# 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 10.75

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 10.75

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

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

# 2026 VASM OFFICERS AND DIRECTORS

### PRESIDENT
**Sean E. Hesselbacher, MD**
Hampton VA Medical Center
Norfolk, VA

### PRESIDENT-ELECT
**Aarthi Vemana, MD**
Inova
Fairfax, VA

### IMMEDIATE PAST PRESIDENT
**Elsa Mathew, MD**
Central Virginia
VA Health Care System
Richmond, VA

### SECRETARY
**Ronnie Hayes, RPSGT**
VCU Health
Richmond, VA

### TREASURER
**AJ Quaranta, MD**
Sentara Healthcare
Norfolk, VA

### DIRECTOR
**Suraiya Haider, MD**
Inova
Fairfax, VA

### DIRECTOR
**Andrew Colsky, JD, LLM, LPC, LMHC**
Center for Professional Counseling
Arlington, VA

### DIRECTOR
**Cheryl Ketchum, RPSGT**
CHKD
Norfolk, VA

### DIRECTOR
**Shekar Raman, MD**
Central Virginia
VA Health Care System
Richmond, VA

### DIRECTOR
**Tonya Ford, RPSGT**
Sentara Healthcare
Norfolk, VA

### DIRECTOR | DENTAL SLEEP
**Harmeet Chiang, DDS**
VCU School of Dentistry
Richmond, VA

# PROGRAM COMMITTEE

### CHAIR
**Aarthi Vemana, MD**

**Michelle Arp, RPSGT**
**Amy Boykin, RPSGT**
**Harmeet Chiang, DDS**
**Sean Hesselbacher, MD**
**Jacob Johnson, RPSGT**
**Elsa Mathew, MD**
**Ryan Nord, MD**
**Joshua Sill, MD**
**Michael Strunc, MD**
**Mariana Szklo-Coxe, PhD**
**Steven Tompa, PhD**
**Marion Wotring, RPSGT**

# AGENDA | THURSDAY, NOVEMBER 12, 2026

3:00 PM — **PREFUNCTION AREA**
**Registration Opens | Visit Exhibitors**

**CAPITAL A - E BALLROOMS**

3:45 – 3:50 PM — **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 — **A Night In The Life of a CBT-I Clinician**
Andrew Colsky, JD, LPC, LMHC
*Center for Professional Counseling*

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**

*Sean Hesselbacher, MD*

*VASM President*

8:20 – 8:35 AM

**Recognition of Award Winners**

**Recognition of Katherine Florio Vorona Scholarship Recipients**

8:35 – 9:35 AM

**Year in Review**

Kingman Strohl, MD

*Professor, Department of Physiology and Biophysics,*

*School of Medicine*

*Case Western*

9:35 – 10:15 AM

**Shaping PLATO: Bringing the Patient Voice to the Forefront of Care**

Douglas Kirsch, MD

*Professor, Neurology*

*Wake Forest*

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** **Overlap of Stroke and Sleep Apnea**
Joyce K. Lee-Iannotti, MD, FAASM, FAAN
D*irector of the Barrow Sleep Center*, P*rofessor 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 – 2:40 PM **PREFUNCTION AREA**
**Afternoon Break**
**Poster Session | Visit Exhibitors**

2:40 – 2:55 PM **Legislative Committee Update**
Joshua Sill, MD
*Professor, Department of Medicine*
*Old Dominion University*

# AGENDA | FRIDAY, NOVEMBER 13, 2026

2:55 – 3:35 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*

3:35 – 4:15 PM **Rethinking Inspiratory and Expiratory Positive in PAP Therapy of OSA**
David White, MD
*Professor of Medicine*
*Harvard Medical School*

4:15 – 4:55 PM **Sleep and Wearable Technology**
Jennifer So, MD
*Assistant Professor*
*University of Maryland*

4:55 – 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 Aroxybutynin 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

**Aroxybutynin and Atomoxetine (AD109) in Obstructive Sleep Apnea: A Pooled Analysis of the SynAIRgy and LunAIRo Phase 3 Trials**
Tanya Barcinas, DNP
Apnimed

# THE VASM IS GRATEFUL FOR THE SUPPORT OF OUR VENDORS!

## GOLD SUPPORTERS

ACHC

Aeroflow Sleep

Aerin MEDICAL

AASM

bleep
We give a bleep about sleep.

CADWELL

ensodata

Fisher & Paykel HEALTHCARE

HUXLEY MEDICAL

STORZ
KARL STORZ — ENDOSKOPE

MVAP
MEDICAL SUPPLIES INC

natus

NOCTRIX HEALTH

nox MEDICAL

Nyxoah

PAD A CHEEK

PANTHERA SLEEP

PHILIPS
RESPIRONICS

pranaQ

REACTHEALTH

SleepEdu.org

SleepSense®
A division of Scientific Laboratory Products – SLP

SOMNO medics

SLEEP BETTER VIRGINIA

TYCONMEDICAL
INCORPORATED

WESPER

ZOLL itamar

## THE VASM IS GRATEFUL FOR THE SUPPORT OF OUR VENDORS!

# DIAMOND SUPPORTERS

Apnimed

axsome

PRODUCT THEATRE

COASTAL SLEEP & TMJ

MARKETING SPONSOR

Resmed

SleepRes™

QUALITY DME

DURABLE MEDICAL EQUIPMENT

VIRGINIA TotalSleep

# PLATINUM SUPPORTER

Alkermes®

HARMONY BIOSCIENCES

PRODUCT THEATRE

Inspire®

Jazz Pharmaceuticals®

PRODUCT THEATRE

Takeda