Ninth Biennial Conference

Advances in Research, Patient Care, Policy, and Education

Pediatric Polysomnography
Thursday, November 2nd

Best Practices
Friday, November 3rd

Pediatric Sleep Medicine Meeting
Saturday & Sunday
November 4th & 5th

Keep Connected For Updates!
@PedSleepMedConf
Co-Chairs
Stephanie J. Crowley, PhD
Associate Professor | Biological Rhythms Research Laboratory
Dept. of Behavioral Sciences | Rush University Medical Center | Chicago, IL

Lisa J. Meltzer, PhD
Associate Professor of Pediatrics
Director, Pediatric Behavioral Sleep Clinic | National Jewish Health | Denver, CO

Carol L. Rosen, MD
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Case Western Reserve University School of Medicine
University Hospitals of Cleveland, Case Medical Center | Rainbow Babies & Children's Hospital | Cleveland, OH

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Dalhousie University
Psychologist and Director, ADHD Clinic, CEHHA
Colchester East Hants Health Authority
Scientific Staff, IWK Health Centre
Truro, Nova Scotia, Canada

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Harvard Medical School | Boston, MA

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Director, Child & Adolescent Sleep Clinic
Flinders University | Adelaide, South Australia

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Vanderbilt University Medical Center
Director, Vanderbilt Sleep Disorders Division | Nashville, TN

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University of Cincinnati College of Medicine
Director, Sleep Disorders Center
Director, Sleep Medicine Fellowship Program
Cincinnati Children's | Cincinnati, OH

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Instructor, Harvard Medical School
Boston Children's Hospital | Boston, MA

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Professor of Psychology | Saint Joseph's University
Associate Director, Sleep Center
Children's Hospital of Philadelphia | Philadelphia, PA

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Adjunct Associate Professor of Pediatrics
West Virginia University | Morgantown, WV

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Boston Children's Hospital | Boston, MA

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Assistant Professor, Lawrence S. Bloomberg
Faculty of Nursing | University of Toronto
Adjunct Scientist & Research Associate Hospital
for Sick Children (SickKids) | Toronto, Canada

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Alpert Medical School, Brown University | Providence, RI

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Perelman School of Medicine at the University of Pennsylvania
Sleep Center, Children's Hospital of Philadelphia | Philadelphia PA

For more details go to: brown.edu/cme/pedsleepmedconference
Target Audience
Intermediate to advanced sleep medicine specialists, fellows, psychologists, physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists.
Instructional level: intermediate

Program Description
This course is targeted towards experienced sleep practitioners seeking a more advanced but still practical approach to polysomnography in infants, children and adolescents. Highlights include improving practices and lab environment to accommodate children with special needs (including autism), updates on PAP masks for pediatric populations including mask fitting and desensitization, and updates in positive airway pressure (PAP) titration. Further skills in polysomnography and multiple sleep latency testing and interpretation will be promoted by experts in the field.

At the conclusion of this course, attendees should be able to:
- Identify ways to improve the sleep lab experience and safety for children and families
- Manage special needs children in your sleep lab
- Select PAP masks that work best for children (infants to obese teens; craniofacial disorders), list tips for mask fitting in children, and principles of mask desensitization
- Describe PAP treatment and home monitoring options for OSA and other forms of sleep disordered breathing including: auto-titration devices, bi-level pressure support, adherence monitoring and advanced diagnostics
- Identify limitations and practical approaches to MSLT protocols for children and the unique diagnostic features of sleep physiology of patients with narcolepsy that can be identified on polysomnography and multiple sleep latency tests
- Recognize normal respiratory and non-respiratory features, variants, artifacts and PSG patterns of sleep and breathing in childhood

12:00–12:55 pm  Registration and Lunches
12:55–1:00  Welcome, Overview, and Logistics
Co-Chairs: Kiran Maski, MD and Carol L. Rosen, MD
1:00–1:45  Accommodating Children and Families in the Sleep Lab
Patrick Sorenson, MA, RPGST
1:45–2:30  Special Needs Children in the Sleep Lab
Jennifer A. Accardo, MD, MSCE
2:30–2:45  Break
2:45–3:30  Best Masks and Mask Fitting in Children
Michael Gunnuscio, RPSGT
3:30–4:15  PAP and NIPPV: From Acquisition to Adherence Monitoring
Narong Simakajornboon, MD
4:15–4:30  Break
4:30–5:15  PSG/MSLT Testing for Children with Central Hypersomnias
Kiran Maski, MD
5:15–6:00 pm  Fun With Sleep Fragments
Carol L. Rosen, MD
Target Audience
Researchers, clinicians, and trainees (physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists). Instructional level: intermediate.

