



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!

DRESS CODE :: BUSINESS CASUAL



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DETAILS TO COME

THANK YOU TO OUR APP SPONSOR:  **HARMONY
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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 Doring, 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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FRIDAY, OCTOBER 18, 2019

- 6:00PM - 6:30PM** **Networking | Exhibitor Hall Open**
- 6:30PM - 7:30PM** **Reception
Networking | Exhibitor Hall Open**
- 7:30PM** **CSS GRAND RECEPTION
Dinner, Networking, 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 professional's 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 Hypersomnia Chad 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 Ugly Kasey Li, DDS, MD, FACS
Palo Alto, California
- 4:00pm - 4:45PM **Lucid Dreaming** Jonathan Berent
Stanford, Google X
Joseph R. Owens, PhD
Verily
- 4:45PM** **Meeting Adjourned, Certificates Issued**

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SATURDAY, OCTOBER 19, 2019

BREAKOUT SESSIONS: TRACK #1

Advanced Medical Training Track

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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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 Woitke, MSN, RN, RPSGT, CCSH

Oventus Medical

CSS EDUCATION COMMITTEE MEMBERS:

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

CSS EXECUTIVE DIRECTOR:

Andrew Nachman
Coordinator: Leigh Gallagher

CONTENT DIRECTORS

Emmanuel H. Doring, 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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