



BROWN
Alpert Medical School

November 2-5, 2017
Omni Amelia Island Plantation Resort
Amelia Island, Florida

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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Harvard Medical School | Boston, MA

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For more details go to: brown.edu/cme/pedsleepmedconference

PEDIATRIC POLYSOMNOGRAPHY

THURSDAY, NOVEMBER 2, 2017

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



BEST PRACTICES

FRIDAY, NOVEMBER 3, 2017

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

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

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.



2017 PEDIATRIC SLEEP MEDICINE MEETING

SATURDAY, NOVEMBER 4, 2017

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 Trainee Event/Breakfast <i>All trainees attending the 2017 Pediatric Sleep Medicine Meeting are invited.</i>	9:35–10:05 D	Young Investigator Presentations Co-Chairs: Robyn Stremler, RN, PhD Vijayabharathi Ekambaram, MD Ariel A. Williamson, PhD
7:45–8:00	Welcome Lisa J. Meltzer, PhD Stephanie J. Crowley, PhD Carol L. Rosen, MD		<i>Are Sleep Restriction Therapies Associated With Increased Incidence of Parasomnias Among School-Aged Children with Chronic Insomnia Disorder</i> Neralie Cain, B. Psych (Hons), M. Psych (Clin), PhDc
8:00–9:15	Invited Symposium: Research of Avi Sadeh, DSc. Chair: Michael Gradisar, PhD <i>Avi Sadeh —The Researcher, The Clinician, The Person</i> Liat Tikotzky, PhD <i>For Crying Out Loud: Associations Between Parental Cry Reactivity and Infant Sleep</i> Michal Kahn, PhD, MA <i>Interventions For Sleep Problems in Infancy: Parental Adherence and Intervention Outcomes</i> Michal Juda-Hanael, PhDc		<i>Home Sleep Apnea Testing in Children: A Prospective Pilot Study</i> Ameeben A. Patel, DO <i>Estimating Adolescent Sleep Need Using a Dose Response Protocol</i> Michelle A. Short, PhD <i>Executive Function, Sleep Duration and Physical Activity Outcomes in Adolescents with Obstructive Sleep Apnea Syndrome and Obesity</i> Alexa J. Watach, PhD, RN
9:15–9:35	TEDS*: Beyond Back To Sleep Rachel Y. Moon, MD	10:05–10:20	Break and Visit Exhibitors
		10:20–10:40	TEDS*: Sleep & Developmental Psychopathology Alice Gregory, PhD

2017 PEDIATRIC SLEEP MEDICINE MEETING (CONTINUED)

SATURDAY, NOVEMBER 4, 2017

10:40–11:55	<p>Invited Symposium: Translational Circadian Science Chair: Beth A. Malow, MD, MS</p> <p><i>Circadian Science: Basic Mechanisms and Genetic Contributions</i> Olivia J. Veatch, PhD</p> <p><i>Health Outcomes Associated With Circadian Misalignment</i> Brant P. Hasler, PhD, CBSM</p> <p><i>Reducing Circadian Misalignment: State of the Science and Future Needs for Pediatric Sleep Medicine</i> Stephanie J. Crowley, PhD</p>	3:00-4:00 D	<p>Poster Session II and Break Co-Chairs: Robyn Stremler, RN, PhD Narong Simakajornboon, MD</p>
11:55–12:15 PM	<p>TEDS*: <i>Pediatric Sleep and the Law</i> Kathy Zeisel, Esq.</p>	4:00-5:00 PM	<p>Concurrent Workshops Co-Chairs: Hawley Montgomery-Downs, PhD Stephanie J. Crowley, PhD</p> <p>I. Challenging Cases That Teach and Lessons Learned Beth A. Malow, MD, MS Carol L. Rosen, MD</p> <p>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.</p>
12:15–12:45	Lunch and Visit Exhibitors		<p>II. Applying Circadian Rhythms Research Into Clinical Practice Stephanie J. Crowley, PhD Michael Gradisar, PhD</p> <p>An interactive review of basic circadian rhythm research of children & adolescents & how these data can inform treatment strategies in the clinic.</p>
12:45–1:45 D	<p>Poster Session I Co-Chairs: Robyn Stremler, RN, PhD Narong Simakajornboon, MD</p>		<p>III. Communicating Sleep and Circadian Science to the Public Lynne Lamberg, MA Hawley Montgomery-Downs, PhD Robyn Stremler, RN, PhD</p> <p>A discussion on how you can effectively & accurately communicate sleep & circadian rhythms science to the media & other public domains.</p>
1:45–3:00	<p>Submitted Symposium Co-Chairs: Hawley Montgomery-Downs, PhD Oliviero Bruni, MD</p> <p><i>New Alternative Non-Surgical Treatment for OSA in Children: The Role and Impact of RME on Child Development</i> Rosalia Silvestri, MD</p> <p><i>The Role of Rapide Maxillary Expansion (RME) in the Treatment of OSA Children</i> Paola Pirelli, DDS</p> <p><i>Effects of RME on Staturo-Ponderal Growth and Sleep in OSA Children</i> Rosalia Silvestri, MD</p> <p><i>Neurobehavioral Disturbances in Children with Pediatric Sleep Disordered (SDB) Breathing: A Comorbidity or a Consequence of SDB</i> Silvia Miano, MD, PhD</p>		<p>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</p> <p>This workshop will involve a panel discussion of implementing school start time policy changes in middle and high schools.</p>



