



California  
Sleep Society

MAJESTIC GARDEN HOTEL

900 S. DISNEYLAND DR.

ANAHEIM, CA 92802

9th Annual  
**Educational  
Symposium**

SEPTEMBER 30, 2016  
(9:30am - 6:30pm)

OCTOBER 1, 2016  
(8:00am - 5:30pm)



## 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 15 elective credits by the American Academy of Family Physicians OR up to 15 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 by "The Budrows!"

**DRESS CODE :: BUSINESS CASUAL**



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# AGENDA

## FRIDAY, SEPTEMBER 30, 2016

**8:30AM - 9:30AM**

**Registration | Exhibitor Displays Open | Breakfast**

9:30AM - 9:35AM

Introduction and Welcome Address

Course Directors:  
 Anoop Karippot, MD  
 Rafael Pelayo, MD  
 Richard Rosenberg, PhD

9:35AM - 10:30AM

**CO2 Monitoring** - Its Use with Sleep Apnea Evaluation and Treatment

Atul Malhotra, MD  
 University of California San Diego

10:30AM - 11:15AM

**Selection of Patients for Oral Appliance Therapy** - Assessing the Accuracy of Current Approaches

John E. Remmers, MD

**11:15AM - 11:30AM**

**Snack & Coffee Break | Exhibitor Displays Open**

11:30AM - 12:15PM

**AASM's Initiative on Sleep** - a 2016 Update

Ted Thurn, MPS  
 AASM

12:15PM - 1:00PM

**Advances in OSA Surgery and Hypoglossal Nerve Stimulation**

Eric Kezirian, MD, MPH  
 University of Southern California

**1:00PM - 2:00PM**

**Lunch | Networking**

**Ballroom**

2:00PM - 2:45PM

**Safety and Health Methods Used to Influence Fatigue Management in a Theme Park**

Kimberly Tum Suden, CIH,  
 CSP, ARM  
 Disney

2:45PM - 3:30PM

**Tele-Medicine and Electronic Medical Records in Sleep Medicine** - The New Frontier

Dennis X. Hwang, MD  
 Kaiser Permanente

**3:30PM - 4:00PM**

**Snack & Coffee Break | Exhibitor Displays Open**

4:00PM - 4:45PM

**Forensic Cases and Legal Tangles in Sleep Medicine**

Rafael Pelayo, MD  
 Stanford University

4:45PM - 5:30PM

**CPAP: Maximizing Adherence** - Tips for a Successful Clinician

William Hevener, RPSGT  
 Sleep Data

5:30PM - 6:30PM

**Active Shooter and Hospital Shootings** - What to do in Emergencies

Ralph Torres  
 LA County EMS

**6:30PM**

**Wrap Up | Exhibitor Displays Open**

**6:30PM - 7:30PM**

**Cocktail Hour | Networking | Exhibitors Open**  
**Informal Evening with William Dement, MD**

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**7:30PM**

**CSS GRAND RECEPTION | DINNER**  
**Live Music by "The Budrows"**

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# AGENDA

## SATURDAY, OCTOBER 1, 2016

<b>7:00AM - 8:00AM</b>	<b>Continental Breakfast   Registration Open   Exhibitor Displays Open</b>	
8:00AM - 8:05AM	Introduction and Presidential Address Welcome	Alon Avidan, MD California Sleep Society President
8:05AM - 9:00AM	<b>Sleep in Pre-Industrial Societies</b> - Why We Sleep As We Do	Jerome M Siegel, MD UCLA
9:00AM - 9:45AM	<b>Exploring Sleep Through Genetics and Technology in a Large Scale Sample</b>	Emmanuel Mignot, MD, PhD Stanford University
9:45AM - 10:30AM	<b>Using HDEEG to Explore Sleep and Psychiatric Disorders</b>	Ruth M Benca, MD, PhD University of California Irvine
<b>10:30AM - 10:45AM</b>	<b>Snack &amp; Coffee Break   Exhibitor Displays Open</b>	
10:45AM - 11:30AM	<b>Complex Nocturnal Behaviors</b>	Alon Avidan, MD UCLA
11:30AM - 12:15PM	<b>When Dreams Leave the Night</b> - Living with Narcolepsy	Julie Flygare, JD Project Sleep
12:15PM - 1:00PM	<b>A Patient-Centered Coordinated Care Management Approach to Sleep Medicine</b>	Clete Kushida, MD, PhD, RST, RPSGT Stanford University
<b>1:00PM - 2:00PM</b>	<b>Lunch   Networking   Exhibitor Displays Open</b>	<b>Ballroom</b>
	<b>BREAKOUT SESSION #1</b>	
2:00PM - 3:00PM	<b>Session A: AVAPS</b> - A Sleep Technologist's Perspective <b>Moderator:</b> Julie Pitman, RPSGT, RST, CCSH - Stanford University	<b>Kensington Ballroom East</b>
	<b>Session B: Sleep and Sports Performance</b> <b>Moderator:</b> Scott J. Kutscher, MD - Stanford University	<b>Kensington Ballroom West</b>
	<b>Session C: Abnormal Sleep and Its Effect on Children</b> <b>Moderator:</b> Anoop Karippot, MD - AKANE Institute, Palomar Health	<b>London</b>
<b>3:00PM - 3:15PM</b>	<b>Snack &amp; Coffee Break   Exhibitor Displays Open</b>	
	<b>BREAKOUT SESSION #2</b>	
3:15PM - 4:15PM	<b>Session D: Sleep Well, Be Well</b> - The Effects of Timely Cognitive Behavior Therapy Intervention <b>Moderator:</b> Fiona Barwick, PhD - Stanford University	<b>Kensington Ballroom East</b>
	<b>Session E: Cardiovascular Consequences of Obstructive Sleep Apnea</b> <b>Moderator:</b> Ravi Aysola, MD - UCLA	<b>Kensington Ballroom West</b>
	<b>Session F: Alertness and Cognition-Enhancing Pharmacological Therapy</b> <b>Moderator:</b> Michael Russo, MD	<b>London</b>

