

15th 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, Fellows, 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 Maryland 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.



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PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

Maryland Sleep Society (local Approval in MD Only)
Locally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by
any regulatory authority or AGD endorsement.
11/1/2025 to 10/31/2026
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Agenda | Friday, November 7th

Auditorium Corridor

7:00 AM – 8:00 AM

Registration | Exhibits Open | Continental Breakfast

Auditorium

8:00 AM – 8:10 AM

President's Welcome

Dennis Stiles, DDS

MSS President

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

Seattle Sleep

9:10 AM – 10:10 AM

An Introduction to Cognitive Behavioral Therapy for Insomnia

Virginia Runko, PhD, CBSM, DBSM

DC Psychology and Sleep Services

Auditorium Corridor

10:10 AM – 10:50 AM

Break | Exhibits Open

Auditorium

10:50 AM – 11:50 AM

Management of Restless Legs Syndrome within the Context of the Current AASM Guidelines

Christopher J. Earley, MBBCH, PhD

Johns Hopkins

Main Dining Room

11:50 AM – 12:50 PM

Lunch | Exhibits Open

Auditorium

12:50 AM – 1:50 PM

Literature Review

1:50 PM – 2:50 PM

Home Sleep Apnea Testing in Pediatrics

Gita Gupta, MD, MS

Johns Hopkins

2:50 PM

\$25 Gift Card Raffle Drawing

Auditorium Corridor

2:50 PM – 3:30 PM

Break | Exhibits Open

Auditorium

3:30 PM – 4:30 PM

The Psychology of Obstructive Sleep Apnea

Emerson Wickwire, PhD

University of Maryland

Auditorium

4:30 PM

Closing Remarks | “Play to Win” Raffle Drawing

Dennis Stiles, DDS

*MSS President***Memorabilia Room**

4:45 PM

Welcome Reception

Agenda | Saturday, November 8th

Auditorium Corridor

7:00 AM – 8:00 AM

Registration | Exhibits Open | Continental Breakfast**Auditorium**

8:00 AM – 8:10 AM

President’s Welcome

Dennis Stiles, DDS

MSS President

8:10 AM – 9:10 AM

Beyond Hypoglossal Nerve Stimulation: Future Directions for Neuromodulation in Obstructive Sleep Apnea

David Kent, MD

Vanderbilt University

9:10 AM – 10:10 AM

Sleep Medicine Practice Models in Maryland – Past, Present, and Projecting into the Future

Brian Bohner, MD

University of Maryland

10:10 AM – 10:20 AM

Distinguished Service Award

10:20 AM

\$25 Gift Card Raffle Drawing**Auditorium Corridor**

10:20 AM – 10:50 AM

Break | Exhibits Open**Auditorium**

10:50 AM – 11:50 AM

Integration of Sleep Navigators in Comprehensive Sleep Medicine Cares

Jennifer So, MD

University of Maryland

11:50 AM – 12:50 PM

Literature Review

12:50 PM – 1:00 PM

Closing Remarks | “Play to Win” Raffle Drawing

Dennis Stiles, DDS

MSS President



Agenda | Literature Review

FRIDAY

Clinical Impact of Tirzepatide on Patients With OSA and Obesity

Paul Cusmano, DO

Walter Reed National Military Medical Center

Prescribing Controlled Substances in Sleep Medicine Clinics: An Overview of Legal Issues and Best Safety Practices

Ryan Dunlow, MD

Walter Reed National Military Medical Center

Treatment Initiation as a Marker of Quality of OSA Care Among Active-Duty Military Personnel in the U.S.

Nicholas Friedman, DO

National Capital Consortium

Sultiame Once per Day in Obstructive Sleep Apnoea (FLOW): a Multicentre, Randomised, Double-Blind, Placebo-Controlled, Dose-Finding, Phase 2 Trial

Justin Choi, MD

Johns Hopkins

SATURDAY

Bilateral Hypoglossal Nerve Stimulation for Obstructive Sleep Apnea: A Nonrandomized Clinical Trial

William Merwin III, MD

Johns Hopkins Sleep

Differences in Intestinal Microbiota in Parkinson's Disease and Isolated REM Sleep Behavior Disorder

Kelvin Jens Moncera, DO

University of Maryland

Comparative Effectiveness and Predictors of Cognitive Behavioral Therapy for Insomnia and its Components in Older Adults: Main Outcomes of a Randomized Dismantling Trial

Donald Ohloma, MD

Walter Reed National Military Medical Center

Effects of the Combination of Pimavanserin and Aomoxetine on OSA Severity

Mary Rehman, MD

Walter Reed National Military Medical Center



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