Program Description
This course will offer best practice, up-to-date, evidence based information in the treatment of pediatric sleep disorders, including sleep disordered breathing, narcolepsy, restless legs syndrome/periodic limb movement disorder, circadian rhythm disorders, insomnia, and parasomnias. In addition, participants will learn best practices approaches to engaging patients and families to increase adherence to sleep interventions, including PAP therapy.

At the conclusion of this course, attendees should be able to:
- Identify and diagnose physiologically-based pediatric and adolescent sleep disorders
- Identify and diagnose behaviorally-based pediatric and adolescent sleep disorders
- Apply up-to-date, evidence based treatments for pediatric and adolescent sleep disorders
- Utilize motivational interviewing and family engagement techniques to improve adherence to sleep interventions in pediatric populations

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:30–8:30 AM</td>
<td>Registration, Breakfast &amp; Visit Exhibits</td>
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<tr>
<td>8:30–8:45</td>
<td>Welcome</td>
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<td>Co-Chairs: Penny Corkum, PhD &amp;</td>
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<td>Valerie Crabtree, PhD</td>
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<td>8:45–9:35</td>
<td>Obstructive Sleep Apnea</td>
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<td>Carole L. Marcus, MBBCh</td>
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<td>9:35–10:10</td>
<td>Restless Legs Syndrome and Periodic Limb Movement Disorder</td>
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<td>Jeffrey S. Durmer, MD, PhD, D.ABSM</td>
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<td>10:10–10:45</td>
<td>Narcolepsy &amp; Disorders of Daytime Sleepiness</td>
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<td>Shelly K. Weiss, MD, FRCPC(C)</td>
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<td>10:45–11:00</td>
<td>Break and Visit Exhibits</td>
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<td>11:00–11:35</td>
<td>Parasomnias</td>
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<td>Kiran Maski, MD</td>
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<td>11:35–12:25 PM</td>
<td>Prescription and OTC Medications and Pediatric Sleep Disorders</td>
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<td>Beth A. Malow, MD, MS</td>
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<tr>
<td>12:25–1:25</td>
<td>Lunch and Visit Exhibits</td>
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<td>1:25–2:00</td>
<td>Insomnia in Infants and Young Children</td>
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<td>Jodi A. Mindell, PhD</td>
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<td>2:00–2:50</td>
<td>Insomnia in School Age Children and Adolescents</td>
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<td>Penny Corkum, PhD</td>
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<td>2:50–3:35</td>
<td>Circadian Rhythm Disorders</td>
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<td>Michael Gradisar, PhD</td>
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<tr>
<td>3:35–3:50</td>
<td>Break and Visit Exhibits</td>
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<td>3:50–4:25</td>
<td>Adherence to PAP Therapy</td>
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<td>Susan C.M. Crane, PsyD</td>
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<td>4:25–5:00 PM</td>
<td>How to Enhance Engagement of Parents and Youth With Sleep Interventions</td>
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<td></td>
<td>Valerie Crabtree, PhD</td>
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Friday, November 3, 2017
Welcome Reception | 6:00–8:00 PM

Please join us from 6:00–8:00 PM in the Ocean View Room & Terrace for refreshments and light hor d’oeuvres.
Target Audience
Researchers, clinicians, and trainees (physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists). Instructional level: intermediate

Program Description
Attendance at Pediatric Sleep Medicine 2017 will give participants a broad understanding of pediatric sleep, including state-of-the-art basic and clinical research in pediatric sleep and circadian science, as well as current clinical practices in pediatric sleep medicine.

