

CALIFORNIA SLEEP SOCIETY

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023



FRIDAY & SATURDAY, OCTOBER 6-7, 2023

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



CALIFORNIASLEEPSOCIETY.ORG

EARN CME/CEU CREDITS

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

DAY 1

Friday, October 6, 7am-6pm

**7:00AM-8:00AM
8:00AM-8:15AM**

**REGISTRATION / EXHIBITOR DISPLAYS / BREAKFAST
WELCOME ADDRESS
- PATRICK MODAY, RPSGT, CSS PRESIDENT**

8:15AM-9:00AM



**CLETE A. KUSHIDA, MD, PHD
STANFORD SLEEP MEDICINE CENTER**

The Future of Sleep Medicine

9:00AM-9:45AM



**JENNIFER MARTIN, PHD, PAST RESIDENT
AMERICAN ACADEMY OF SLEEP MEDICINE**

Updates from the American Academy of Sleep Medicine

9:45AM-10:30AM



**STANLEY YUNG CHUAN LIU, MD, DDS, FACS
STANFORD UNIVERSITY SCHOOL OF MEDICINE**

Did Vincent Van Gogh have OSA - A Sleep Surgeon's
Perspective

10:30AM-11:00AM

BREAK: COFFEE BREAK/ EXHIBITOR DISPLAYS

11:00AM-11:45AM



**ANDREW BINDER, MD
VENTURA SLEEP DISORDER CENTER**

Cardiopulmonary Coupling Technology as a Means of
Home Sleep Testing

11:45AM-12:30PM



**BARRY KRAKOW, MD (VIA ZOOM)
MERCER UNIVERSITY SCHOOL OF MEDICINE**

New Horizons in Mental Health Treatment: Sleeping into
the Breach

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

DAY 1

Friday, October 6, 7am-6pm

12:30PM-2:00PM

LUNCH / NETWORKING / PRODUCT PRESENTATIONS

1:15PM-1:45PM

**SPONSORED PRODUCT PRESENTATION - HARMONY
BIOSCIENCES**

DOES NOT QUALIFY FOR CME/CEU/CDE CREDITS



**SAM A. KASHANI, MD
UCLA HEALTH**

A Histaminergic Treatment for EDS or Cataplexy in Adults
with Narcolepsy

2:00PM-2:45PM

**AUDREY YOON, DDS, MS
STANFORD UNIVERSITY**



Dental Sleep Medicine - Past, Present and Future:
Orthodontist Perspective

2:45PM-3:30PM

**RAKESH BHATTACHARJEE, MD
RADY CHILDREN'S HOSPITAL-SAN DIEGO**



Positive Airway Pressure in Children - The New Frontier

3:30PM-4:15PM

**SCOTT KUTSCHER, MD
STANFORD SLEEP MEDICINE CENTER**



Sleep and Sleep Disorders in Elite Athletes

4:15PM-4:30PM

BREAK: COFFEE BREAK / EXHIBITOR DISPLAYS

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

DAY 1

Friday, October 6, 7am-6pm

4:30PM-5:15PM



NICOLE GOLDFARB, MA, CCC-SLP, COM
SAN DIEGO CENTER FOR SPEECH & MYOFUNCTIONAL THERAPY

A Wake-Up Call: What Every Dental and Medical Specialist Should Know About Sleep-Disordered Breathing from the Perspective of Orofacial Myofunctional Therapy

5:15PM-6:00PM



SAM A. KASHANI, MD
UCLA HEALTH

Overview of Behavioral and Pharmacologic Treatment for Insomnia Disorder

6:00PM-7:00PM

NETWORKING / EXHIBITOR DISPLAYS / HOSTED BAR

7:00PM

DINNER / ENTERTAINMENT
LIVE MUSIC BY RON RICHARD & FRIENDS

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

DAY 2

Saturday, October 7, 7am-5:00pm

**7:00AM-8:00AM
8:00AM-8:10AM**

**REGISTRATION / EXHIBITOR DISPLAYS / BREAKFAST
INTRODUCTION & CSS 2023 BOARD ELECTION UPDATE
- PATRICK MODAY, RPSGT, CSS PRESIDENT**

