

18TH ANNUAL CONFERENCE

NOVEMBER 12 & 13, 2026

RICHMOND HILTON HOTEL & SPA AT SHORT PUMP



Virginia Academy of Sleep Medicine

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, Advanced Practice Providers, Sleep Technologists, Dentists, Otolaryngologists, Other medical professionals, Residents and Medical Students.

COURSE OBJECTIVES

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

- Apply current evidence and treatment approaches for OSA, including pharyngeal surgery, PAP therapy timing, oral appliance titration, and orofacial myofunctional therapy
- Evaluate emerging tools and programs for sleep care, including patient-reported outcome measures, wearable sleep trackers, and multi-hospital sleep navigation models
- Identify recent research, clinical developments, and updated AASM guidelines shaping sleep medicine practice, including factors affecting treatment adherence

ACCREDITATION STATEMENT

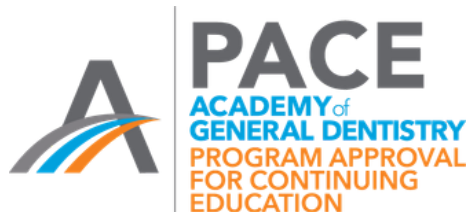
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The American Academy of Sleep Medicine and the Virginia Academy of Sleep Medicine. The 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™:
Virginia Academy of Sleep Medicine 2026 - Maximum of 14.00

AASM Continuing Education Credits (CECs) for sleep technologists are offered for this live activity. AASM designates this live activity for AASM CECs:
Virginia Academy of Sleep Medicine - Maximum of 14.00

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.



Virginia Academy of Sleep Medicine (local Approval in VA Only)
Locally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by
any regulatory authority or AGD endorsement.
4/7/2026 until 4/6/2030
Provider ID# 359642

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Stephen Tompa, PhD

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AGENDA | THURSDAY, NOVEMBER 12, 2026

3:00 PM

PREFUNCTION AREA

Registration Opens | Visit Exhibitors

3:45 – 3:50 PM

CAPITAL A - E BALLROOMS

Welcome

Sean Hesselbacher, MD
VASM President

3:50 – 4:30 PM

Novel Process for Multi-Night Titration of Dental Devices

Michael Pagano, DDS
Virginia Total Sleep

4:30 – 5:10 PM

Recent AASM Clinical Practice Guidelines

Sunil Sharma, MD, MBA
*Division Chief, Professor, Sleep Medicine Fellowship Program Director
West Virginia University*

5:10 – 5:50 PM

Orofacial Myofunctional Therapy: A Treatment Modality for Sleep-Disordered Breathing

Karin Ernst, M.S., CCC-SLP
Speech LLC

5:50 – 6:30 PM

New Concepts in Inspiratory Pressure

David White, MD
*Professor of Medicine
Harvard Medical School*

6:30 – 7:30 PM

PREFUNCTION AREA

Welcome Reception | Poster Sessions

7:30 PM

CAPITAL G BALLROOM

Optional Sponsored Dinner | Axsome
Ticket required

AGENDA | FRIDAY, NOVEMBER 13, 2026

- | | |
|------------------|--|
| 7:00 – 8:00 AM | PREFUNCTION AREA
Registration Opens Buffet Breakfast
Exhibit Hall Opens Poster Session |
| 7:00 – 8:00 AM | CAPITAL G BALLROOM
Optional Sponsored Breakfast Harmony |
| 8:00 – 8:20 AM | CAPITAL A - E BALLROOMS
Welcome & VASM Business Meeting
<i>Sean Hesselbacher, MD</i>
<i>VASM President</i> |
| 8:20 – 8:35 AM | Recognition of Award Winners
Recognition of Katherine Florio Vorona Scholarship Recipients |
| 8:35 – 9:35 AM | Year in Review
<i>Kingman Strohl, MD</i>
<i>Professor, Department of Physiology and Biophysics,</i>
<i>School of Medicine</i>
<i>Case Western</i> |
| 9:35 – 10:15 AM | Shaping PLATO: Bringing the Patient Voice to the Forefront of Care
<i>Douglas Kirsch, MD</i>
<i>Professor, Neurology</i>
<i>Wake Forest</i> |
| 10:15 – 10:45 AM | PREFUNCTION AREA
Morning Break
Poster Session Visit Exhibitors |

AGENDA | FRIDAY, NOVEMBER 13, 2026

10:45 – 11:45 AM

Tech Breakout | Capital F

10:45 – 11:15 Hospitals Don't Fail at Noon: Lessons from Building a Four-Hospital Sleep Navigation Program

Kelly Gladden, RRT, RPSGT, CCSH

Clinical Sleep Consulting LLC

11:15 – 11:45 Strategies for Sleep Centers to Recruit, Hire, Mentor, and Credential Sleep Technologist Interns

Steven Tompa, PhD, MHA, RPSGT, RST

Sentara

10:45 – 11:45 AM

Physician Breakout | Capital A–E

10:45 – 11:15 Bringing Sleep Medicine Into the Hospital: From Concept to Clinical Program