At the conclusion of this meeting, attendees should be able to:
• Summarize relevant information on the latest in pediatric sleep and circadian research and clinical practice
• Identify issues and challenges in pediatric sleep medicine
• Understand public policies that potentially impact children's/adolescent's sleep

7:00–7:45 am  Registration and Breakfast Buffet  10:05–10:20  Break and Visit Exhibitors
7:45–8:00  Welcome  10:20–10:40  TEDS*: Sleep & Developmental Psychopathology
Lisa J. Meltzer, PhD  Alice Gregory, PhD
Stephanie J. Crowley, PhD
Carol L. Rosen, MD
8:00–9:15  Invited Symposium: Research of Avi Sadeh, DSc.  10:40–11:55  Invited Symposium: Translational Circadian Science
Chair: Michael Gradisar, PhD  Chair: Beth A. Malow, MD, MS
Avi Sadeh —The Researcher, The Clinician, The Person
Liat Tikotzky, PhD

For Crying Out Loud: Associations Between Parental Cry Reactivity and Infant Sleep
Michal Kahn, PhD, MA

Interventions For Sleep Problems in Infancy: Parental Adherence and Intervention Outcomes
Michal Juda-Hanael, PhD

Rachel Y. Moon, MD  Kathy Zeisel, Esq.

9:35–10:05  Young Investigator Presentations  12:15–1:45  Lunch and Visit Exhibitors
Co-Chairs: Robyn Stremler, RN, PhD  Trainee Event/Lunch
Vijayabharathi Ekambaram, MD  Vijayabharathi Ekambaram, MD
Ariel A. Williamson, PhD  Ariel A. Williamson, PhD

10:05–10:20  TEDS*: Beyond Back To Sleep
10:20–10:40  TEDS*: Sleep & Developmental Psychopathology
10:40–11:55  Invited Symposium: Translational Circadian Science
11:55–12:15 pm  TEDS*: Pediatric Sleep and the Law
12:15–1:45  Lunch and Visit Exhibitors

*TEDS —Technology, Entertainment, Design, and Sleep
1:45–3:00  
**Submitted Symposium**
Co-Chairs: Hawley Montgomery-Downs, PhD  
Oliviero Bruni, MD

- **New Alternative Non-Surgical Treatment for OSA in Children: The Role and Impact of RME on Child Development**
  Rosalia Silvestri, MD

- **The Role of Rapide Maxillary Expansion (RME) in the Treatment of OSA Children**
  Paola Pirelli, DDS

- **Effects of RME on Staturo-Ponderal Growth and Sleep in OSA Children**
  Rosalia Silvestri, MD

- **Neurobehavioral Disturbances in Children with Pediatric Sleep Disordered (SDB) Breathing: A Comorbidity or a Consequence of SDB**
  Silvia Miano, MD, PhD

3:00-4:00  
**Poster Session and Break**
Co-Chairs: Robyn Stremler, RN, PhD  
Narong Simakajornboon, MD

4:00-5:00 PM  
**Concurrent Workshops**
Co-Chairs: Hawley Montgomery-Downs, PhD  
Stephanie J. Crowley, PhD

I. **Challenging Cases That Teach and Lessons Learned**
Beth A. Malow, MD, MS  
Carol L. Rosen, MD

A discussion of several challenging pediatric sleep medicine cases with a review of the science and/or behavioral treatments that led to the correct diagnosis or best outcomes for the patients.

II. **Applying Circadian Rhythms Research Into Clinical Practice**
Stephanie J. Crowley, PhD  
Michael Gradisar, PhD

An interactive review of basic circadian rhythm research of children & adolescents & how these data can inform treatment strategies in the clinic.

III. **Communicating Sleep and Circadian Science to the Public**
Lynne Lamberg, MA  
Hawley Montgomery-Downs, PhD  
Robyn Stremler, RN, PhD

A discussion on how you can effectively & accurately communicate sleep & circadian rhythms science to the media & other public domains.