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# AGENDA

## SATURDAY, OCTOBER 1, 2016

**4:15PM - 4:30PM****Snack & Coffee Break | Exhibitor Displays Open****BREAKOUT SESSION #3**

4:30PM - 5:30PM

**Session G: Optimizing Oral Appliance Titration****Moderator:** Michael Simmons, DMD and Todd Morgan, DMD**London****Session H: How to Introduce PAP to Children - Pediatric Sleep Lab Challenges****Moderator:** Ryan Pierce, RPSGT, RST - Stanford University**Kensington Ballroom East****5:30PM - 6:00PM****Wrap Up | Receive CME/CEU Certificates**

## ACCREDITATION

**CME Information:**

This Live activity, CALIFORNIA SLEEP SOCIETY 9TH ANNUAL EDUCATIONAL MEETING, with a beginning date of 09/30/2016, has been reviewed and is acceptable for up to 15.00 Prescribed 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(s)<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

**CEU Information:**

Approved for 15.0 C.E.U.'s by the CSTE (BRPT), Program. 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

**Anoop Karippot, MD, CBSM**

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

**Rafael Pelayo MD**

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

**Richard S. Rosenberg, PhD**

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

## CALIFORNIA SLEEP SOCIETY BOARD

**OUTGOING CSS PRESIDENT:****Alon Y. Avidan MD, MPH**

Professor of Neurology; Director, UCLA Sleep Disorders Center, David Geffen School of Medicine at UCLA; President, California Sleep Society

**INCOMING CSS PRESIDENT:****Trish Stiger RPSGT, RCP**

Pomona Valley Hospital Medical Center

**CSS TREASURER:****Alana Sherrill RPSGT**

Voltmer Sleep Center, Hoag Hospital

**Edwin M. Valladares, MS, RPSGT**

Sr. Polysomnography Technologist; Sleep Disorders Center, Keck Medical Center of USC

**Michael Simmons, DMD**

Diplomate ABDSM; Diplomate ABOP; Lecturer, UCLA School of Dentistry; Assistant Clinical Professor, USC School of Dentistry

**Milton K. Erman MD**

Pacific Sleep Medicine

**Patrick Moday BBA, RPSGT, RST, CSE, CCRC**

Torrance Memorial Medical Center

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# SPEAKERS

**Atul Malhotra, MD**

Chief, Pulmonary and Critical Care; Director of Sleep Medicine; Kenneth M. Moser Professor, Department of Medicine, University of California San Diego

**Clete Anthony Kushida, MD, PhD., RST, RPSGT**

Professor, Stanford Sleep Medicine Center

**Dennis Hwang, MD, FCCP**

Medical Director, Sleep Medicine Department; Kaiser Permanente; Fontana Medical Center

**Emmanuel Mignot, MD, PhD**

Stanford University

**Erik J. Kezirian, MD, MPH**

Professor, Department of Otolaryngology, University of Southern California

**Fiona Barwick, PhD**

Clinical Assistant Professor; Director Behavioral Sleep Medicine; Stanford Sleep Medicine Center

**Jerome M. Siegel, MD**

Director, UCLA Center for Sleep Research

**John Remmers, MD**

Chief Medical Officer, Zephyr Sleep Technologies

**Julie Flygare, JD**

President & Founder, Project Sleep

**Julie Pitman, RPSGT, RST, CCSH**

Chief Sleep Technologist & Supervisor of Sleep Studies Lab

**Kimberly Turn Suden, CIH, CSP, ARM**

Disney

**Michael Russo, MD**

Honolulu Neuroscience Clinic and International Quantum University for Integrative Medicine

**Ralph Torres**

LA County EMS Agency; Disaster Services Analyst JRIC; Health TLO Coordinator, GIS Manager

**Ravi Aysola, MD**

Assistant Clinical Professor of Medicine; Pulmonary, Critical Care and Sleep Medicine; Director, UCLA Pulmonary Sleep Medicine Program; Director, UCLA Santa Monica Pulmonary & Sleep Medicine Clinic

**Ruth M. Benca, MD, PhD**

Professor and Chair, Dept. of Psychiatry and Human Behavior, University of California, Irvine

**Ryan Pierce RPSGT, RST**

Stanford Sleep Medicine Center

**Scott J. Kutscher, MD**

Stanford Sleep Medicine Center

**Ted Thurn, MPS**

Senior Health Policy and Government Affairs Analyst, American Academy of Sleep Medicine

**Todd Morgan, DMD**

Chief of Dentistry and Oral Medicine, Scripps Memorial Hospital

**William C. Dement, MD, PhD**

Professor, Stanford University Sleep Disorders Clinic & Research Center; Department of Psychiatry and Behavioral Sciences

**William Hevener, RPSGT**

Clinical Coordinator; Sleep Data Services

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