Sunil Sharma, MD, MBA

*Division Chief, Professor, Sleep Medicine Fellowship Program Director
West Virginia University*

11:15 – 11:45 TBD

Joyce K. Lee-Iannotti, MD, FAASM, FAAN

*Director of the Barrow Sleep Center, Professor of Neurology
Barrow Neurological Institute*

10:45 – 11:45 AM

Dental Sleep Breakout | Short Pump

10:45 – 11:15 TMD and Dental Sleep Medicine Side Effects

Kevin Postol, DDS

Gateway Center for Sleep Apnea & TMJ Therapy

11:15 – 11:45 TBD

Michael Pagano, DDS

Virginia Total Sleep

AGENDA | FRIDAY, NOVEMBER 13, 2026

- 11:45 – 12:40 PM **PREFUNCTION AREA**
Buffet Lunch | Poster Session | Visit Exhibitors
Seating available in Capital A-E
- 11:45 – 12:40 PM **CAPITAL G BALLROOM**
Optional Sponsored Lunch | Jazz
Ticket required
- 12:40 – 1:20 PM **CAPITAL A - E BALLROOMS**
Updates in Dental Sleep Medicine
Kevin Postol, DDS
Gateway Center for Sleep Apnea & TMJ Therapy
- 1:20 – 2:00 PM **All about Parasomnia: When Dreams become Nightmares**
Joyce K. Lee-Iannotti, MD, FAASM, FAAN
Director of the Barrow Sleep Center, Professor of Neurology
Barrow Neurological Institute
- 2:00 – 2:10 PM **Education Committee Update**
Sean Hesselbacher, MD
Assistant Professor, Program Director, Sleep Medicine Fellowship
Old Dominion University
- 2:10 – 2:35 PM **PREFUNCTION AREA**
Afternoon Break
Poster Session | Visit Exhibitors
- 2:35 – 2:45 PM **Legislative Committee Update**
Joshua Sill, MD
Professor, Department of Medicine
Old Dominion University

AGENDA | FRIDAY, NOVEMBER 13, 2026

- 2:45 – 3:25 PM **A Night In The Life of a CBT-I Clinician**
Andrew Colsky, JD, LPC, LMHC
Center for Professional Counseling
- 3:25 – 4:05 PM **The Impact of Sleep Disturbance on Individuals with Opioid Use Disorder**
Andrew Huhn, MD, MBA
Associate Professor of Psychiatry and Behavioral Sciences
Johns Hopkins
- 4:05 – 4:45 PM **Wearables**
Jennifer So, MD
Assistant Professor
University of Maryland
- 4:45 – 5:00 PM **Closing Remarks | Raffle Winners | Poster Winners**
Adjourn

POSTER PRESENTATIONS

Validation of a Physician-Supervised AI Clinical Decision-Support Engine for Sleep and Metabolic Medicine: Blinded Multi-Rater Concordance Study

M. Taruj Ali, MD; Shantan Ravula, MD; Devang Dhaka
SOMOS Health

Effect of Education in Modified Breathing Technique During the Mask Fit Session on Compliance with CPAP Therapy

Karen E. Carlton, RPSGT, RRT
Carilion Rockbridge Community Hospital Sleep Center

Zolpidem-Induced Delirium Mimicking Rapidly Progressive Dementia in an Older Adult

Gabriel Carter, MD
VCU Internal Medicine

Prospective relationships of pain and mental health to sleep in firefighters working 24-hour shifts in a 21-day cycle

Christen Dunn
Old Dominion University

POSTER PRESENTATIONS

Automated Classification of Nerve Integrity Monitoring Signals Using a Convolutional Neural Network for Hypoglossal Nerve Stimulator Placement

Vir Patel

Virginia Commonwealth University

Supine AHI Reduction with Inspire™ Hypoglossal Nerve Stimulation and Its Relationship to Patient-Reported Outcomes

Rishi Raghavan, B.A

Virginia Commonwealth University School of Medicine

Accuracy of NIM Vital in Definitive Breakpoint Identification in Hypoglossal Nerve Stimulation Surgery: A Blinded Reviewer Analysis

Nathan Rasmussen, BS

Virginia Commonwealth University

Cardiovascular and CPAP Adherence Outcomes Following Endoscopic Sinus Surgery in Chronic Rhinosinusitis and Obstructive Sleep Apnea

Sanya Surya, MPH, BS

Virginia Commonwealth University School of Medicine

Tongue Base Collapse as a Predictor of Hypoglossal Nerve Stimulation Success for Obstructive Sleep Apnea

Marissa Yee, BS

Virginia Commonwealth University School of Medicine

Concomitant Aroxycbutynin and Atomoxetine (AD109) with GLP-1 Agonists: An Exploratory Analysis of the SynAIRgy and LunAIRo Trial

Tanya Barcinas, DNP

Apnimed

AD109 Significantly Reduces Snoring in Patients with Obstructive Sleep Apnea

Tanya Barcinas, DNP

Apnimed

Aroxycbutynin and Atomoxetine (AD109) in Obstructive Sleep Apnea: A Pooled Analysis of the SynAIRgy and LunAIRo Phase 3 Trials

Tanya Barcinas, DNP

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