

Session Number	Session Title	Speaker(s)	Credit Hours
B-01	Orexin/Hypocretin Neuron Loss and Sleep Disturbances in Aging and Early Stages of Alzheimer's Disease		1.00
	Orexin/Hypocretin Neuron Loss and Sleep Disturbances in Aging and Early Stages of Alzheimer's Disease	Thomas Neylan, MD	
	Hyperexcitability of Surviving Orexin Neurons Drives Sleep Instability in Aging	Luis de Lecea, PhD	
	Differential Degeneration Patterns of Wake- and Sleep-Promoting Neurons in Alzheimer's Disease	Lea Grinberg, MD, PhD	
	A-42/40 Ratio and Altered Sleep Wake Behavior in Cognitively Healthy Older Adults	Christine Walsh, PhD	
B-02	Innovative Technologies and Behavioral Interventions: Using AI to Improve Sleep Health in Neurodivergent Children and Children with Chronic Conditions		1.75
	The Role of Data-Driven Approaches in Discriminating Between Neurologic and Behavioral Contributors to Sleep Issues	Marc Disabella, DO	
	From Data to Dreaming: Exploring the Effectiveness of Behavior Analysis and AI Technology for Sleep with Autism	Adam Hahs, PhD	
	Pediatric Screen Use and the Overlap Between Behavioral Sleep Challenges and Chronic Neurologic Conditions	Raquel Langdon, MD	
	Practitioner Training and the Impact of Scalable, Technology-Enhanced Interventions on Adherence and Consistency	Kara Verseckes, PhD	
B-03	Circadian Medicine: Centering Interventions Around Sleep or the Clock?		2.00
	Introduction	Saurabh Suhas Thosar, PhD	
	Dissecting the Role of the Circadian Clock in Health and Disease	Selma Masri, PhD	
	Untangling the Molecular Rhythms in Patients with Alzheimer's Disease	Ron Anafi, MD, PhD	
	Circadian Rhythms and Immunotherapy	Saurabh Suhas Thosar, PhD	
	Sleep Extension or Light-Based Interventions: Impacts on Sleep, Circadian Timing, and Cardiometabolic Health	Christopher Depner, PhD	
	Q&A	All speakers	
B-04	OSA Neurostimulation: Rationale, Experience, and Going Forward		1.25
	Introduction to Upper Airway Health	Kingman Strohl, MD	
	The Upper Airway Hangs from the Skull Base and Carries Air	Denise Dewald, MD	
	In the Beginning: Upper Airway Stimulation and its Physiology	Kingman Strohl, MD	
	Evolution of Post-Approval HNS Practice: ADHERE	Reena Mehra, MD	
	OSA Neurostimulation: Going Forward	Alan Schwartz, MD	
D-01	Advancing Population Health and Sleep Health with AI and Tech-Based Approaches: Lessons from the Field	Rebecca Robbins, PhD; Cathy Goldstein, MD; Dennis Hwang, MD; Azizi Seixas, PhD	1.00
D-02	And Now What? Holistic Treatment of Narcolepsy and Idiopathic Hypersomnia at Time of Diagnosis	Matthew Horsnell; Lindsay Jesteadt, PhD; Lindsay McCullough, MD; Jennifer Mundt, PhD	1.00
D-03	Big Changes in the Updated AASM Clinical Practice Guidelines for RLS and PLMD	John Winkelman, MD, PhD; Joseph Andrew Berkowski, MD; Lourdes DelRosso, MD, PhD; Brian Koo, MD; Matthew Scharf, MD, PhD; Denise Sharon, MD, PhD; Arthur Walters, MD	2.00
D-04	Legal Issues and the Practice of Sleep Medicine: Artificial Intelligence, Machine Learning, & Emerging Technologies	Kamesh Sacchdeva, MD, PhD; Cathy Goldstein, MD; Matthew Horsnell; Seema Khosla, MD; Emmanuel Mignot, MD, PhD; Margarita Oks, MD; Muhammad Adeel Rishi, MBBS	2.00
D-05	Enabling Efficient Multisite Clinical Research Studies and Expanding Capacity in Sleep and Circadian Medicine	Nalaka Gooneratne, MD; Marishka Brown, PhD; Lindsay Jesteadt, PhD; Diego Mazzotti, PhD; Sairam Parthasarathy, MD; Susan Redline, MD	1.75
D-06	Addressing Sleep in Cardiovascular Care: Challenges and Solutions	William Healy, MD; Barbara Hutchinson, MD, PhD; Vaishnavi Kundel, MD; Younghoon Kwon, MD	1.00
D-07	Exploring Biomarkers and Mechanisms of Restless Legs Syndrome: From Proteomics to Therapeutic Targets	Raffaele Ferri, MD; Brian Koo, MD; Yehia Mechref, PhD; Maria Mogavero, MD	0.75

Session Number	Session Title	Speaker(s)	Credit Hours
F-01	The Need for Sleep in Shaping the Developing Social Brain Across Sexes		2.00
	Introduction	Miranda Lim, MD, PhD	
	Role of Early Life REM Sleep in Shaping Sensory Development in the Highly Social Prairie Vole	Noah Milman	
	Early-Life Sleep Disruption Impairs Subtle Social Behaviors in Prairie Voles in a Sex-Specific Manner	Lezio Bueno-Junior, PhD	
	Sleep Deficits and Sex Differences in Mice with an Autism-Linked Shank3 Mutation	Elizabeth Medina	
	Sleep-State Dependent Cortical Motor Development Suggests Novel Neurodevelopmental Mechanisms in Rats	Madilyn Reid	
	Sleep Deficits and Sex Differences in Mice with an Autism-Linked Shank3 Mutation	Katharina Pittner, PhD	
	Impact of Sex on Sleep EEG Patterns in Typical and Atypical Neurodevelopment	Nataliia Kozhemiako, PhD	
F-02	Rest Under Fire: Examining Sleep and Recovery in the Firefighting Profession		1.00
	Sleep and Performance by Schedule Type in Firefighting	Nicole Bowles, PhD	
	Daily Health-Related Behaviors and Sleep Health among Firefighters	David Reichenberger, PhD	
	Advancing Firefighter Sleep Health: Evidence-Based Insights and Multi-Level Strategies	Joel Billings, PhD	
	Sleep, Stress, and Cognitive Function in Canadian Wildland Firefighters: Insights from a Naturalistic Study	Jesse Wallace-Webb	
	Q&A	All speakers	
F-03	The Fragmented Life: Examining Disordered Sleep and PTSD Development, Course, and Recovery		1.00
	Sleep Data from Wrist-Wearables May Help Identify Transdiagnostic Symptoms After Traumatic Stress Exposure	Laura Straus, PhD	
	CBT-I or Sleep Hygiene Integrated with Prolonged Exposure: Examining Outcomes and Mechanisms of Change	Peter Colvonen, PhD	
	Analysis of Sleep Duration, Timing and Regularity as Predictive Factors for Improvement in PTSD Symptom Severity	Kim Savin, PhD	
	Integrated Insomnia/PTSD Treatment Led to Reductions in Insomnia, PTSD, and Pain Interference Among Veterans	Anne Malaktaris, PhD	
	Q&A	All speakers	
F-04	Sleep and the Cerebral Cortex: A Two-Way Relationship		1.00
	Cerebral Cortex and Sleep: A Two-Way Relationship	Chiara Cirelli, MD, PhD	
	Prefrontal Cortical Neurons Bidirectionally Modulate Sleep Quantity and Depth	Lukas Krone	
	Impact of Homeostatic Sleep Pressure on Hypocretin Neuron Activity	Oscar Gonzalez, PhD	
	Using Transcranial Electrical Stimulation with Temporal Interference to Promote Sleep Slow Waves and Cognition	Erin Schaeffer	
F-05	REM Sleep - Circuits, Functions, and Modeling		2.00
	REM Sleep Control by SLD vGlut2 Neurons - Implications for Fear Memory	Daniel Kroeger, PhD	
	The Sublaterodorsal Tegmental Nucleus (SLD) and REM Sleep Behavior Disorder	Jimmy Fraigne, PhD	
	Brainstem Dynamics Underlying the Induction of REM Sleep	Franz Weber, PhD	
	MCH Control of REM Sleep	Ramalingam Venkatesan, PhD	
	REM Sleep and Cognition/Synaptic Plasticity	Mattia Aime, PhD	
