

CALIFORNIA SLEEP SOCIETY 14TH ANNUAL EDUCATIONAL SYMPOSIUM 2021



CALIFORNIASLEEPSOCIETY.ORG



FRIDAY & SATURDAY, OCTOBER 1-2, 2021

Courtyard by Marriott Liberty Station
2592 Laning Road, San Diego, CA

EARN CME/CEU CREDITS

14TH ANNUAL EDUCATIONAL SYMPOSIUM 2021

DAY 1

Friday, October 1, 7am-7pm

7:00AM-8:00AM

REGISTRATION / EXHIBITOR DISPLAYS / BREAKFAST

8:00AM-8:10AM

WELCOME ADDRESS

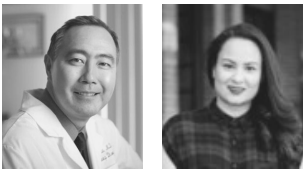
- RAFAEL PELAYO, MD, CSS PRESIDENT

8:10AM-8:30AM

INTRODUCTION & ANNOUNCEMENTS

- EDUCATION COMMITTEE CHAIR

8:30AM-9:15AM



:: CLETE KUSHIDA, MD, PHD

STANFORD SLEEP MEDICINE CENTER

:: MIRNA GODOY, CLINICAL MANAGER

STANFORD SLEEP MEDICINE CENTER

:: MODERATOR: SONIA ANCOLI-ISRAEL, PHD

UNIVERSITY OF CALIFORNIA, SAN DIEGO

COVID-19 and the Sleep Lab

9:15AM-10:00AM



EVAN CHINOY, PHD

NAVAL HEALTH RESEARCH CENTER

Wearable Sleep-Tracking Devices: Current Performance and Potential Future Validation

10:00AM-10:45AM



NATHANIEL F. WATSON, MD

UNIVERSITY OF WASHINGTON

What Have Consumer Sleep Technologies Taught Us About Sleep?

10:45AM-11:00AM

BREAK: COFFEE BREAK/EXHIBITOR DISPLAYS

11:00AM-11:30AM



MICHAEL FARRELL, CEO

RESMED

COVID-19 Response and the 2025 Vision for the Field

14TH ANNUAL EDUCATIONAL SYMPOSIUM 2021

DAY 1

Friday, October 1, 7am-7pm

11:30AM-12:15PM



ATUL MALHOTRA, MD
UNIVERSITY OF CALIFORNIA, SAN DIEGO

The Future of OSA Therapy

12:15PM-2:15PM

LUNCH / NETWORKING

1:30PM-2:00PM

SPONSORED PRODUCT PRESENTATION - RESMED
DOES NOT QUALIFY FOR CME CREDITS



ANNIE MCBRIDE, VICE PRESIDENT NORTH AMERICA
MARKETING

ResMed AirSolutions - The Power of Your Prescription

2:15PM-3:00PM



SONIA ANCOLI-ISRAEL, PHD
UNIVERSITY OF CALIFORNIA, SAN DIEGO

Sleep in the Bible: Nothing New Under the Sun

3:00PM-3:45PM



JENNIFER MARTIN, PHD
UNIVERSITY OF CALIFORNIA, LOS ANGELES

Cognitive Behavioral Therapy for Insomnia (CBT-I)

3:45PM-4:15PM

BREAK: COFFEE BREAK/EXHIBITOR DISPLAYS

4:15PM-5:00PM



JENNIFER MARTIN, PHD
AMERICAN ACADEMY OF SLEEP MEDICINE PRESIDENT-
ELECT
UNIVERSITY OF CALIFORNIA, LOS ANGELES

Updates from the American Academy of Sleep Medicine

5:00PM-6:00PM

EXHIBITOR DISPLAYS / NETWORKING

6:00PM-9:00PM

HOSTED BAR / LIVE MUSIC BY RYAN HILLER AND FRIENDS
/ DINNER

14TH ANNUAL EDUCATIONAL SYMPOSIUM 2021

DAY 2

Saturday, October 2, 7am-5pm

7:00AM-8:00AM

REGISTRATION / EXHIBITOR DISPLAYS / BREAKFAST

8:00AM-8:45AM



**RICHARD CASTRIOTTA, MD
UNIVERSITY OF SOUTHERN CALIFORNIA |
KECK SCHOOL OF MEDICINE**

Management Strategies for the Sleep-Disordered Breathing

8:45AM-9:30AM



**RICHARD CASTRIOTTA, MD
UNIVERSITY OF SOUTHERN CALIFORNIA |
KECK SCHOOL OF MEDICINE**

Sleep, Blood Pressure and Cardiovascular Disease

9:30AM-10:15AM



**MARK BUCHFUHRER, MD
STANFORD SLEEP MEDICINE CENTER**

Restless Leg Syndrome

10:15AM-10:45AM

BREAK: COFFEE BREAK/EXHIBITOR DISPLAYS

10:45AM-11:30AM



**MARK ROSEKIND, PHD, CHIEF SAFETY INNOVATION OFFICER
ZOOX, INC., FORMER NASA SCIENTIST, NTSB MEMBER,
NHTSA ADMINISTRATOR**