IV. **How To (And How Not To) Approach School Start Time Policy In Your Community**
Maida L. Chen, MD  
Valerie Crabtree, PhD  
Judith A. Owens, MD, MPH

This workshop will involve a panel discussion of implementing school start time policy changes in middle and high schools.
7:30–8:30 AM  Breakfast Buffet

8:30–9:45  Submitted Symposium
Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD

Helping Children & Adolescents to Sleep Better: Evidence-based Information for Researchers and Clinicians
Chairs: Michael Gradisar, PhD
Michelle A. Short, PhD

Brief School-Based Technology and Cognitive Interventions to Improve Adolescents’ Sleep Health
Kate Bartel, B. Psych (Hons), PhD

A Randomised Controlled Trial of Sleep Restriction Therapies for Insomnia in Middle Childhood
Neralie Cain, B. Psych (Hons), M. Psych (Clin), PhDc

A Randomised Controlled Trial of Light Therapy and Morning Activity for Delayed Sleep-Wake Phase Disorder in Adolescents: Effects on Sleep and Cognitive Insomnia Processes
Cele Richardson, B. Psych (Hons), PhDc

The Influence of Experimental Sleep Restriction on Cognitive Performance and Sleep Spindles in Adolescents
Chelsea Reynolds, B. Psych (Hons), PhDc

9:45–10:15  Research Blitz
Co-Chairs: Robyn Stremler, RN, PhD
Ariel A. Williamson, PhD
Vijayabharath Ekmaram, MD

10:30–11:45  Submitted Symposium
Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD

Contributions of Developmental Science to the Study of Child Sleep: Evidence Across Multiple Levels of Analyses
Chair: Cathi Propper, PhD

Maternal Nutrition During Pregnancy Predicts Infant Sleep Quality
Marie Camerota, MA

Community Violences Concerns and Adolescent Sleep: Ethnicity and Physiological Regulation as Moderators
Lauren Philbrook, PhD

Observed Family Processes at Bedtime: Relation to Infant Sleep Quality at 12 Months
Sabrina Voltaire, MA

11:45–12:00  Closing Remarks
Lisa J. Meltzer, PhD
Stephanie J. Crowley, PhD
Carol L. Rosen, MD

12:00 pm  Adjourn
SPEAKERS
NOVEMBER 2-5, 2017

Jennifer A. Accardo, MD, MSCE
Assistant Professor of Pediatrics and Neurology
Children’s Hospital of Richmond at VCU | Richmond, VA

Kate Bartel, B. Psych (Hons), PhDc
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Doctoral Candidate
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University of Washington School of Medicine
Director, Pediatric Sleep Disorders Center
Seattle Children’s Hospital | Seattle, WA

Penny Corkum, PhD
Professor, Dept. of Psychology & Neuroscience
Dalhousie University
Psychologist and Director, ADHD Clinic, CEHHA
Colchester East Hants Health Authority
Scientific Staff, IWK Health Centre
Truro, Nova Scotia, Canada

Valerie Crabtree, PhD
Associate Member, St. Jude Faculty
Director of Clinical Services and Training, Psychology
St. Jude Children’s Research Hospital | Memphis, TN

Susan C. M. Crane, Psy.D.
Psychologist (Pediatric Sleep Focus)
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Adjunct Professor, Health Professions
George State University

Vijayabharathi Ekambaram, MD
Sleep Medicine Fellow
Harvard Medical School | Boston, MA

Michael Gradisar, PhD
Associate Professor in Clinical Child Psychology
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Professor of Psychology
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London, United Kingdom

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Polysomnography Technologist
Lab Supervisor
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Michal Kahn, PhD, MA
School of Psychological Sciences
Tel Aviv University | Tel Aviv, Israel

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Book Editor, National Association of Science Writers
Lynne Lamberg Medical Writing/Editing | Baltimore, MD

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Director of the Sleep Center
R. Anderson Pew Distinguished Chair
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Civic Hospital of Luagano | Lugano, Switzerland

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Associate Director, Sleep Center
Children's Hospital of Philadelphia | Philadelphia, PA

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Associate Professor of Psychology
Adjunct Associate Professor of Pediatrics
West Virginia University | Morgantown, WV

Rachel Y. Moon, MD
Division Head of General Pediatrics and Professor of Pediatrics
Principal Investigator, Child Health Research Center
University of Virginia School of Medicine | Charlottesville, VA

