



# CALIFORNIA SLEEP SOCIETY

## 7<sup>th</sup> ANNUAL EDUCATIONAL MEETING

Friday October 10<sup>th</sup>, 2014

1:00 PM to 6:30 PM

(Registration: 12:00 Noon to 1:00 PM)

Saturday October 11<sup>th</sup>, 2014

8:00 AM to 6:00 PM

(Registration and Continental Breakfast: 7:00 AM to 8:00 AM)

Hilton San Diego-  
Mission Valley

901 Camino del Rio South,  
San Diego, CA - 92108, USA





## PROGRAM

Friday, October 10<sup>th</sup> 2014

All Sessions Held in Cortez Ballroom

**12:00 Noon - 1:00 PM Registration / Exhibit Hall Open**

1:00 PM - 1:05 PM Introduction:

**Anoop Karippot, MD**

**Course Director**

Welcome Address:

**Milton Erman, MD**

**CSS President**

1:05 PM - 2:00 PM Complex Nocturnal Behaviors

**Alon Y. Avidan MD, MPH**

2:00 PM - 3:00 PM Respiratory Scoring – What's New

**Richard Rosenberg, PhD.**

3:00 PM - 3:30 PM Home Sleep Testing – Is this the new Reality?? **Anoop Karippot, MD**

**3:30 PM - 4:00 PM Break: Snacks & Beverages / Exhibit Hall Open**

4:00 PM - 4:45 PM Movement Disorders in Sleep

**Clete Kushida, MD, PhD, RPSGT**

4:45 PM- 5:30 PM Managing Insomnia and Excessive Daytime Sleepiness

**Jed E. Black, MD**

5:30 PM- 6:00 PM A Physician Primer on Oral Appliance Therapy.

**Todd Morgan, DMD, ABDSM**

**6:00 PM – 6:30 PM General Body Meeting – California Sleep Society**

**6:30 PM – 7:30 PM Hosted Bar Sponsored by Jazz Pharmaceuticals / Exhibit Hall Open**

**7:30 PM – ??? Grand Reception Sponsored by Resmed: Dinner, Live Band  
Cortez Ballroom (Business Casual)**



## PROGRAM

Saturday, October 11<sup>th</sup> 2014

All Sessions in Cortez Ballroom (except Lunch)

**7:00 AM- 8:00 AM Continental Breakfast / Exhibit Hall Open**

8:00 AM - 8:05 AM	Introduction / Welcome	<b>Milton Erman, MD</b> <b>President, California Sleep Society</b> <b>Anoop Karippot, MD,</b> <b>Course Director</b>
8:05 AM - 9:00 AM	Transportation Safety: Critical Role of Sleep	<b>Mark Rosekind, PhD</b>
9:00 AM - 9:45 AM	Year in Review – Obstructive Sleep Apnea: Update on Diagnostics and Therapeutics.	<b>Atul Malhotra, MD</b>
9:45 AM - 10:30 AM	Sleep Disorders in Children	<b>Rafael Pelayo, MD</b>

**10:30 AM- 11:00 AM Break: Snacks & Beverages / Exhibit Hall Open**

11:00 AM – 11:30 AM	Surgical Interventions in Sleep Medicine – The role of Bariatric Surgery.	<b>Sunil Bhoyrul, MD</b>
11:30 AM – 12:00 PM	American Academy of Sleep Medicine – A new Model of care	<b>Ted Thurn</b>
12:00 PM - 12:30 PM	Legal Challenges in Sleep Medicine	<b>Dan Brown, Esq</b>
12:30 PM - 1:00 PM	Changes in BRPT Certification	<b>Daniel Goya-Lane, RPSGT</b>

**1:00 PM – 1:15 PM Networking and Exhibit Hall Open**

**1:15 PM – 2:00 PM Lunch – Kensington Ballroom (2<sup>nd</sup> Floor)**

**2:00 PM – 2:30 PM Networking and Exhibit Hall Open**

### **2:30 PM – 4:05 PM BREAKOUT SESSIONS**

#### **BREAKOUT SESSION A – CORTEZ I**

**Session A1: Insomnia**

**Time: 2:30 PM – 3:15 PM**

**Moderator:** Anoop Karippot, MD

2:30 – 2:50 PM : “Insomnia: Disturbed Sleep in Adults” - Derek Loewy, PhD, CBSM

2:50 – 3:15 PM : “Insomnia: My child does not sleep!” - Anoop Karippot, MD, CBSM

----- **5 Minute Break** -----

### 2:30 PM – 4:05 PM BREAKOUT SESSIONS (cont.)

#### **Session A2: Insomnia (Repeat Above)**

**Time: 3:20 PM – 4:05 PM**

**Moderator:** Anoop Karippot, MD

3:15 – 3:35 PM : “Insomnia: Disturbed Sleep in Adults” - Derek Loewy, PhD, CBSM

3:35 – 4:05 PM : “Insomnia: My child does not sleep!” - Anoop Karippot, MD, CBSM

### **BREAKOUT SESSION B – CORTEZ II**

#### **Session B1: Dental Sleep Medicine**

**Time: 2:30 PM – 3:15 PM**

**Moderator:** Todd Morgan, DMD

2:30 – 2:50 PM : “Dental Device Workshop–Oral Appliance for Sleep Apnea Management” - Todd Morgan, DMD

2:50 – 3:15 PM : “Oral Appliance Therapy – What to expect” - Michael Simmons, DMD

