, Neurology*  
*University of Michigan Health*

Afifa Shamim-Uzzaman, MD  
*Associate Professor, Neurology*  
*Associate Professor, Internal Medicine*  
*University of Michigan Health*

**Activity Coordinator**

Denise Heckel  
*Administrative Manager*  
*University of Michigan Health*