	Dynamical Models of REM Sleep Control	Victoria Booth, PhD	
I-01	The Functions of Sleep and the Functions of Hypocretin (Orexin) Neurons in Sleep, Waking, and Opioid Addiction	Jerome Siegel, PhD	1.00
I-02	Pharmacological Therapy for Sleep Apnea	Atul Malhotra, MD	1.00
I-03	Defining the Role of Sleep-Active Glymphatic Function in Alzheimer's Disease: Moving Past the Hype	Jeffrey Iliff, PhD	1.25
I-04	How Do Humans Sleep in Space?	Erin Flynn-Evans, PhD	1.00
I-05	Let Me Sleep: The Disparities in Sleep Health through a Socio-Ecological Lens	Martha Billings, MD	1.00
I-06	Sleep-Disordered Breathing: Moving Toward Precision Medicine	Patrick Strollo Jr., MD	1.00
I-07	Eat Well, Sleep Tight: Strategies for Cardiometabolic Health	Marie-Pierre St-Onge, PhD	1.00
I-08	Can Chronotherapy Interventions Lighten the Load for Expectant and New Parents?	Katherine Sharkey, MD, PhD	1.00
I-09	To Sleep, Perchance to Twitch	Mark Blumberg, PhD	1.00
I-10	Breaking the Silence on Childhood Snoring	Ignacio Tapia, MD	0.75

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LBA-01	Late-Breaking Abstracts		1.00
	Brain Health from Sleep EEG: A Multi-Cohort, Deep Learning Biomarker for Cognition, Disease, and Mortality	Wolfgang Ganglberger, PhD	
	Modern Times: Longitudinal Study of Rural Toba/Qom Communities Reveals Delays and Shortening of Sleep in Real Time Across Electrification	Leandro Casiraghi, PhD	
	Sleep Regularization Decreases Blood Pressure in People with Hypertension: A Preliminary Analysis	Leandro Brito, PhD	
	Predictors of Sleep-Wake Fragmentation in Hispanic Individuals with Type 2 Diabetes: Insights from the HCHS/SOL Study	Renske Lok, PhD	
LBA-02	Industry Late-Breaking Abstracts (Non-CME)		N/A; Non-CME
	Nocturnal Spontaneous Arousals in Narcolepsy and Idiopathic Hypersomnia Following Low-Sodium Oxybate Treatment	Chad Ruoff, MD	
	Prevalence and Severity of Sleep Inertia Among Individuals with Idiopathic Hypersomnia	Chad Ruoff, MD	
	Impact of Switching From High- to Low-Sodium Oxybate on Ambulatory Blood Pressure in People with Narcolepsy	Virend Somers, MD, PhD	
	Effectiveness and Safety of Low-Sodium Oxybate Dosages Greater Than 9 Grams in Patients with Narcolepsy	Jerald Simmons, MD	
O-01	Sleep Across the Lifespan: Impacts on Development, Health, and Well-Being		2.00
	Poorer Actigraphic Sleep Health in Adolescence Predicts Lower Cardiovascular Health Score in Young Adulthood	Gina Mathew, PhD	
	Associations Between Sleep, Menstrual Problems, and Affective, Social, and Cognitive Functioning in Adolescent Girls	Evelyn Perez-Amparan	
	Childhood Sleep Spindle Density and Frequency are Associated with Adolescent Working Memory and Nonverbal Ability	Melany Morales-Ghinaglia	
	Sleep-Stage Modulation of Twitches and Sleep Spindles in Infants at 6 Months of Age	Taylor Christiansen	
	Frontal and Central Spindle Density and Developmental Outcomes in Infancy	Melissa Horger	
	Interaction Between Sleep Disturbance and Inflammation in Predicting Subsequent Risk of Frailty Among Older Adults	Muhammad Thalil	
	Actigraphy-Estimated Rest-Activity Rhythm Characteristics of Adolescents by Socio-Demographic Factors	Misol Kwon, PhD, RN	
	Maturational Trajectories of Slow Wave Activity Are Associated with Externalizing Psychopathology	Julio Fernandez-Mendoza, PhD	
O-02	Circadian Rhythms and Their Impact on Health: From Genetic Variations to Metabolic Responses		1.75
	Circadian Changes in Graph Theory Measures Over the Course of Sleep Deprivation	David Negelsohne, PhD	
	24-Hour Variation in Metabolic Responses to a 6.5-Hour Meal Window in Humans	Leilah Grant, PhD	
	Common and Rare Genetic Variations Association Analysis with Fifteen 24-Hour Rest-Activity Rhythm Measures	Tariq Faquih, PhD	
	Melatonin-Sleep Phase Angle Predicts Mortality in Women with Advanced Breast Cancer	Jamie Zeitzer, PhD	
	Circadian Regulation of Epithelial Viral Load in Health and in Asthma	Weston Powell, MD, PhD	
	Comparing Post-Prandial Glycemia After Late Eating vs. Late Sleep: Preliminary Results from a Randomized Crossover Study	Daisy Duan, MD	
	Diurnal Variations in Cerebral Blood Flow: Effects of Time-of-Day on Task-Related Brain Activity	Bowen Guo	
O-03	Hypersomnia: New Insights into Diagnostic Modalities		1.00
	Nocturnal Sleep Stage Stability Features in Unexplained Hypersomnolence	Jesse Cook, PhD	
	Polysomnographic Characteristics Differentiating the Central Disorders of Hypersomnolence	Jinu Johnson, MD	
	Polysomnographic Non-Rapid Eye Movement Sleep Biomarkers to Stratify Central Disorders of Hypersomnolence	Yu Luo	
	A Novel Phenotype of Hypersomnia Identified by Gamma Band Spectral Slope During MSLT	Junjie Liu, MD, PhD	

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O-04	Sleep and Post-Traumatic Stress Disorder: New Data		0.75
	Identifying Gaps in Evaluation and Treatment of Insomnia, OSA, and PTSD in Women Veterans	Gwendolyn Carlson, PhD	
	Emotional Dream Content of Acute Trauma Patients: Associations with Interpersonal Violence, Nightmares, and PTSD	Greg Mahr	
	Efficacy and Usage of Hypoglossal Nerve Stimulation in Patients with Comorbid Obstructive Sleep Apnea and Post-Traumatic Stress Disorder	Reena Dhanda Patil, MD	
O-05	CBT-I Clinical Trials: Therapist-Led, Digital, and Stepped-Care Models		1.75
	"Single-Shot" Cognitive Behavioral Therapy for Insomnia (CBT-I) is Related to Improvements in Sleep Onset and Maintenance Problems	Jamie Walker, LPC	
	A Randomized Controlled Trial of CBT-I in Veterans in Early Recovery from Alcohol Use Disorder	Subhajit Chakravorty	
	Comparative Effectiveness of Medication, Digital CBT-I (dCBT-I), and Combined therapy for Insomnia in Rural Adults	Katie Stone, PhD	
	Digital CBT for Insomnia is Linked to Reductions in Healthcare Use in Real-World Settings at Henry Ford Health	Christopher Miller, PhD	
	Early Findings from a Non-Inferiority Trial Comparing Traditional vs. Provider-Guided Asynchronous Digital CBT-I	Anne Germain, PhD	
	Health and Sleep Outcomes in Triaged Stepped-Care for Insomnia: Secondary Outcomes from the RESTING Study	Nicole Gumpert, PhD	
	Trajectories of Hypnotic Medication Use in a Triaged Stepped-Care CBT-I Trial for Insomnia: Results from the RESTING Study	Norah Simpson, PhD	
O-06	Neurologic and Cardiovascular Findings in Patients with Sleep-Disordered Breathing		1.75
	Eleven-Year Prevalence of Sleep-Disordered Breathing in Community-Based Health Centers Across the United States	Rupsha Singh, PhD	
	Associations Between REM OSA, White Matter Microstructure, and Cognition in Community-Dwelling Cognitively Unimpaired Older Adults	Joshua Gills, PhD	