----- 5 Minute Break -----

#### **Session B2: Dental Sleep Medicine (Repeat Above)**

**Time: 3:20 PM – 4:05 PM**

**Moderator:** Todd Morgan, DMD

3:20 – 3:40 PM : “Dental Device Workshop–Oral Appliance for Sleep Apnea Management” - Todd Morgan, DMD

3:40 – 4:05 PM : “Oral Appliance Therapy – What to expect” - Michael Simmons, DMD

### **BREAKOUT SESSION C – CORTEZ III**

#### **Session C1: CPAP Therapy**

**Time: 2:30 PM – 3:15 PM**

**Moderator:** Patrick Moday, RPSGT

2:30 – 2:50 PM : "Positive Airway Titrations: Protocols, Clinically Difficult Titrations and Acclimating PAP Adverse Patients During a Titration" - Edwin M. Valladares, M.S., RPSGT.

2:50 – 3:15 PM : “CPAP Masks: How to chose and improve Compliance” - Carolyn Lensch, RPSGT, MS, MBA

----- 5 Minute Break -----

#### **Session C2: CPAP Therapy (Repeat Above)**

**Time: 3:20 PM – 4:05 PM**

**Moderator:** Patrick Moday, RPSGT

3:20 – 3:40 PM : "Positive Airway Titrations: Protocols, Clinically Difficult Titrations and Acclimating PAP Adverse Patients During a Titration" - Edwin M. Valladares, M.S., RPSGT.

3:40 – 4:05 PM : “CPAP Masks: How to chose and improve Compliance” - Carolyn Lensch, RPSGT, MS, MBA

**4:05 PM - 4:15 PM      Break: Beverages / Exhibit Hall Open**

### **4:15PM – 5:50 PM BREAKOUT SESSIONS**

#### **BREAKOUT SESSION D – CORTEZ I**

##### **Session D1: Hypersomnia and Excessive Daytime Sleepiness**

**Time: 4:15 PM – 5:00 PM**

**Moderator:** Milton Erman, MD

4:15 – 4:35 PM : “Hypersomnia and Excessive Daytime Sleepiness” - Michael Zupancic, MD

4:35 – 5:00 PM : “Management of Hypersomnia” – Milton Erman, MD

----- 5 Minute Break -----

##### **Session D2: Hypersomnia and Excessive Daytime Sleepiness (Repeat Above)**

**Time: 5:05 PM – 5:50 PM**

**Moderator:** Milton Erman, MD

5:05 – 5:25 PM : “Hypersomnia and Excessive Daytime Sleepiness” - Michael Zupancic, MD

5:25 – 5:50 PM : “Management of Hypersomnia” – Milton Erman, MD

#### **BREAKOUT SESSION E – CORTEZ II**

##### **Session E1: Practice of Sleep Medicine**

**Time: 4:15 PM – 5:00 PM**

**Moderator:** Anoop Karippot, MD

4:15 – 5:00 PM : “Case-management in Sleep Medicine - Role of Managed Care” - Stuart J.

Menn, MD

----- 5 Minute Break -----

##### **Session E2: Technical Aspects of Sleep Medicine**

**Time: 5:05 PM – 5:50 PM**

**Moderator:** Anoop Karippot, MD

5:05 – 5:50 PM: “CPAP Compliance: Then and Now” - David Parenteau, RPSGT, RST

#### **BREAKOUT SESSION F – CORTEZ III**

##### **Session F1: Certification and Credentialing**

**Time: 4:15 PM – 5:00 PM**

**Moderator:** Patrick Moday, RPSGT

4:15 – 4:30 PM : “AASM: Regulations and Credentialing with AASM” – Ted Thurn

4:30 – 4:45 PM : “BRPT: RPSGT Certification / CASH” - Daniel Goya-Lane, RPSGT

4:45 – 5:00 PM : “Legal Aspects of Sleep Medicine” – Dan Brown, Esq

----- 5 Minute Break -----

**Session F2: Certification and Credentialing (Repeat Above in Different Order)****Time: 5:05 PM – 5:50 PM****Moderator:** Patrick Moday, RPSGT

5:05 – 5:20 PM: “Legal Aspects of Sleep Medicine” – Dan Brown, Esq

5:20 – 5:35 PM: “AASM: Regulations and Credentialing with AASM” – Ted Thurn

5:35 – 5:50 PM: “BRPT: RPSGT Certification / CCSH” – Daniel Goya-Lane, RPSGT

**5:50 PM - 6:15 PM Networking / Exhibit Hall Open / Adjourn****6:15 PM - 7:45 PM Happy Hour & Appetizers Sponsored by Philips Respironics  
Polanco Restaurant (in Hotel)****Course Director:****Anoop Karippot, MD, CBSM, FAASM**

Medical Director – AKANE Institute of Allergy, Asthma and Sleep Medicine.

Medical Director – Palomar Health Sleep Disorders Center

AKANE Institute of Allergy Asthma and Sleep Medicine

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**ACCREDITATION:****CME Information:**

This Live activity, California Sleep Society 7th Annual Meeting, with a beginning date of 10/10/2014, has been reviewed and is acceptable for up to 11.75 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.

**CEU Information:**

Approved for 12.0 C.E.U's by the CSTE (BRPT), Program # 85M20149, Approval # 206414. Technologists and Sleep Clinicians should claim only the credit commensurate with the extent of their participation in the activity.

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