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

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AGENDA | THURSDAY, NOVEMBER 12, 2026

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

CAPITAL A - F 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, MS, 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 - F 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 AM **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 AM **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 AM **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 AM **Overlap of Stroke and Sleep Apnea**
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 AM **TMD and Dental Sleep Medicine Side Effects**
Kevin Postol, DDS
Gateway Center for Sleep Apnea & TMJ Therapy

11:15 – 11:45 AM **Utilization of Sleep Coaching in a Dental Sleep Medicine Practice**
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-F

11:45 – 12:40 PM

CAPITAL G BALLROOM

Optional Sponsored Lunch | Jazz

Limited Seating, please see the Jazz representative at the Jazz table for registration.

12:40 - 5:00 PM

HENRICO ROOM

Sleep Surgery Breakout

see pages 9-10 for agenda

12:40 – 1:20 PM

CAPITAL A - F 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 Nveurology

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, PhD, MBA
Associate Professor of Psychiatry and Behavioral Sciences
Johns Hopkins

3:35 – 4:15 PM **Rethinking Inspiratory and Expiratory Positive Pressure 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**

SLEEP SURGERY BREAKOUT

12:40 – 12:50 PM **HENRICO ROOM**
Welcome & Objectives
Ryan Nord, MD
Virginia Commonwealth University

12:50 – 1:15 PM **Patient Selection for Hypoglossal Nerve Stimulation: Pearls Beyond the FDA Criteria**
Brian Gross, MD
Lewis Gale Physicians-Otolaryngology Head and Neck Surgery

1:15 – 1:40 PM **Hypoglossal Nerve Stimulation Surgical Pearls: Optimizing Outcomes and OR Efficiency**
Brian Gross, MD
Lewis Gale Physicians-Otolaryngology Head and Neck Surgery

1:40 – 2:05 PM **Advanced HGNS Troubleshooting: The Suboptimal Responder**
Michael Polsky, MD
Pulmonary Associates of Richmond

2:05 – 2:40 PM **PREFUNCTION AREA**
Afternoon Break
Poster Session | Visit Exhibitors

2:40 – 3:05 PM **HENRICO ROOM**
Bilateral Hypoglossal Nerve Stimulation: Is It Right for My Patient?
Maurits Boon, MD
Thomas Jefferson University

3:05 – 3:30 PM **Barbed Reposition Pharyngoplasty: Technique, Outcomes, and Patient Selection**
Delaney Carpenter, MD
University of Virginia

SLEEP SURGERY BREAKOUT

3:30 – 3:55 PM	**The Role of Nasal Obstruction in the Pathophysiology of OSA** Thomas Heineman, MD *Physicians' Clinic of Iowa*
3:55 – 4:35 PM	**Challenging Case Panel** Ryan Nord, MD *Virginia Commonwealth University*
4:35 – 5:00 PM	**2026 Sleep Surgery Literature: A Year in Review** Ryan Nord, MD *Virginia Commonwealth University*
5:00 PM	**Closing Remarks** **Adjourn**

POSTER PRESENTATIONS

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 | Virginia Commonwealth University 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

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, BA | 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

INDUSTRY POSTERS

Validation of a Physician-Supervised AI Clinical Decision-Support Engine for Sleep and Metabolic Medicine: Blinded Multi-Rater Concordance Study
M. Taruj Ali, MD | SOMOS Health

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

Speaker Slides

Submit Speaker Questions

VASM 2027

October 21 & 22, 2027

Richmond Hilton Short Pump Hotel & Spa

Virginia Academy of Sleep Medicine