	Associations Between Limbic White Matter Track Integrity and Cognition in Obstructive Sleep Apnea	Rachel McCray	
	Noninvasive MRI-Based Parenchymal CSF (pCSF) Mapping Shows Increased Glymphatic Fluid Volume in Untreated OSA	Samantha Keil	
	Social Risk Factors, Sleep Apnea and Cardiovascular Risk: Clinical Predictors in Community Health Centers	Diego Mazzotti, PhD	
	Distribution of Cardiometabolic Complications in U. S. Veterans Before and After Sleep Testing	Ellis Boudreau	
	Sleep Apnea Pathophysiological Traits and Cardiovascular Outcomes: The Multi-Ethnic Study of Atherosclerosis	Raichel Alex	
O-07	Unraveling the Mysteries of Sleep: How Sleep Patterns and Biological Rhythms Influence Memory, Cognition, and Emotional Processing in Aging and Diverse Populations		1.50
	REM Alpha Bursts Predict Hippocampal-Dependent Forgetting	Alessandra Shuster	
	Clouded Cognitive Awareness: The Role of Subjective and Objective Sleep in Older Adults' Awareness of Cognitive Functioning	Amy Costa	
	How Does the Menstrual Cycle Affect Overnight Emotional Memory Consolidation?	Allison Morehouse	
	Recovery Sleep Respiration Predicts Memory Following Sleep Deprivation	Alisa Huskey	
	Sleep Variability Relates to Neural Oscillations and Predicts Attention in Alzheimer's Disease	Maggie Rempe	
	Sex Differences in the Association of 24h Melatonin Area Under the Curve with Cognitive Function in Older Adults	Matthew Lehrer, PhD	
	Decoding Spatiotemporal Dynamics of Sleep Spindles and Their Age-Related Effects on Emotional Memory Consolidation	Thea Ng	
	A Data-Driven Multidimensional Approach Examining the Relationship Between Cognition and Sleep Composites in the Multi-Ethnic Study of Atherosclerosis	Caitlin Ballard Paquet	
O-08	Neurobiological and Neurobehavioral Effects of Sleep Loss		2.00
	Total Sleep Deprivation Impairs Decision Making More in Healthy Sleepers than in Individuals with Chronic Insomnia	Gisella Logioia	
	Cognitive and Cortisol Measures During Sleep Deprivation and Psychological Stress Influence Recovery Sleep Metrics	Namni Goel, PhD	
	Sleep Interrupted: Exploring the Effects of Total Sleep Deprivation on Chronic Insomnia Through Polysomnography	Delaney Miller	
	Bidirectional Predictors Between Catecholamines During Sleep Deprivation and Stress and Baseline and Recovery Sleep	Namni Goel, PhD	
	Impact of Sleep Deprivation on Synaptic Density in Human Brains	David Elmenhorst	
	Sleep Moderates the Relationship Between Body Fat Percentage and Appetite	Vincent Bourgon	
	Alcohol and Cannabis Affect Neurobehavioral Impairment from Acute Total Sleep Deprivation	Jazira Ssetuba	
	Mapping the Brain Around the Clock: Spontaneous Neural Activity is Influenced by Time Awake and Time of Day	William Kilgore, PhD	

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O-09	Pharmacotherapy in Insomnia: Effects of Long-Term Use and Deprescribing		0.75
	Long-Term Survival of Sleep Medications in Patients with Heart Failure and Insomnia: A Retrospective Analysis	Syed Imran Ahmed, MBBS	
	Sleep Medication Use Trajectories Over 30 Years and Late-Life Hearing Loss	Kening Jiang	
	BzRA Hypnotic Receptor Specificity and Rebound Insomnia	Timothy Roehrs, PhD	
	Insomnia Severity Following Benzodiazepine Receptor Agonist Deprescribing and CBT-I: Does Sleep Apnea Risk Matter?	Constance Fung, MD	
O-10	Rhythms of Life: Exploring 24-Hour Biological Cycles in Lipids, Metabolomics, and Gene Expression		1.00
	Characterizing Daily 24-Hour Rhythmicity in Circulating Lipids in a Mixed Clinical Inpatient Population	Kritika Vashishtha	
	The Diurnal Rhythmicity of Untargeted Metabolomic Profiles in Humans	Pavithra Nagarajan	
	In Vivo Circadian Gene Expression in Pediatric Asthma	Weston Powell, MD, PhD	
	Circadian Rest-Activity Rhythms and Epigenetic Age Acceleration in Older Adults	Chunyu Liu	
O-11	Cutting-Edge Insights into Neurobiological Mechanisms of Sleep: Chemogenetics, Receptor Deletion, and Glymphatic Function		0.75
	Global and Local Chemogenetic Deletion of the NOP Receptor Disrupts Both Spontaneous and NOP Agonist-Induced Sleep	Yu Sun	
	Chemogenetic Activation of Lateral Hypothalamic CaMKIIa Neurons in Partially and Fully Hrt Neuron-Degenerated Mice	Chen Yin, PhD	
	Chronic Adrenergic Blockade with Prazosin Enhances Glymphatic Function in a Murine Model	Joshua Cho, PhD	
O-12	New Insights and Approaches to Sleep Apnea Testing		1.00
	Hypoxic Burden in OSA Is Correlated with the Gamma Band Spectral Slope During Arousals	Junjie Liu, MD, PhD	
	Comparing Accuracy, Sensitivity, and Specificity of Actigraphy to Polysomnography in Cognitively Normal Older Adults with Obstructive Sleep Apnea	Mark Bernard, PhD	
	Application of Reduced Tidal Volume Index and Ventilation Loss Derived from EIT for Diagnosing and Assessing Severity of OSA	Sung Wan Kim	
	Arousal Threshold Estimated by Phenotyping Using Polysomnography Is Lower Using Automated Arousal Scoring Compared to Manual Arousal Scoring	Thomas Tolbert, MD	
O-13	Contemporary Management of Sleep Apnea		1.75
	A Machine Learning Approach for Targeted Obstructive Sleep Apnea Case-Finding in Outpatient Clinics	Zachary Oatley	
	A Comparison of Home Sleep Apnea Testing Ordered by Primary Care Providers and Sleep Specialists	Loretta Colvin, DNP, NP	
	Australia's Sleep Revolution: Technology-Enabled, Physiology-Informed, Personalized Care for OSA, Insomnia & COMISA	Danny Eckert, PhD	
	Challenging the 90-Day CPAP Adherence Standard: Insights into Disparities and Healthcare Inequities	Dennis Hwang, MD	
	Fully Telehealth vs. Fully Face-to-Face Management of Obstructive Sleep Apnea: A Comparative Study of CPAP Compliance	Zeynep Seckin, MD	
	A Remote-Patient-Monitoring (RPM) System Using FDA Cleared Wearable Technology for OSA Management Overcomes Deficiencies Found in PAP AHI RPM Data	Jerald Simmons, MD	
	Cardiovascular Risk Reduction with Glucagon-Like Peptide-1 Receptor Agonists in Patients with Obstructive Sleep Apnea and Obesity: A Real-World Study	Jaeun Ahn, MD	
O-14	Insomnia in Children and Adolescents: Risk Factors, Evaluation, and Management (Non-CME)		N/A; Non-CME
	Parental Sleep Knowledge and Toddler Sleep: Associations with Cultural Values and Acculturation Among Mexican American Families	Melissa Fineman	
	Sleep Health Phenotypes in Early Childhood: Associations with Caregiver Sleep-Related Factors	Monica Ordway, PhD, APRN, PPCNP-BC	
	Parenting Practices Regarding Screen Use at Bedtime and Its Relationship with Toddler Sleep in Mexican American Families	Darcy Thompson, MD	
	Understanding Contributors to Early Childhood Sleep Intervention Response: A Mixed Methods Study	Brizhay Davis	
