



12th Annual
**Educational
Symposium**

OCTOBER 18 & 19, 2019

EARN CME/CEC CREDITS

EMBASSY SUITES BY HILTON
SAN FRANCISCO AIRPORT WATERFRONT
BURLINGAME, CALIFORNIA



WHY ATTEND THE SYMPOSIUM?

Learn :: The CSS Symposium brings together leading industry experts to keep you current on issues in the sleep medicine field

Network :: Share and exchange ideas with industry peers

Earn Credits :: Earn up to 14.5 elective credits by the American Academy of Family Physicians OR up to 14.5 CEUs by the CSTE (BRPT) Program.

Have Fun :: Between sessions meet and greet peers then have a ball at the grand reception and enjoy live music and dinner!

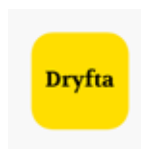
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AGENDA

FRIDAY, OCTOBER 18, 2019

7:00AM - 8:00AM
Registration | Exhibitor Hall Open | Continental Breakfast

8:00AM - 8:05AM

Introduction and Welcome Address

Anoop Karippot, MD, FAASM
President, California Sleep Society

8:05AM - 8:15AM

In Memoriam: Christian Guilleminault (1938-2019)

Clete Kushida, MD, PhD, RPS-GT, RST
Stanford University
First President of the California Sleep Society

8:15AM - 9:00AM

Updates in Sleep Medicine & AASM Initiatives

Lawrence Epstein, MD
Past President, AASM

9:00AM - 9:45AM

Machine Learning and Big Data in Sleep Medicine

Matt Bianchi, MD, PhD
Stanford Sleep Medicine Center

9:45am - 10:30am

Treatments for Central Sleep Apnea: Adaptive Servo Ventilation and Phrenic Nerve Stimulation

Richard Castriotta, MD
Keck School of Medicine at the University of Southern California

Rahul Doshi, MD
Keck School of Medicine at the University of Southern California

10:30AM - 11:00AM
Coffee Break | Exhibitor Hall Open

11:00AM - 11:45AM

REM Sleep Behavior Disorder - State of current knowledge, future directions, scoring, treating and prognosticating

Emmanuel During, MD
Stanford University School of Medicine

11:45AM - 12:30PM

Technician Issues at Work - Regulation, Licensing, Certification

Bretton Hevener, AAST

12:30PM - 2:00PM
Lunch | Exhibitor Hall Open | Networking

1:15PM - 1:35PM

Sponsored Product Presentation - Harmony Biosciences
Does not qualify for CME credits

2:00PM - 2:45PM

Wearable Devices in Sleep Medicine

Massimiliano de Zambotti, PhD
SRI International

2:45PM - 3:30PM

Is It Time To Revisit OSA Severity Criteria? - Hypoxemic Burden, the Forgotten Physiological Stress

Christopher Tyler, MD
Kaiser Permanente San Francisco

3:30PM - 4:15PM

A Humanistic Approach to OSA Treatment Adherence

Robyn Woidtke, MSN, RN, RPSGT, CCSH
CSS Board of Directors

4:15PM - 4:30PM
Coffee Break | Exhibitor Hall Open

4:30PM - 5:15PM

Oral Appliance for the Treatment of OSA

Deepak Shrivastava, MD
University of California, Davis

5:15PM - 6:00PM

RCT to Improved Sleep, Circadian Function and Health in Adolescents

Michael Dolsen, MA
University of California, Berkeley

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AGENDA

FRIDAY, OCTOBER 18, 2019

6:00PM - 6:30PM**Networking | Exhibitor Hall Open****6:30PM****Reception****Cocktails | Hors d'Oeuvres | Live Entertainment**

SATURDAY, OCTOBER 19, 2019

7:00AM - 8:00AM**Registration | Exhibitor Hall Open | Continental Breakfast****8:00AM - 8:05AM****Introduction, California Sleep Society Update, Election Update**CSS President and
Course Directors**BREAKOUT SESSIONS: 8:05AM - NOON**

This special arrangement will be tailored to meet each professionals requirement for an advanced training in a small group format with hands on approach and demonstration.

TRACK #1: Advanced Medical Course
TRACK #2: Advanced Technologist Course**12:00PM - 1:00PM****Lunch | Exhibitor Hall Open | Networking****1:00PM - 1:30PM****California Sleep Society General Body Meeting**CSS President & Board of
Directors**1:30PM - 2:15PM****OSA and Stroke**Ajay Sampat, MD
University of California, Davis**2:15PM - 3:00PM****Hypersomnia/Narcolepsy** - Recent Advances in the Diagnosis and
Management of Disorders of HypersomniaChad Ruoff, MD
Kaiser Permanente Woodland Hills**3:00PM - 3:15PM****Coffee Break | Exhibitor Hall Open****3:15PM - 4:00PM****Sleep Apnea Surgery** - The Good, The Bad, The UglyKasey Li, DDS, MD, FACS
Palo Alto, California**4:00pm - 4:45PM****Dream Hacking Consciousness: Introduction to Lucid Dreaming
Science**Jonathan Berent
Stanford, Google XJoseph R. Owens, PhD
Verily**4:45PM****Meeting Adjourned, Certificates Issued**

