

14th Annual Conference

November 7 & 8, 2025 | Maritime Conference Center



Shaping the Future of Sleep Medicine in Maryland

Conference Description

Sleep Medicine is a rapidly expanding field and this conference will provide attendees with an effective and efficient forum to keep up with the latest research and continually update their clinical knowledge.

Target Audience

Sleep Medicine Physicians, Physician Assistants, Nurse Practitioners, Sleep Technologists, Dentists, Otolaryngologists, Other medical professionals, Residents and Medical Students.

Course Objectives

At the conclusion of the program, participants will be able to:

- Define how sleep medicine can be integrated with other medical specialties such as dentistry, otolaryngology, and sports medicine.
- Contrast methods of evaluation and treatment of sleep disorders across the life span.
- Evaluate the diagnoses and treatments of sleep disorders and sleep-related symptoms.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The American Academy of Sleep Medicine and the Illinois Sleep Society. The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AASM designates this live activity for AMA PRA Category 1 Credits™:
Maryland Sleep Society Annual Conference 2025 - Maximum of 10.00

AASM Continuing Education Credits (CECs) for sleep technologists are offered for this live activity. AASM designates this live activity for AASM CECs:
Maryland Sleep Society Annual Conference 2025 - Maximum of 10.00

The AASM will issue all other non-physicians a letter of attendance for activities designated for AMA PRA Category 1 Credits™.

Physicians and all other participants should claim only the credit commensurate with the extent of their participation in the activity.



Agenda | Friday, November 7th

7:00 AM – 8:00 AM	Registration Exhibits Open
8:00 AM – 8:10 AM	President's Welcome Dennis Stiles, DDS <i>MSS President</i>
8:10 AM – 9:10 AM	The Future of Sleep Breathing Therapy Starts with Nasal Function and Oral-Airway Assessment and Integration Steve Carstensen, DDS, DABDSM <i>Seattle Sleep</i>
9:10 AM – 10:10 AM	An Introduction to Cognitive Behavioral Therapy for Insomnia Virginia Runko, PhD, CBSM, DBSM <i>DC Psychology and Sleep Services</i>
10:10 AM – 10:50 AM	Break Exhibits Open
10:50 AM – 11:50 AM	Management of Restless Legs Syndrome within the Context of the Current AASM Guidelines Chris Earley, MBBCH, PhD <i>Johns Hopkins</i>
11:50 AM – 12:50 PM	Lunch Exhibits Open
12:50 AM – 1:50 PM	Literature Review
1:50 PM – 2:50 PM	Home Sleep Apnea Testing in Pediatrics Gita Gupta, MD, MS <i>Johns Hopkins</i>
2:50 PM – 3:30 PM	Break Exhibits Open
3:30 PM – 4:30 PM	The Psychology of Obstructive Sleep Apnea Emerson Wickwire, PhD <i>University of Maryland</i>
4:30 PM	Closing Remarks Dennis Stiles, DDS <i>MSS President</i>
4:45 PM	Reception



Agenda | Saturday, November 8th

7:00 AM – 8:00 AM	Registration Exhibits Open
8:00 AM – 8:10 AM	President's Welcome Dennis Stiles, DDS <i>MSS President</i>
8:10 AM – 9:10 AM	Beyond Hypoglossal Nerve Stimulation: Future Directions for Neuromodulation in Obstructive Sleep Apnea David Kent, MD <i>Vanderbilt University</i>
9:10 AM – 10:10 AM	Sleep Medicine Practice Models in Maryland – Past, Present, and Projecting into the Future Brian Bohner, MD <i>University of Maryland</i>
10:10 AM – 10:20 AM	Distinguished Service Award Dennis Stiles, DDS <i>MSS President</i>
10:20 AM – 10:50 AM	Break Exhibits Open
10:50 AM – 11:50 AM	Integration of Sleep Navigators in Comprehensive Sleep Medicine Cares Jennifer So, MD <i>University of Maryland</i>
11:50 AM – 12:50 PM	Literature Review
12:50 PM – 1:00 PM	Closing Remarks Dennis Stiles, DDS <i>MSS President</i>