	Beyond Entertainment: Medical Clowning as an Effective Sleep Intervention in Hospitalized Children	Maya Shimshi Barash, MD	
	The Power Down: A New Sensory-Based Bedtime Intervention for Children with ADHD	Amy Hartman, PhD	
	Feasibility and Acceptability of SHEETS: A New Digital Intervention for Enhancing Sleep Regularity in Adolescents	Jessica Lunsford-Avery, PhD	
	Social Determinants of Health Predicting Adherence to In-Home Sleep Extension in Adolescents with Habitually Insufficient Sleep	Caitlyn Maye	

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O-15	Sleep-Related Mechanisms of Emotional and Social Wellness and Effects of Targeted Behavioral Interventions		2.00
	Can Digital CBT-I Be as a Scalable Workplace Solution for Insomnia-Related Productivity Losses?	Jonny Russell	
	Evaluating the Causal Impact of Sleep-Restriction on Cognitive and Affective Empathy	Zlatan Krizan	
	Sleep's Impact on Social Wellness: A National Sleep Foundation Population Study of Black and Hispanic Adults	Alysa Miller	
	How Many Nights are Enough? A Pre-Registered Study Examining the Reliability of Sleep Intraindividual Variability Derived from 10,412 Normal Sleepers	Josh Leota	
	Pain and Social Isolation as Mechanisms Linking the Association Between Sleep Health Problems and Frailty in Older Adults in the United States	Muhammad Thalil	
	Sleep Health Profiles on Emotional Functioning and Quality of Life of Long-Term Survivors of Pediatric Hodgkin Lymphoma	Miguel Navarrete	
	Effects of Late Meal Timing on Hunger, Appetite, and Dietary Behaviors of Adults with Overweight/Obesity: A Randomized, Cross-Over, Controlled Trial	Arman Arab, PhD	
	Fatigue in Teams: Could Teaming Be an Effective Fatigue Risk Management Countermeasure?	Siobhan Banks, PhD	
O-16	Neurostimulation in Sleep-Disordered Breathing (Non-CME)		N/A; Non-CME
	Dual-Sided Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea: Results from the DREAM Trial	Maurits Boon, MD	
	Effects of Proximal Targeted Hypoglossal Nerve Stimulation on Apnea-Hypopnea Index in Moderate to Severe OSA: OSPREY Randomized Controlled Trial	Atul Malhotra, MD	
	Potential Over-Titration Hypoglossal Nerve Stimulation (HNS) Therapy: Implications for Protocol Refinement and Patient Outcomes	Unjung Cho	
	Effect of Hypoglossal Nerve Stimulation on Hypoxic Burden: Analysis of the STAR Trial	Ali Azarbarzin, PhD	
	Implementing a Psychological Evaluation as Part of HNS Implantation Protocol: Results of a Quality Improvement Initiative	Hollyann Loui	
	Automatic Activation of Transvenous Phrenic Nerve Stimulation for Central Sleep Apnea Results in High Nightly Usage	Rami Khayat, MD	
	Hypopnea Classification Impact on Transvenous Phrenic Nerve Stimulation Therapy Patient Selection and Efficacy	Timothy Morgenthaler, MD	
O-17	Sleep Disorders in Children with Chronic Conditions		1.75
	A Preliminary Evaluation of the Effects of Highly Effective Modulator Therapy on Sleep in Preschool Children with Cystic Fibrosis	Aaron Chidekel, MD	
	Polysomnographic Data in Children with Cystic Fibrosis on Highly Effective Modulator Therapy	Aarti Shakkottai, MD	
	Exploring the Frequency and Impact of Obstructive Sleep Apnea on Quality of Life in Children with Cystic Fibrosis: A Prospective Observational Study	Elizabeth Osei-Kuffour	
	Prevalence of Restless Leg Syndrome in Children with Cystic Fibrosis	Swati Jayaram	
	Prevalence & Treatment of Sleep Problems in Pediatric Brain Cancer	Kayla LaRosa, PhD	
	Children and Adolescents with Gut-Brain Disorders Have Worse Sleep Apnea Indices, Sleep Arousals, and Periodic Limb Movements Than Healthy Children	Neha Santucci	
	Impact of Nocturnal Hypoxemia in Sickle Cell Disease on Sleep Architecture	Seema Rani	
O-18	Intersection of Sleep Medicine and Psychiatry: New Research		2.00
	Predictors of Suicidal Ideation Within the First Year Postpartum: What's Sleep Got to Do with It?	Sammy Dhaliwal, PhD	
	Impact of Medication Use on REM Sleep Without Atonia: Differentiating Medication Effect from Depression Diagnosis	Jad El Ahdab	
	Melanopsin-Driven Light Responsivity and Reward Motivation in Young People at Risk for Mania	Lauren Keller	
	The Role of Interindividual Sleep Variability and Sleep Stages in Prodromal Psychosis Symptoms	Rebecca Essien	
	The Dynamic Interplay Between Undergraduates' Economic Stressors and Sleep Captured Through Multi-Night Ambulatory Sleep EEG	Jack Peltz, PhD	
	Longitudinal Study of Attention Deficit and Hyperactivity Disorder (ADHD) in the US Adult General Population	Maurice Ohayon	
	Decreased Sleep Spindle Density is Associated with Suicidality in Young Adults: the Penn State Child Cohort	Julio Fernandez-Mendoza, PhD	
	Weekend Catch-Up Sleep and Depressive Symptoms in Emerging Adults: Results from the National Health and Nutrition Examination Survey	Melynda Casement, PhD	
O-19	Sleep and Circadian Health in Diverse Occupations, Populations, and High-Risk Groups		1.75
	Sleep and Flourishing: A National Sleep Foundation Population Study of the Benefits of Getting Healthy Sleep	Joseph Dzierzewski, PhD	
	Sex-Specific Differences in Pain Following 1-Year of Shiftwork	Bipin Singh	
	How Do College Athletics Impact Sleep and Mental Health?	Jacqueline Leete	
	Associations Between Sleep Health and Objectively Measured Sound, Temperature and Light in the Home	Kristen Knutson, PhD	
	Sex-Specific Differences in Pain Following 1-Year of Shiftwork	Sophia Kogan	
	The Association Between Rest-Activity Circadian Rhythm and Shift Work Profiles Among Hong Kong Nurses: An Actigraphy-Monitored Study	Beixi Li, PhD	
	Innovative Approaches to Understanding Basic Needs and Insomnia Severity: Exploring Health and Socioeconomic Factors in a Latino Population in Florida	Jasmine Rubio	
O-20	Sleep Healthcare Delivery		1.00
	Sleep Health Disparity: Findings from a Retrospective Analysis with English- Versus Spanish-Speaking OSA Patients	Eloy Espinoza, MD	
	Implementability of a Perinatal Sleep Clinic	Atena Gutierrez Chavez	
	Receipt of Glucagon-Like Peptide-1 Receptor Agonists Among Rural Patients with Obstructive Sleep Apnea and Excess Weight	Aristotle Leonhard, MD	
	Time of Day and Suicide Risk Screening Outcomes in Veterans Health Administration Emergency Departments	Daniel Reis	

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O-21	Pediatric Sleep: Diagnostic Innovations		1.00
	Characterizing the Complexity of REM Sleep Across Pediatric Development: A Novel Metric Approach	Toshihiro Imamura, MD	
	Validating MoTrPAC Sleep High Density EEG Data Collection in Children and Adolescents	Caitlin Carroll, PhD	
	Understanding Cerebral Hemodynamics in Pediatric Obstructive Sleep Apnea with Near-Infrared Spectroscopy	Young Kim	