Enhancing Sleep to Advance Transportation Safety

11:30AM-12:15PM



**EMMANUEL DURING, MD
STANFORD SLEEP MEDICINE CENTER**

REM Sleep Behavior Disorder: Current State of Knowledge, Future Directions

14TH ANNUAL EDUCATIONAL SYMPOSIUM 2021

DAY 2

Saturday, October 2, 7am-5pm

12:15PM-2:00PM

LUNCH / NETWORKING

1:15PM-1:45PM

**SPONSORED PRODUCT PRESENTATION - INSPIRE MEDICAL SYSTEMS, INC.
DOES NOT QUALIFY FOR CME CREDITS**



XUANHA "MIMI" WHITE, D.O

Incorporating Hypoglossal Nerve Stimulation into your Sleep Practice

2:00PM-2:45PM

**CHANDRA L. JACKSON, PHD, MS
NATIONAL INSTITUTE OF HEALTH**



Understanding and Addressing Structural Racism and Health Inequities: The 'Sleep Exposome Across the Life Course' Example

2:45PM-3:15PM

**PATRICK MODAY, BBA, RPSGT, RST, CCSH, CCRC
TORRANCE MEMORIAL SLEEP DISORDERS CENTER**



Cannabis, Sleep, and Society

3:15PM-4:00PM

**SAM KASHANI, MD
DAVID GEFLEN SCHOOL OF MEDICINE AT UCLA**



Update of Insomnia Pharmacology

4:00PM-4:15PM

BREAK: COFFEE BREAK/EXHIBITOR DISPLAYS

4:15PM-5:00PM

**SAM KASHANI, MD
DAVID GEFLEN SCHOOL OF MEDICINE AT UCLA**



Circadian Rhythm Sleep-Wake Disorders

5:00PM-5:05PM

MEETING ADJOURNED

14TH ANNUAL EDUCATIONAL SYMPOSIUM 2021

ACCREDITATION

CME INFORMATION

The AAFP has reviewed California Sleep Society 14th Annual Meeting and deemed it acceptable for up to 12.25 In-Person, Live (could include online) AAFP Prescribed credit. Term of Approval is from 10/01/2021 to 10/02/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU INFORMATION

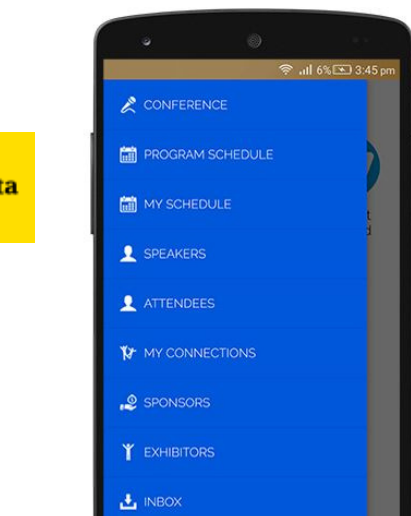
This program has been approved for a maximum of 11.25 contact hours Continuing Sleep Technology Education (CSTE) credit by the Board of Registered Polysomnographic Technologists, 4201 Wilson Blvd., 3rd Floor, Arlington, VA 22203. Program # 462P01265. Approval # 4601110. Technologists and Sleep Clinicians should claim only the credit commensurate with the extent of their participation in the activity.

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COURSE DIRECTORS

Rafael Pelayo, MD, FAASM

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

Anoop Karippot, MD, CBSM, FAASM, RPSGT

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

Patrick Moday, RPSGT, RST, CCSH, CCRC

President-Elect
Senior Registered Polysomnographic Technologist - Torrance Memorial Sleep Disorders Center

Andrew Binder, MD, FAASM

Medical Director - Ventura Sleep Disorder Center
Director of Medical Physiology - Ventura Advanced Surgical Associates

Robyn Woidtke, MSN, RN, RPSGT, CCSH

CSS EDUCATION COMMITTEE MEMBERS

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Patricia Stiger, RPSGT, RCP

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