NCASM 2021 VIRTUAL SLEEP CONFERENCE

OVERALL LEARNING OBJECTIVES

1. Define basic physical exam skills necessary for patients with a variety of sleep disorders.
2. Develop a plan for differential diagnosis for sleep-related complaints and a plan for making a definitive diagnosis.
3. Gain skills in scoring and interpreting sleep studies, including polysomnograms, CPAP/BiPAP/autoSV titrations and others.

CENTRAL SLEEP APNEA IN CHILDREN: WHAT THE SAVVY SLEEP MEDICINE TEAM SHOULD KNOW

CAROL ROSEN, MD

1. List genetic, CNS disorders a/w central apnea and/or hypoventilation.
2. Recognize the role of immature control of breathing in central apnea in infancy.
3. Identify settings in which central apneas are "normal."
4. Discuss scoring differences for central apneas in children *vs* adults.
5. Describe how hypoventilation is measured in children.

ADOLESCENTS, ELECTRONICS, AND SLEEP

SUJAY KANSAGRA, MD

1. Understand the association between media use and sleep disruption.
2. Identify children with circadian disruption due to electronic media use.
3. Develop an approach to treating delayed sleep-wake phase syndrome in adolescents.

SLEEP, HEALTH, AND WELLBEING IN AUTISM - CONTRIBUTORS, TREATMENTS, AND NEW DIRECTIONS

BETH MALOW, MD

1. Identify the types of sleep problems common in individuals on the autism spectrum, along with causes and contributors.
2. Provide an overview of established and emerging treatments.
3. Discuss online toolkits and other approaches to treatments in the era of Covid-19.

RESTLESS LEG SYNDROME

STEFAN CLEMENS, PHD, HDR

1. Recognize the role of the spinal cord circuitry on sensory and motor functions in Restless Leg Syndrome (RLS).
2. Analyze the impact of dopamine neuromodulation on spinal cord circuits.
3. Distinguish the role of the different dopamine receptor subtypes on treatment outcomes.
4. Interpret the interactions of dopamine and adenosine receptors in shaping neuronal excitability.

TREATMENTS FOR EXCESSIVE DAYTIME SLEEPINESS

LYNN MARIE TROTTI, MD

1. Discuss current FDA approval and treatment guidelines for treatment of excessive daytime sleepiness.
2. Be familiar with mechanisms of action of newly approved medications.
3. Understand benefits and risks of newly approved medications.
4. Be aware of patient characteristics that impact choice of treatment.

REM BEHAVIOR DISORDER

MICHAEL SILBER, MB, CHB

1. Describe the clinical and PSG features of REM sleep behavior disorder.
2. Understand the relationship between REM sleep behavior disorder and neurodegenerative disorders.
3. Learn how to comprehensively assess and manage patients with REM sleep behavior disorder.

RESTLESS LEGS SYNDROME: PROGRESS AND PITFALLS IN CLINICAL MANAGEMENT

JOHN WINKELMAN, MD, PHD

1. Make an RLS diagnosis.
2. Understand the differential diagnosis of unpleasant leg symptoms.
3. Understand the benefits and common side effects of FDA-approved RLS medications.
4. Identify the approach to RLS augmentation.
5. Understand the special requirements for management of patients taking opioids for RLS.

INSOMNIA MEDICATIONS IN CHILDREN

JUDITH OWENS, MD, MPH

1. Identify the pros and cons of insomnia medications in children.
2. Compare different insomnia medications.
3. Determine what insomnia medications may work best in different situations.

CPAP ADHERENCE AND COGNITIVE FUNCTION

TERRI WEAVER, PHD, RN, FAAN, RTSF

1. State the cognitive outcomes associated with OSA and potential mechanisms.
2. Describe the impact of CPAP treatment on cognitive function and the role of adherence.
3. Consider the role of residual sleepiness in high nightly CPAP users on cognitive function.

COGNITIVE BEHAVIORAL THERAPY TO IMPROVE INSOMNIA

JOSEPH ANDERSON, CCSH, RPSGT, RST, RPFT, CRT-NPS

1. Definition of CBT-1
2. Cognitive Restructuring
3. Who Needs CBT-1
4. Digital Therapy
5. Effectiveness and Risks

NOCTURIA AS A RELEVANT ISSUE FOR SLEEP MEDICINE

DONALD BLIWISE, PHD

1. To familiarize the audience with the current epidemiology of nocturia and describe potential outcomes associated with the condition.
2. To review evidence regarding the pathophysiology of nocturia as it overlaps with sleep disorders and chronobiology.
3. To summarize what is known regarding causality of the role of nocturia as both a cause and effect of poor sleep.
4. To present selected issues involving treatment of nocturia and describe how the presence of nocturia can interact with other sleep focused treatments.

THE PATHOPHYSIOLOGY OF NARCOLEPSY

ANN AUGUSTINE, MD

1. Define narcolepsy by its clinical features.
2. Describe the underlying mechanism of narcolepsy type 1.
3. Understand the role of genetics in the development of narcolepsy.
4. Describe the relationship between the loss of hypocretin and the immune system.
5. Identify environmental factors that can impact development of narcolepsy.

SLEEP AND EPILEPSY

BRADLEY VAUGHN, MD

1. Review the mechanisms by which epilepsy disrupts sleep.
2. Discuss the ways sleep influences epilepsy.
3. Review how to recognize the common EEG manifestations of seizures.
4. Review principles of identifying interictal discharges on EEG.
5. Discuss common mistakes made when looking for epileptiform discharges in sleep studies.

UPDATE ON DENTAL SLEEP MEDICINE

MASSIMILIANO DI GIOSIA, DDS

1. Define Dental Sleep Medicine.
2. Identify the appropriate therapeutic position of an Oral Appliance.
3. Describe the scope of practice for dentists ordering or administering home sleep apnea tests.
4. Understand recent research to predict sleep apnea responses to oral appliance therapy using polysomnographic airflow.

OBSTRUCTIVE SLEEP APNEA

RICHARD KRAVITZ, MD

1. Distinguish between snoring and obstructive sleep apnea in children.
2. Recognize patients at risk for obstructive sleep apnea.
3. Become familiar with different treatment modalities available to treat OSA in children.
4. Understand differences in treatment modalities for children versus adults.

CIRCADIAN RHYTHM DISRUPTION AND EFFECTS ON BRAIN HEALTH

JOYCE LEE-IANNOTTI, MD

1. To define the circadian rhythm and to understand the Neurobiology of the human circadian rhythm for sleep-wake cycles.
2. To understand the different circadian rhythm disorders including pathophysiology, diagnosis, management.
3. To discuss the effects of circadian rhythm disruption on overall health and brain health in particular.
4. To better understand the AASM position statement for the abolishment of Daylight Savings Time.

CENTRAL SLEEP APNEA IN ADULTS

NANCY COLLOP, MD

1. Understand the various underlying etiologies of central sleep apnea.
2. Contrast treatments available to treat CSA in patients with heart failure.
3. Review treatments for CSA that are not associated with heart failure and their success/failure rates.