8:10AM-8:55AM



**J. STEVEN POCETA, MD &
MANDY KHOSRAVI, RPSGT
SCRIPPS HEALTH**

Restless Legs Syndrome

8:55AM-9:40AM



**SHAZIA JAMIL, MD &
DEREK LOEWY, PHD, DABSM, CBSM
SCRIPPS CLINIC VITERBI FAMILY SLEEP CENTER**

Challenges in the Diagnosis and Management of CRSD: A
Case-Based Approach

9:40AM-10:25AM



**JULIE FLYGARE, JD
PROJECT SLEEP**

When Dreams Leave the Night

10:25AM-10:45AM

BREAK: COFFEE BREAK / EXHIBITOR DISPLAYS

10:45AM-11:30AM



**JONATHAN SHERRILL, RPSGT, RST
DELTA SLEEP MANAGEMENT**

Risk Mitigation Strategies for Sleep Labs

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

DAY 2

Saturday, October 7, 7am-5:00pm

11:30AM-12:15PM



**LOGAN SCHNEIDER, MD
STANFORD HEALTH CARE**

The Latest in Hypersomnias

12:15PM-2:00PM

LUNCH / NETWORKING

1:00PM-1:30PM

**SPONSORED PRODUCT PRESENTATION - RESMED
DOES NOT QUALIFY FOR CME/CEU/CDE CREDITS**



**SYLVIA QUERO, STRATEGIC ACCOUNT MANAGER,
RESMED & DANIEL DUDLEY, REGIONAL SALES SUPPORT,
RESMED**

myAir, a Motivational Data Tracking and Coaching Program

1:30PM-2:00PM

**SPONSORED PRODUCT PRESENTATION - JAZZ
PHARMACEUTICALS
DOES NOT QUALIFY FOR CME/CEU/CDE CREDITS**



**SAM A. KASHANI, MD
UCLA HEALTH**

Idiopathic Hypersomnia

2:00PM-2:45PM

**CHRIS M. CHUI, DDS, MAGD, ABDSM
U.S. DEPARTMENT OF VETERANS AFFAIRS**



How to Improve PAP Compliance with Oral Appliance
Therapy and How Does TMJ Play a Huge Role in the
Success of PAP Treatments

2:45PM-3:30PM

**SUNIL BHOYRUL, MD, FACS, FRCS
SCRIPPS MEMORIAL HOSPITAL**



Role and Challenges of Bariatric Surgery in Patients with
Sleep Apnea

16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

DAY 2

Saturday, October 7, 7am-5:00pm

3:30PM-4:15PM



JANETTE LARSEN, DMD
XCEPTIONAL DENTAL

The Role of Oral Appliance Therapy in the Treatment of OSA

4:15PM-5:00PM



ELIE GOTTLIEB, PHD
SLEEPScore LABS &
RYAN PIERCE, RPSGT
U.S. DEPARTMENT OF VETERANS AFFAIRS

Beyond Sleep Tracking: Leveraging Consumer Sleep Technologies for Improving Population Sleep Health

5:00PM

MEETING ADJOURNED

ACCREDITATION

CONTINUING MEDICAL EDUCATION INFORMATION

The AAFP has reviewed California Sleep Society 16th Annual Meeting and deemed it acceptable for up to 15.00 Live AAFP Prescribed credits. Term of approval is from 10/06/2023 to 10/07/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING SLEEP TECHNOLOGY EDUCATION INFORMATION

This year's Symposium has been approved for a maximum of 14.50 contact hours CSTE credit by the Board of Registered Polysomnographic Technologists

CONTINUING DENTAL EDUCATION INFORMATION

CSS is a Dental Board of California Registered Education Provider. One unit of credit for each hour of class instruction with a maximum of eight hours per day will be offered.

THANK YOU TO OUR SPONSORS

DIAMOND LEVEL:



PLATINUM LEVEL:



16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

THANK YOU TO OUR SPONSORS

GOLD LEVEL:



16TH ANNUAL EDUCATIONAL SYMPOSIUM 2023

THANK YOU TO OUR SPONSORS

SILVER LEVEL:



COURSE DIRECTORS

Patrick Moday, RPSGT, RST, CCSH, CCRC

Senior Registered Polysomnographic Technologist - Torrance Memorial Sleep Disorders Center

Rafael Pelayo, MD, FAASM

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

Andrew Binder, MD, FAASM

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

CSS EDUCATION COMMITTEE MEMBERS

Sam A. Kashani, MD, FAASM, Chair

Andrew Binder, MD, FAASM

Anoop Karippot, MD, CBSM, FAASM, RPSGT

Patrick Moday, BBA, RPSGT, RST, CCSH, CCRC

Rafael Pelayo, MD, FAASM

Robyn Woidtke, MSN, RN, RPSGT, CCSH

Audrey Yoon, DDS, MS

Stanley Yung Chuan Liu, MD, DDS, FACS

CSS EXECUTIVE DIRECTOR

Andrew Nachman

Project Manager & Event Coordinator: Leigh Gallagher

THANK YOU

Sleep Review

Sleep Review generously donated its current magazine.