	Brain Lactate Concentrations After Adolescent Concussion Are Associated with Sleep Efficiency	Catherine Donohue, PhD	
O-22	Sleep Health and Sleep Disorders in Adults with Chronic Medical Conditions		0.75
	Associations Between Sleep Health and Chronic Conditions: A Cross-Sectional Study of NHANES 2017-2020	Allan Porcacchia	
	Sleep Health and Disability Among Adults with Inflammatory Bowel Disease	Samatha Conley, PhD	
	Comorbid Nonrestorative Sleep Accelerates Mortality in Community Adults with Common Chronic Conditions	Eriya Takahashi	
	Increased Risk of Cardiometabolic Disorders, including Hypertension, Hyperlipidemia, and Diabetes, in Patients with Narcolepsy	Christopher Kaufmann	
O-23	Genetic Variants and Metabolic Signatures Associated with Sleep and Circadian Function		1.00
	Genome-Wide Pleiotropy Analysis of Circadian Preference and BMI Reveals ADCY3's Rhythmicity in Adipose Tissue	Cynthia Tchio	
	Multi-Omics Studies of Upper Airway Muscles Advance Obstructive Sleep Apnea Pathogenesis Insights	Xiaoru Sun	
	The Human Phenotype Project: Metabolomic Signatures of Sleep Characteristics Reveal Gender-Specific Insights	Sarah Kohn	
	Genetic Variants Associated with Restless Legs Syndrome and its Comorbidities: An Analysis by a Phenome Wide Association Study	Arthur Walters, PhD	
O-24	Hypersomnia: New Drugs and New Data (Non-CME)		N/A; Non-CME
	Effects of Once-Nightly Sodium Oxybate on Apnea-Hypopnea Index: Post Hoc Analysis From the REST-ON Clinical Trial	Richard Bogan, MD	
	Impact of AXS-12 on Symptom Severity and Functional Impairment in Narcolepsy: Results from the Phase 3 SYMPHONY Trial	Michael Thorpy, MD	
	Residual Symptom Burden in Patients With Narcolepsy Satisfied With Treatment: Subgroup Analysis From the CRESCENDO Survey	Anwesha Banerjee, PhD	
	Effectiveness and Safety of Low-Sodium Oxybate in Participants with Narcolepsy: Results From the DUET Study	Logan Schneider, MD	
	Clinically Meaningful Improvement in Daytime Sleepiness With ON-SXB in People With Narcolepsy and Severe Sleepiness	Richard Bogan, MD	
	Long-Term Safety and Tolerability of Once-Nightly Sodium Oxybate: A Post Hoc Analysis From RESTORE	Sally Ibrahim, MD	
	Hypnagogic/Hypnopompic Hallucination Types Among Participants With Narcolepsy Type 1 From the Phase 3 REST-ON Trial	Michael Thorpy, MD	
O-25	Sleep & Medical Disorders: Identification of Cardiovascular Risks		2.00
	Age- and Sex-Specific Relationship of Sleep Apnea-Specific Heart Rate Response and Atrial Fibrillation Incidence	Catherine Heinzinger, DO	
	A Multi-Omics Study of the Association Between Insomnia with Objective Short Sleep Duration Phenotype and High Blood Pressure	Yanyuan Dai	
	Characterizing Arrhythmia Burden in Obstructive and Central Sleep Apnea with a Multi-Diagnostic Monitor	Cathy Goldstein, MD	
	Sleep Apnea-Specific Hypoxic Burden as a Predictor of Incident Heart Failure Compared to Traditional Measures	Abdallah Almegdadi, MBBS	
	Endothelial-Dependent Vasodilation is Associated with Sleep Apnea-Specific Blood Pressure Variations in Patients with Severe OSA	Ning Ding	
	Developing a Novel Marker of Sleep Fragmentation for Cardiometabolic and Mortality Risk Prediction	Jiong Chen	
	Circadian Rhythmicity Across the 24-h Behavioral Cycle is Associated with Lower Out-of-Office Blood Pressure Outcomes	Erica Wood, PhD	
	The Role of Novel Polysomnographic Parameters in Predicting Blood Pressure	Sikawat Thanaviratanachai	
O-26	Revolutionizing Sleep Apnea Diagnosis and Management: AI Innovations and Emerging Technologies (Non-CME)		N/A; Non-CME
	Detecting Central Sleep Apnea using a Multi-Diagnostic Chest-Worn Monitor	Rami Khayat, MD	
	Temporal Relationships Between Sleep Apnea and Arousal Predict All-Cause and Cardiovascular Mortality	Jiahao Fan	
	Leveraging Large Language Models to Develop Natural Language Processing Code for Extracting Sleep Study Data	Nathaniel Hwang	
	Closing the Gender Gap in Sleep Apnea Diagnosis: AI-Enhanced Home Sleep Testing	Heidi Riney, MD	
	Deep Neural Network Using Sleep Electrocardiography to Predict Future Risk of Atrial Fibrillation	Younghoon Kwon, MD	
	Shell Shocked: Evidence of Sleep-Like States in Non-Neural Systems Sparks a Reevaluation of Sleep-EEG Reliability	Matthew Reid, Dphil	
	AI-Driven Mapping of Upper Airway Obstructions Using a Passive Sleep Sonar	Onur Kilic	
	Development and Evaluation of Exclusively ECG-Based Deep Learning Model for Sleep Staging	Younghoon Kwon, MD	

Session Number	Session Title	Speaker(s)	Credit Hours
R-01	Trainee Case Reports		1.00
	Prazosin Induced Paresthesia: A Refractory Restless Legs Mimicker	Katherine Siebert, MD	
	An "Eye-Closing" Experience: A Rare Case of Post-COVID Hypersomnia	Mariam Mirza	
	Successful Treatment of Biot's Central Sleep Apnea with Phrenic Nerve Stimulator in a Patient with Rheumatoid Arthritis and Chronic Opioid Use	Huda Khan	
	Tirzepatide Treatment of Obesity Hypoventilation Syndrome	Patrick Holman, MD	
S-01	Best of Advances in Sleep and Circadian Science		2.00
	TDP-43 Sleep Disturbances are Driven by Peripheral Metabolic Dysfunction and Modified by Sik3 Knockdown in Drosophila	Anyara Rodriguez	
	Slow-Wave Sleep Enhancement Reduces Seizure Frequency and Shifts Seizure Timing in a Mouse Model of Medial Temporal Lobe Epilepsy	Danny Lasky, BS	
	Morning Chronotype is Associated with Improved Well-Being in Middle-Aged and Older Adults: Insights into Sleep, Internalizing Symptoms, and Alertness in Healthy Aging	Xinran Niu	
	Exploring the Association Between Sleep Metrics and Nocturnal Blood Pressure in Individuals with Hypertension	Joshua Landvatter	
	Circadian Alignment and Sex-Specific Differences in Inflammatory Markers	Brooke Shafer, PhD	
	Postpartum Maternal Sleep Disruption is Associated with Perception of Infant Temperament: Findings from a 6-Month Longitudinal Study	Rebecca Cox, PhD	
S-02	Optimizing Sleep Health: Transdiagnostic Approaches Across Lifespans and Mental Disorders		2.25
	Introduction	Lu Dong, PhD, MHS	
	Sleep and Circadian Strategies in a Family-Centered and Health Equity-Informed Early Childhood Sleep Intervention	Ariel Williamson, PhD	
	Sleep and Circadian Interventions Among Adolescents: Treatment Strategies and Outcomes	Lauren Asarnow, PhD	
	Transdiagnostic Treatment for Sleep, Circadian, and Mental Health Problems in Community Mental Health Settings	Laurel Sarfan, PhD	
	Maximizing Benefits from Sleep and Circadian Treatments: Memory Support and Habit Formation as Key Strategies	Allison Harvey, PhD	
S-03	The Multifaceted World of Sleep Spindles: From Evolution to Neuropsychiatric Relevance		2.00
	Introduction	Peter Meerlo, PhD	