2017 PEDIATRIC SLEEP MEDICINE MEETING (CONTINUED)

SUNDAY, NOVEMBER 5, 2017

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), PhDc

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 Strempler, RN, PhD
Ariel A. Williamson, PhD
Vijayabharathi Ekambaram, MD

Five Nights of Short Sleep Increases Healthy Adolescents' Symptoms on a Concussion Screener

Dean W. Beebe, PhD, ABPP

Short and Long Term Prolonged Release Melatonin Treatment For Sleep Disorders In Children With Autism Spectrum Disorders — Results Of A Phase III Randomized Clinical Trial

Paul Gringas, MRSPCH, MRCPCH, MSc

Mutual Influences of Sleep Duration and Daily Activity Behaviors in Mexican American Children
Suzanna Martinez, PhD, MS

Sleep in Children with Inflammatory Bowel Disease

Katharine C. Reynolds, PhD

A Double-Blind, Placebo-Controlled, Randomized-Withdrawal, Multicenter Study of the Efficacy and Safety of Sodium Oxybate in Pediatric Subjects with Narcolepsy & Cataplexy
Carol L. Rosen, 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 Violence 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 PM

Closing Remarks

Lisa J. Meltzer, PhD
Stephanie J. Crowley, PhD
Carol L. Rosen, MD



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

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Doctoral Candidate
The University of North Carolina at Chapel Hill | Chapel Hill, NC

Maida L. Chen, MD

Assistant Professor of Pediatrics
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

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Psychologist (Pediatric Sleep Focus)
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George State University

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Sleep Medicine Fellow
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Medical Writer and Editor
Book Editor, National Association of Science Writers
Lynne Lamberg Medical Writing/Editing | Baltimore, MD

Beth A. Malow, MD, MS

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



SPEAKERS

NOVEMBER 2-5, 2017

Carole L. Marcus, MBBCh

Professor of Pediatrics | Perelman School of Medicine at the University of Pennsylvania School of Medicine
Director of the Sleep Center
R. Anderson Pew Distinguished Chair
Department of Pediatrics | The Children's Hospital of Philadelphia
Philadelphia, PA

Kiran Maski, MD

Assistant Professor, Harvard Medical School
Boston Children's Hospital | Boston, MA

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Associate Professor of Pediatrics
Director, Pediatric Behavioral Sleep Clinic
National Jewish Health | Denver, CO

Silvia Miano, MD, PhD

Sleep and Epilepsy Center
Neurocenter of Southern Switzerland
Civic Hospital of Luagano | Lugano, Switzerland

Jodi A. Mindell, PhD

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

Hawley Montgomery-Downs, PhD

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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Director of Sleep Medicine
Boston Children's Hospital | Boston, MA

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

Patrick Sorenson, MA, RPSGT

RPSGT Manager, Sleep Laboratory
Children's National Medical Center | Washington, DC



SPEAKERS

NOVEMBER 2-5, 2017

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University of Toronto
Adjunct Scientist
Hospital for Sick Children (SickKids) | Toronto, Canada

Liat Tikotzky, PhD

Senior Lecturer | Psychology Department
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Olivia J. Veatch, PhD

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Sabrina Voltaire, MA

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Kathy Zeisel, Esq.

Senior Supervising Attorney
Children's Law Center | Washington, DC



ACCREDITATIONS & CREDIT DESIGNATIONS

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.

This program is sponsored by the Massachusetts Psychological Association. Massachusetts Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Massachusetts Psychological Association maintains responsibility for this program and its content

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.

Psychologists: This educational activity is designated for 4.5 Continuing Education Credits.

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.

Psychologists: This educational activity is designated for 7.0 Continuing Education Credits.

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.

Psychologists: This educational activity is designated for 8.75 Continuing Education Credits.

Sleep Technologists: This educational activity is designated for 7.25 Continuing Education Credits.



REGISTRATION FEES, INFORMATION, VENUE AND ACCOMMODATIONS

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.

Register By September 8, 2017	Physicians, Psychologists, Allied Health Professionals	Technologists	Trainees
Pediatric Polysomnography November 2, 2017	\$275.00	\$225.00	\$150.00
Best Practices November 3, 2017	\$420.00	\$325.00	\$175.00
Annual Meeting November 4-5, 2017	\$480.00	\$400.00	\$200.00
Best Practices & Annual Meeting November 3-5	\$700.00	\$700.00	\$350.00
Register After September 8, 2017	Physicians, Psychologists, Allied Health Professionals	Technologists	Trainees
Pediatric Polysomnography November 2, 2017	\$300.00	\$250.00	\$150.00
Best Practices November 3, 2017	\$445.00	\$350.00	\$175.00
Annual Meeting November 4-5, 2017	\$505.00	\$425.00	\$200.00
Best Practices & Annual Meeting November 3-5	\$740.00	\$750.00	\$350.00

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, in room 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/accommodations

 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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