

16th Annual Conference



October 2 & 3, 2026 | Maritime Conference Center

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 intersects with other clinical disciplines, including dentistry, pediatrics, and otolaryngology.
- Compare pharmacologic, dental, and surgical approaches to the treatment of sleep disorders.
- Evaluate emerging research and professional development opportunities across the sleep medicine field.

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 2026 - 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 2026 - 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.



PACE
ACADEMY of
GENERAL DENTISTRY
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
Provider ID# 341717

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Agenda | Friday, October 2nd

Auditorium Corridor

7:00 AM – 8:00 AM

Registration | Exhibits Open | Continental Breakfast

Auditorium

8:00 AM – 8:10 AM

President's Welcome

Brian Robertson, MD

MSS President

8:10 AM – 9:10 AM

Sleep Disorders in Children with ADHD

Robert Rudock, MD, MBA

Kennedy Krieger Institute

9:10 AM – 9:20 AM

Distinguished Service Award

9:20 AM – 10:20 AM

Primary Hypersomnia: Diagnosis and Management

Christopher J. Earley, MBBCH, PhD

Johns Hopkins

Auditorium Corridor

10:20 AM – 10:50 AM

Break | Exhibits Open

Auditorium

10:50 AM – 11:50 AM

TMJ: What Sleep Medicine Needs to Know

Sylvan Mintz, DDS

Sleep and TMJ Solutions

Main Dining Room

11:50 AM – 1:10 PM

Lunch | Exhibits Open

Auditorium

1:10 PM – 1:50 PM

Literature Review

1:50 PM – 2:50 PM

Medications for Insomnia

David Neubauer, MD

Johns Hopkins University

Auditorium Corridor

2:50 PM – 3:30 PM

Break | Exhibits Open

Auditorium

3:30 PM – 4:30 PM

Opportunities for RPSGTs in the Field of Sleep Technology

Rachel Newman Waddy, MEd, BS, RPSGT

Community College of Baltimore County

Auditorium

4:30 PM

Closing Remarks | “Play to Win” Raffle Drawing

Brian Robertson, MD

MSS President

Memorabilia Room

4:30 PM – 6:00 PM

Welcome Reception

Agenda | Saturday, October 3rd

Auditorium Corridor

7:00 AM – 8:00 AM

Registration | Exhibits Open | Continental Breakfast

Auditorium

8:00 AM – 8:10 AM

President’s Welcome

Brian Robertson, MD

MSS President

8:10 AM – 9:10 AM

Sleep Medicine at Altitude

Nathaniel Gordon, MD

Brigham and Women’s Hospital

9:10 AM – 10:10 AM

Medical and Surgical Management of the CPAP Intolerant Patient

Kevin Motz, MD

Johns Hopkins University

Auditorium Corridor

10:20 AM – 10:50 AM

Break | Exhibits Open

Auditorium

10:50 AM – 11:50 AM

Where Orofacial Myofunctional Therapy Fits in Airway & Sleep Medicine

Christine Zombek, BSDH, COM

Innovative Myofunctional Therapy

11:50 AM – 12:50 PM

Literature Review

12:50 PM – 1:00 PM

Closing Remarks | “Play to Win” Raffle Drawing

Brian Robertson, MD

MSS President

Agenda | Literature Review

FRIDAY

Tirzepatide on Obstructive Sleep Apnea-Related Cardiometabolic Risk

Reyna Acosta Santana, MD
University of Maryland

Sleep Reactivity as a Vulnerability to Posttraumatic Stress Disorder: Identifying Patients at Risk of Acute Insomnia Within the Immediate Aftermath of Trauma

Emily Mantaro, MS
National Institute of Health

SATURDAY

Residual Sleep Apnea and Hypoxemia Despite Low PAP-Reported AHI

Yashwin Tah, MD
University of Maryland

Incretin Therapy for Obstructive Sleep Apnea | GLP-1 Receptor Agonists and Dual GLP-1/GIP Agonists: What the Data Show

Azouba Gulraiz, MD
Tidal Health



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