	Light as a Modulator of Sleep Spindles: Insights from Treeshrews (<i>Tupaia Belangeri</i>)	Carolina Gutierrez Herrera, PhD	
	Protective Role of Spindles in Memory and Epilepsy	Adrien Peyrache, PhD	
	Age-Related Changes in Sleep Spindle Activity are Associated with Reduced Emotional-Memory Processing	Rebecca Spencer, PhD	
	Dysregulation of Spindle Circuitry in Relation to Impaired Memory Consolidation in Schizophrenia	Dara Manoach, PhD	
S-04	Women Scientists in the Psychology of Sleep and Circadian Rhythms: Historical Vanguards and Personal Journeys		1.25
	Introduction	Kara Duraccio, PhD	
	Marie de Manaceine, Mary Calkins, and Other Women Pioneers of Experimental Sleep Psychology	Daniel B. Kay, PhD	
	Rosalind Cartwright: Queen of Dreams and Champion of Sleep Psychology	Stephanie Crowley, PhD	
	Patricia Lacks: Pioneer in Clinical Sleep Psychology	Amy Wolfson, PhD	
	My Journey Through Sleep: The Story of One Woman Scientist	Sonia Ancoli-Israel, PhD	
	Sleeping to Achieve Health Equity	Natasha Williams, EdD	
	Yesterday, Today, Tomorrow: Opportunities, Challenges, Pitfalls	Mary Carskadon, PhD	
S-05	DNA Methylation (Epigenetics) and Obstructive Sleep Apnea: New Insights and Future Directions		1.00
	DNA Methylation 101: What is It, How Do We Measure It, and What Does It Mean?	Tamar Sofer, PhD	
	Translational Animal Studies of Epigenetics in OSA - What Have We Learned?	Mohammad Badran, PhD	
	Age Acceleration and OSA: The Epigenetic Clock is Ticking	Najib Ayas, MD	
S-06	Human Diversity in Mental Health: Exploring Socio-Environmental Contribution to Circadian Light Sensitivity		1.00
	Age-Related Differences in Light Exposure Patterns from Preschool to Adolescence	Lauren Hartstein, PhD	
	Effects of Early School Start on the Circadian Timing of Sleep, Performance, and Mood in Singaporean Adolescents	Joshua Gooley, PhD	
	Impact of Seasonal Changes in Light on Sleep and Mood in Immigrants from the Tropical to Higher Latitudes	Saranea Ganesan, PhD	
S-07	Patient-Centered Outcomes Research in Sleep Medicine: Doing Research Differently		2.25
	Introduction and Insights: Patient-Centered Outcomes Research in Sleep	Susan Redline, MD, MPH	
	PCOR Mission and Vision: Patients as the vehicles for intervention (PICOS)	Sairam Parthasarathy, MD	
	Large Pragmatic Platform Trials and PCOR in Sleep (RECOVER-SLEEP)	Daniel Buysse, MD	
	Disseminating PCOR Evidence in Sleep Medicine	Suzanne Bertisch, MD, MPH	
	Patient/Provider Preference and Rural Settings for PCOR (COZI)	Katie Stone, PhD	

Session Number	Session Title	Speaker(s)	Credit Hours
S-08	Pushing the Envelope on Fatigue Risk Management		1.50
	A New Approach to Predicting Sleep in Around-the-Clock and Around-the-World Operations	Hans Van Dongen, PhD	
	Integration of Sleep and Fatigue Technology in Fatigue Risk Management: Innovations and Challenges	Rachael Muck, PhD	
	Inclusive Consideration of Sleep or Circadian Disorders in Fatigue Risk Management	Charles Samuels, PhD	
S-09	OSA Phenotyping: Role of Age, Sex, Objective Assessment of EDS and Insomnia, Biomarkers, and Weight Loss Medications		2.25
	Sex Differences in OSA Mechanisms and Presentation	Susan Redline, MD, MPH	
	Age differences in OSA Pathophysiology and Presentation	Alexandros Vgontzas, MD	
	Objective Assessment Identifies the Most Severe Types of Insomnia and EDS Associated with OSA	Yun Li, MD	
	Inflammatory and Metabolic Mechanisms in OSA Pathogenesis: Insights from Biomarkers	Tianyi Hyang, ScD	
	Weight Loss Medications in OSA - Who Benefits?	Ronald Grunstein, MD, PhD	
S-10	AI and Machine Learning in Sleep Medicine: Diagnostics, Treatment, and Outcomes from AASM Foundation Projects (Non-CME)		N/A; Non-CME
	Utilizing Artificial Intelligence to Optimize Diagnosis of Obstructive Sleep Apnea	Michelle Zeidler, MD	
	AI-Driven Models to Predict PAP Adherence: From Development to Clinical Implementation	Dennis Hwang, MD	
	Deep Learning Models for Automated Detection of Sleep-Disordered Breathing Events	Kirsi-Marja Zitting, PhD	
	Data Driven Biomarkers of Sleep Quality	Brandon Westover, MD, PhD	
S-11	Improving Pediatric Sleep Apnea Care Through Down Syndrome-Focused Clinical Trials		2.00
	Home Sleep Apnea Testing Compared to In-Lab Polysomnography for OSA Evaluation in Children with Down Syndrome	Christopher Cielo, DO	
	TOPS-DS: Personalized Sleep Surgery for Children with Down Syndrome	Derek Lam, MD	
	Strategies to Facilitate Understanding of and Adherence to Clinical Research Trials in Youth with Down Syndrome	Melissa Xanthopoulos, PhD	
	The NIH INCLUDE Project: Opportunities for Partnership in Sleep Medicine	Ignacio Tapia, MD	
S-12	Chrononutrition for Cardiometabolic Health		2.00
	Chrononutrition for Shift Work and Cardiometabolic Disease	Emily Nicole Manoogian, PhD	
	Chrononutrition for Human Health - Circadian Mechanisms	Frank Scheer, PhD	
	Time Restricted Eating for Weight Management and Cardiometabolic Health	Marie-Pierre St-Onge, PhD	
	Extending Overnight Fasting Duration on Sleep and Cardiometabolic Function in Aging	Phyllis Zee, MD, PhD	
S-13	Emerging Concepts on Sleep and Wake State Staging: What Can We Add to Classic Staging?		2.00
	Opening Remarks on Traditional Sleep Staging and New Questions in the Field	Brendon Watson, MD, PhD	
	Recurrence of State Divergence Across the Neocortex in Humans	Rockelle Jang	
	All Roads Lead to Rome: Converging Results for Novel Sleep States Independently from the Conventional Sleep Stages	Dante Picchioni, PhD	
	The Temporal Structure of REM Sleep Shows Minute-Scale Fluctuations Across Brain and Body in Mice and Humans	Lezio Bueno-Junior, PhD	
S-14	Addressing Sleep-Wake Disturbances in Post-Acute Brain Injury Recovery: Mechanisms and Interventions		1.00
	Understanding and Addressing Sleep-Wake Disturbances Post-Stroke: Impact on Recovery and Treatment Strategies	Stefanie Howell, PhD	
	Neurophysiological Mechanisms and Tailored Interventions for Sleep-Wake Disturbances Post-TBI	Grace Griesbach, PhD	
	Neuroendocrine Dysfunction and Gut Dysbiosis: Contributing Factors in Post-Brain Injury Sleep-Wake Disturbances	Jonathan Elliott, PhD	
S-15	Melatonin Use in Understudied Populations of Children and Adolescents: Perceptions of Efficacy, Potential Adverse Effects, and Educational Resources		2.25
	Introduction	Judith Owens, MD	
	Melatonin Use Characteristics, Effectiveness, and Adverse Effects in Children in Foster Care, and the Community	Alyssa Vieira, BA	
	Melatonin Safety and Effectiveness in Autism - Communicating Science to Concerned Parents	Beth Malow, MD	
	Melatonin Use Among Youth Residing in Juvenile Justice Facilities	Amy Wolfson, PhD	