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AGENDA

SATURDAY, OCTOBER 19, 2019

BREAKOUT SESSIONS: TRACK #1*Advanced Medical Course*

William Dement, MD - Honorary Chair

8:05AM - 8:55AM

Session I-A: Sleep Disorders in Women, an Update

Speaker: Kin Yuen, MD (University of California, San Francisco)

Moderator:

CSS Board Member

8:55AM - 9:00AM**Coffee Break | Exhibitor Hall Open**

9:00AM - 9:55AM

Session I-B: Pediatric Sleep Medicine - School, Education, Learning and Sleep Interphase

Speaker: Rafael Pelayo, MD | Anoop Karippot, MD

Moderator:

CSS Board Member

9:55AM - 10:00AM**Coffee Break | Exhibitor Hall Open**

10:00AM - 10:55AM

Session I-C: Non-Medication Interventions for Sleep and Circadian Medicine

Speaker: Fiona Barwick, PhD, DBSM (Stanford)

Moderator:

CSS Board Member

10:55AM - 11:00AM**Coffee Break | Exhibitor Hall Open**

11:00AM - 11:55AM

Session I-D: Movement Disorders in Sleep - Restless Leg Syndrome

Speaker: Mark Buchfuhrer, MD (Stanford)

Moderator:

CSS Board Member

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AGENDA

SATURDAY, OCTOBER 19, 2019

BREAKOUT SESSIONS: TRACK #2

Advanced Technologist Course

8:05AM - 8:55AM	Session II-A: Boredom and Burnout in Sleep Technologists Speaker: Alana Sherrill, BBA, RPSGT (University of California, Irvine)	Moderator: CSS Board Member
8:55AM - 9:00AM	Coffee Break Exhibitor Hall Open	
9:00AM - 9:55AM	Session II-B: Seizure Disorders in Sleep and Evidence in PSG Speaker: Makoto Kawai, MD (Stanford)	Moderator: CSS Board Member
9:55AM - 10:00AM	Coffee Break Exhibitor Hall Open	
10:00AM - 10:55AM	Session II-C: Oral Anatomy and Appliance Titration - Primer for Sleep Technologists Speaker: James Duhamel, DDS (Valley Springs, CA)	Moderator: CSS Board Member
10:55AM - 11:00AM	Coffee Break Exhibitor Hall Open	
11:00AM - 11:55AM	Session II-D: Titration with Advanced Pap Modalities (Bi-Level ST, AVAPS, ASV) Speaker: William Hart, MD (Sutter Health) Eric Young, BA, RPSGT (Keck Medical Center at the University of Southern California)	Moderator: CSS Board Member

ACCREDITATION

CME Information:

This live activity, California Sleep Society 12th Annual Meeting, with a beginning date of 10/18/2019, is submitted for up to 14.5 Elective credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed credit, not as Category 1. Continuing Medical Education is acceptable for meeting RN continuing education requirements, as long as the course is Category 1, and has been taken within the appropriate time frames.

CEU Information, Technologists & Clinicians:

Applied for 14.5 C.E.U.'s by the AAST. Technologists and Sleep Clinicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU Information, Dental:

CSS is now a recognized provider of continuing education by the Dental Board of California. The Symposium is approved for 14.5 CEUs through the Dental Board of California. Nursing, Physician Assistant, Nurse Practitioner, Respiratory Technicians can contact CSS for additional information.

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COURSE DIRECTORS

Anoop Karippot, MD, CBSM, FAASM

President, California Sleep Society
Medical Director – AKANE Institute of Allergy, Asthma and
Sleep Medicine
Medical Director – Palomar Health Sleep Disorders Center

Rafael Pelayo MD, FAASM

President-Elect, California Sleep Society
Clinical Professor, Department of Psychiatry and Behavioral Science
Stanford University School of Medicine; Stanford Sleep Disorder
Clinic

Trish Stiger, RPSGT

Immediate Past President, California Sleep Society

Richard S. Rosenberg, PhD, FAASM

Adjunct Faculty, Department of Psychology
California State University, Long Beach

Robyn Woitdtke, MSN, RN, RPSGT, CCSH

Oventus Medical

CSS EDUCATION COMMITTEE MEMBERS:

William Hart, MD
Alana Sherrill, RPSGT
Said Mostafavi, MD

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Andrew Nachman
Coordinator: Leigh Gallagher

CONTENT DIRECTORS

Emmanuel H. During, MD

Clinical Assistant Professor
Director, Sleep Movement Disorders & Parasomnia Clinic
Stanford Sleep Medicine Center

Edwin M. Valladares, MS, RPSGT

Manager & Senior. Polysomnography Technologist; Sleep Disorders
Center, Keck Medical Center at the University of Southern California

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