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University of Cincinnati College of Medicine
Director, Sleep Disorders Center
Director, Sleep Medicine Fellowship Program
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RPSGT Manager, Sleep Laboratory
Children's National Medical Center | Washington, DC
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University of Toronto  
Adjunct Scientist  
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Ben-Gurion University of the Negev | Beer-Sheva, Israel

Olivia J. Veatch, PhD  
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Sabrina Voltaire, MA  
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Shelly K. Weiss, MD, FRCP(C)  
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University of Toronto  
Director of Faculty Development, Pediatrics  
The Hospital for Sick Children | Toronto, Canada

Ariel A. Williamson, PhD  
Behavioral Sleep Medicine Fellow  
Center for Sleep and Circadian Neurobiology  
Perelman School of Medicine at the University of Pennsylvania  
Sleep Center, Children’s Hospital of Philadelphia | Philadelphia PA

Kathy Zeisel, Esq.  
Senior Supervising Attorney  
Children’s Law Center | Washington, DC
CME/CE Accreditations
The Warren Alpert Medical School of Brown University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American Nurses Credentialing Center (ANCC) and the American Academy of Nurse Practitioners (AANP) accept AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

The American Association of Sleep Technologists designates this educational activity for a maximum of 18.50 AAST Continuing Education Credits. Individuals should claim only those credits that he/she actually earned in the educational activity.

Credit Designations

**Pediatric Polysomnography Course — November 2, 2017**

**Physicians:** Alpert Medical School designates this live activity for a maximum of 4.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Sleep Technologists:** This educational activity is designated for 4.5 Continuing Education Credits.

**Best Practices Course — November 3, 2017**

**Physicians:** Alpert Medical School designates this live activity for a maximum of 7.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Sleep Technologists:** This educational activity is designated for 6.75 Continuing Education Credits.

**Biennial Pediatric Sleep Medicine Meeting — November 4-5, 2017**

**Physicians:** Alpert Medical School designates this live activity for a maximum of 8.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Sleep Technologists:** This educational activity is designated for 7.25 Continuing Education Credits.
**Conference Fees**
Includes CME/CE certificates, online syllabi for Pediatric Polysomnography and Best Practices courses, resource materials, meals as outlined in each course schedule, & welcome reception.

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<th>Register By September 8, 2017</th>
<th>Register After September 8, 2017</th>
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<tr>
<td></td>
<td>Physicians, Psychologists, Allied Health Professionals</td>
<td>Physicians, Psychologists, Allied Health Professionals</td>
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<td>Technologists</td>
<td>Trainees</td>
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<td>Pediatric Polysomnography</td>
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**How to Register**
Pre-registration is required. On-site registrations cannot be accommodated. Online - https://apps.biomed.brown.edu/cme_registration/

**Cancellation/Substitution Deadline - October 2, 2017**
Substitutions may be made by phone or e-mail without additional charge. Refunds minus a $50.00 administrative fee will be issued if cancellation is received in writing by October 2, 2017. This conference is subject to change or cancellation.

**Venue and Accommodations**
Omni Amelia Island Plantation Resort is nestled on 1,350 acres at the tip of a barrier island just off the Northeast Florida coast. For further information please visit: http://www.omnihotels.com/hotels/amelia-island-plantation

**Room Reservations**
A block of oceanfront guest rooms have been reserved at a special conference rate of $229.00 (single or double occupancy), plus a resort fee of $20.00 per night plus sales tax, currently 11%. Resortview Guestroom villas are also available at a rate of $159.00 per night, plus a resort fee of $20.00, plus sales, tax currently 11%. Rates includes: self parking, unlimited internet access, on-property resort transportation, unlimited use of health & fitness center, inroom coffee services, local & toll free phone, resort beach access. Our conference rate will expire on **September 15, 2017**. To make reservations, please go to: http://tinyurl.com/Omni-PedSleepMedicine

**Shuttle Reservations**
For a current listing of available shuttle and transportation options, please visit our website at: www.brown.edu/cme/accomodations

To request reasonable accommodations for a disability, please notify the CME Office in writing at least two weeks prior to the conference.

**Contact Information**
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