	Melatonin Use in U.S. Children: A Household Survey	Emily Ricketts, PhD	

Session Number	Session Title	Speaker(s)	Credit Hours
S-16	The Sleepless Brain: Linking Central Insulin Resistance to Neurodegenerative Disease		1.00
	Clinical Implications of Sleep Dysregulation on Peripheral Insulin Sensitivity and Neuroinflammatory Markers	Erin Kishman, PhD	
	Detrimental Effects of Sleep Disturbance on Insulin Blood-Brain Barrier Transport	Elizabeth Rhea, PhD	
	Sleep and Central Insulin Signaling: Implications for Metabolism and Cognition	Manfred Hallschmid	
S-17	Cognitive Symptoms in Narcolepsy and Idiopathic Hypersomnia: Neurobiology, Functional Impact, and Clinical Research		2.25
	Neurobiological Mechanisms of Orexin on Cognitive Targets	Chris Cano, MD	
	Navigating Brain Fog: Patient Experience of Cognitive Challenges in the Real World	Julie Flygare	
	Nocturnal Sleep Disruption, Daytime Sleepiness and Cognitive Impact	Kiran Maski, MD	
	Cognitive Treatment Effects in CNS Disorders of Hypersomnolence	Lucie Barateau, MD, PhD	
S-18	Translating Sleep Science to the Real World: From fMRI to Wearable Technology		2.00
	Whole Brain Modeling of Sleep	Daniel Foger, PhD	
	Neuroimaging Homeostatic and Circadian Components of Cognitive Fatigue	William Killgore, PhD	
	AI+Math+Wearables: Highly Accurate Prediction of Mood Episodes with Sole Sleep-Wake Patterns	Jae Kyoung Kim	
	Homeostatic and Circadian Components of Cognitive Fatigue: Biomarkers, Sleep, and Neurobehavioral Performance	Brieann Satterfield, PhD	
S-19	Advances in the Development of Orexin Agonists (Non-CME)		N/A; Non-CME
	ORX750, an Orexin Receptor 2 (OX2R) Agonist, Increased Wakefulness in Acutely Sleep-Deprived Healthy Participants	Amanda Sterkel, PhD	
	Investigational Orexin-2 Receptor Agonists for Narcolepsy Types 1 and 2, Idiopathic Hypersomnia, and Beyond	Marcus Yountz, MD	
	TAK-861 Improves Cognitive Symptoms in Patients with Narcolepsy Type 1	Christian von Hehn, MD, PhD	
	Mapping Orexin Receptor 2 Pathways that Improve Sleepiness and Cataplexy	Thomas Scammell, MD	
S-20	The Limitations of Pulse Oximetry in Sleep Health: Challenges and Opportunities (Non-CME)		N/A; Non-CME
	The Unseen Variable: Pulse Oximetry Through Time	Muhammad Adeel Rishi, MBBS	
	The Road Towards Accurate Pulse Oximetry	Kimani Toussaint, Jr., PhD	
	Effects of Skin Pigmentation in Pulse Oximetry: Critical Analysis of Proposed FDA Changes	Hugh Cassiere, MD	
	Shortfalls of Oximetry: What Can Sleep Clinicians Do?	Indira Gurubhagavatula, MD, MPH	
S-21	Applying Sleep- and Circadian-Informed Interventions to Improve Clinical Health Outcomes in Diverse Populations (Non-CME)		N/A; Non-CME
	Applying Sleep- and Circadian-Informed Lighting Interventions to Improve Health Outcomes	Shadab Rahman, PhD, MPH	
	So You Dreamed Up a Lighting Intervention - What's the Next Step?	Andrea Wilkerson, PhD	
	The Role of Light Exposure and Meal Timing as Circadian Time Cues: Implications for Optimizing Interventions	Leilah Grant, PhD	
	Eat, Sleep, Think: Leveraging Circadian Cues to Improve ICU Outcomes	Melissa Knauer, MD, PhD	
S-22	From Basic Mechanisms to Translation: Targeting Sleep Oscillations to Improve Outcome in Neuropsychiatric Disorders		1.50
	Abnormal Sleep and Wake Neurophysiology in Adolescents with Autism Implicates Thalamocortical Circuit Dysfunction	Dara Manoach, PhD	
	Sleep Oscillatory Deficits in Psychosis Risk and Early Course Schizophrenia: A Target Engagement Biomarker?	Fabio Ferrarelli, MD, PhD	
	Sleep Oscillatory Abnormalities in Aging and Neurodegenerative Disorders	Bryce Mander, PhD	
S-24	Enhancing Allied Health Providers' Competence in Behavioral Sleep Medicine		1.00
	A Brief Introduction on Training Allied Professionals Across Diverse Care Settings	Katharine Simon, PhD	
	Training Bachelor's Level Child Behavioral Health Specialists in Evidence-Based Sleep Health Promotion	Ariel Williamson, PhD	
	Enhancing Allied Health Providers' Competence Through Web-Based Provider Trainings and Consultation	Daniel Taylor, PhD	
	Training New Trainers Fellowships, Integrating BSM Content into Large Educational Programs	Ariel Neikrug, PhD	
S-25	Sleep Surgery Trials		2.00
	Challenges and Strategies for Surgery Randomized Trials	Allison Ikeda, MD	
	Sleep Surgery Trials in Adults	Edward Weaver, MD	
	Sleep Surgery Trials in Children	Erin Kirkham, MD	
	Novel Ongoing Sleep Surgery Trials in Children	Derek Lam, MD	

Session Number	Session Title	Speaker(s)	Credit Hours
S-26	Cortical Regulation of Sleep		2.25
	An Emerging Re-Evaluation of the Role of the Cerebral Cortex in Sleep/Wake Control	Thomas Kilduff, PhD	
	Transgenic and Viral Tools for Experimental Access to Specific Cortical Cell Populations	Bosiljka Tasic, PhD	
	Long-Range Inhibitory Neurons Coordinate State-Dependent Cortical Network Synchronization	Renata Batista-Brito, PhD	
	Dynamics of Local and Global Sleep Slow Waves in a Large-Scale Thalamocortical Network Model of the Human Brain	Maksim Bazhenov, PhD	
S-27	Obesity and Weight Management: Is There a Role for Sleep?		1.00
	Overview of the Role of the Session and Learning Objectives	Paul Peyrel, PhD	
	Overview of the Effects of Sleep on Weight Loss	Prachi Singh, PhD	
	Impact of Sleep on Energy Balance Regulation: Implications for Weight Management	Faris M. Zuraikat, PhD	
	Sleep's Role in Behavioral Treatment of Obesity	Seth A. Creasy, PhD	
S-28	Impact of Sleep Disruption During the Menopausal Transition on Mental Health: Role of Artificial Light at Night (Non-CME)		N/A; Non-CME
	Association of Insomnia Severity with Resting Stress and Acute Stress Responsivity in Midlife Women	Pamela Mahon, PhD, MPH	
	Lighting Interventions to Improve Sleep and Mental Health Outcomes: Implications for Sleep Disruption in Women	Shadab Rahman, PhD, MPH	
S-29	The Glymphatic System, Sleep, and Neurodegeneration - What the Clinician Needs to Know (Non-CME)		N/A; Non-CME
	Sleep, Cerebrospinal Fluid Movement, and the Glymphatic System - Connections Across Clinical Populations	A.J. Schwichtenberg, PhD	
	Glymphatic Pathway, Sleep, and Neurodegenerative Disease	Sudha Tallavajhula, MD	
	Stroke and the Glymphatic System	Joyce Lee-Iannotti, MD	
S-30	Beyond CPAP Therapy: Nonsurgical Alternative Therapies for the Treatment of Childhood Obstructive Sleep Apnea		2.00
	Are Intranasal Corticosteroids Useful for the Treatment of Pediatric Obstructive Sleep Apnea?	Ignacio Tapia, MD	
	High Flow Nasal Cannula for the Treatment of Childhood Obstructive Sleep Apnea	Indra Narang, MD	
	Positional Therapy as a Targeted Treatment Option for Positional Obstructive Sleep Apnea	Lena Xiao, MD	
	Craniofacial Characteristics and Indication of Rapid Maxillary Expansion and Mandibular Advancement Treatment	Fernanda Almeida, DDS, PhD	
	Novel Drug Therapies for the Treatment of Obstructive Sleep Apnea	Amal Osman	
S-31	The Benefits of Large Sleep Data Resources: Enhancing Discovery, Generalization, and Rigor		2.25
	Introduction: NIH's Data Management and Sharing Plan and the NSRR	Susan Redline, MD, MPH	
	Capturing the Sleep Print: Individualized EEG Signatures and Population Variability in Large Datasets	Michael Prerau, PhD	
	Leveraging Clinical Sleep Data Across Pediatric Cohorts for Insights into Neurodevelopment	Ashura Buckley, MD	
	Machine Learning for Sleep Physiological Time Series Analysis	Joachim Behar, PhD	
	Sharing Animal Sleep Data	Thomas Kilduff, PhD	
S-32	Updates on Biomarkers in RBD: Neurophysiology, Actigraphy, and Biofluid Markers		1.75
	Updates on Neurophysiology in iRBD: Manual and Automated Scoring Techniques	Donald Bliwise, PhD	
	Updates on Actigraphy in iRBD	Emmanuel During, MD	
	Updates on Biomarkers in iRBD: Skin and CSF	Mitchell Miglis, MD	
S-33	Impact of Obstructive Sleep Apnea on Neurodegenerative & Alzheimer's Disease Pathogenesis: Examining Physiologic, Race, and Sex Specific Mechanisms		2.00
	OSA and Risk of Alzheimer's Disease over a 12 Year Follow-Up - Examining Race and Sex Specific Mechanisms	Joshua Gills, PhD	
	Effects of OSA on Human Spatial Navigational Memory Processing in Cognitively Normal Older Individuals	Anna Mullins, RPSGT, PhD	
	Characterizing Patients with OSA at Heightened Risk of Alzheimer's Disease Stage Progression	Omonigho Michael Bubu, MD, PhD	
	Acute PAP Withdrawal Impacts Diurnal Plasma Alzheimer's Disease Biomarkers and Effect of Slow Wave Sleep Disruption	Korey Kam, PhD	
	Applying Novel Metrics in OSA to Delineate Neurodegenerative Mechanisms and Increased Alzheimer's Risk Occurs	Ankit Parekh, PhD	

Session Number	Session Title	Speaker(s)	Credit Hours
S-34	Traveling in a Globalized World: Leveraging Wearables to Manage Sleep, Performance, and Health in Athletes (Non-CME)		N/A; Non-CME
	Intro: Leveraging Technology for Understanding and Managing Travel in a Globalized World	Massimiliano de Zambotti, PhD	
	Sleep and Circadian Disruptions in Time-Zone Travelers: Insights from Wearables and Big Data Analytics	Adrian Willoughby, PhD	
	A Complex Interplay Between Sleep and Circadian Factors, Athletic Performance, and Health: New Frontiers and Gaps	Jesse Cook, PhD	
	Light Exposure in The Role of Athletic Performance and Well-Being: Helpful, Harmful, and Hopeful	Renske Lok, PhD	
	Temporal Dynamics of Sleep and Exercise: Insights from Large-Scale Wearable-Derived Data	Josh Leota	
S-35	Neuromodulation of the Basal Ganglia to Improve Sleep and Arousal: Animal and Human Studies		2.00
	Cell-Type Specific Control of Sleep and Wakefulness by Globus Pallidus Pars Externa in Mice	Ritchie Brown, PhD	
	Non-Invasive Modulation of Sleep-Wake Centers Using Low-Intensity Focused Ultrasound	Charlotte Luff, PhD	
	Clinical Effects of Sub-Cortical Neuromodulation on Sleep	Lan Luo, MD, MS	
	Deep Brain Stimulation of the Globus Pallidus Pars Externa to Improve Insomnia in Parkinson's Disease Patients	Pablo Castillo, MD	
W-01	Cardiovascular Implications of Sleep Disruption in Women: Emerging Evidence and Clinical Implications		0.50
	Cardiovascular Consequences of Sleep Disruption: Worse for Women?	Virend Somers, MD	
	Pregnancy-Related Cardiovascular Disease and Obstructive Sleep Apnea	Snigdha Pusalavadyasagar, MD	
W-02	Adult or Pediatric? Diagnostic and Treatment Dilemmas when Managing Teen OSA		1.00
	Diagnostic Strategies for OSA in Teens. How and Why?	Ruckshanda Majid, MD	
	Treatment Decisions and Dilemmas: Role for Combined Therapies and Individualized Decision Making	Binal Kancherla, MD	
	Outcomes of Treating or Not Treating Teen OSA	Anna Wani, MD	
W-03	Iron Status and Iron Therapy for Pediatric Sleep Issues: Practical Aspect for Sleep Providers		2.00
	The Role of Non-Anemic Iron Deficiency in Pediatric Sleep Disorders (RLS, RSD, and Children with Chronic Disorders)	Osman Ipsioglu, MD, PhD	
	Iron Homeostasis and Implications for Iron Therapy	Narong Simakajornboon, MD	
	Oral Iron Therapy: What Evidence, How Effective, and Long-Term Outcomes	Thomas Dye, MD	
	Intravenous Iron Therapy: Evidence, When to Consider, How to Monitor and Follow Up	Lourdes DelRosso, MD, PhD	
	Recent AASM Guideline and Practical Aspect for Sleep Providers	Suresh Kotagal, MD	
W-04	Obesity Hypoventilation Syndrome - Updates in Diagnosis, PAP, and Weight Management		1.00
	Unequal Burden: Understanding Gender Disparities in OHS	Nathan Nowalk, MD	
	Demystifying PAP Settings and Reimbursement in OHS	Sreelatha Naik, MD	
	Cutting Weight, Breathing Easy: Bariatric Surgery in OHS	Babak Mokhlesi, MD	
	Transforming Treatment: Medical Solutions for Obesity and OSA	Atul Malhotra, MD	
W-05	Weight Loss Medications: How to Use in the Sleep Clinic		1.25
	Weight Loss Medications: How to Use in the Sleep Clinic	Emma Oldham, CRNP	
	Reviewing SURMOUNT-OSA and Other Evidence for GLP-1 Agonists to Treat Obstructive Sleep Apnea	Vaishnavi Kundel, MD	
	Setting up a GLP-1 Program in the Sleep Clinic	Brandon Nokes, MD	
	Managing Common Problems Encountered with GLP-1 Agonists	Brian Wojecik, MD	
W-06	Women and the Pharmacology of Sleep Disorders: What do I Need to Know?		1.25
	Weight Loss Management and Sleep in Women	Ruckshanda Majid, MD	
	Insomnia Management and Sleep in Women	Fidaa Shaib, MD	
	Hypersomnia Management and Sleep in Women	Nancy Collop, MD	
W-07	The Critical Role of Opioids in Restless Legs Syndrome		2.00
	New Insights into the Role of the Opioid System in RLS Pathophysiology	Brian Koo, MD	
	The Latest from the National RLS Opioid Registry	John Winkelmann, MD, PhD	
	Longitudinal Effectiveness of Buprenorphine in Severe RLS	Joseph Andrew Berkowski, MD	
	Practical Strategies for Opioid Treatment in RLS Augmentation	Mark Buchfuhrer, MD	
W-08	CBT for Nightmares: Adaptations for Trauma, Bipolar, Narcolepsy, and Children		2.25
	An Expert Consensus Manual for Cognitive Behavioral Therapy for Nightmares	Kristi Pruijsma, DBSM	
	Adapting CBT-N for Adults Diagnosed with Bipolar Disorder	Katheine Miller, PhD, DBSM	
	Adapting CBT-N to Treat Narcolepsy-Related Nightmares	Jennifer Mundt, PhD, DBSM	
	Adapting CBT-N for Youth Ages 6-17 with and Without Psychiatric Comorbidities	Lisa Cromer, PhD	
W-09	A Breath of Innovation: Understanding (NIV) and Home Mechanical Ventilation (HMV) Devices and Modes		1.00
	The Ventilator Wannabes: BPAPs and VAPS Devices	Nathan Nowalk, MD	
	The "Ventilator Only" Devices	Sritika Thapa, MD	
	Using "Ventilator Plus" Devices	Sreelatha Naik, MD	