



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

Professor, Department of Pediatrics & J. S. Rube Endowed Chair in Pediatric Sleep Medicine
Case Western Reserve University School of Medicine
University Hospitals of Cleveland, Case Medical Center | Rainbow Babies & Children's Hospital | Cleveland, OH

Planning Committee

Oliviero Bruni, MD

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Sapienza University | Rome, Italy

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Dalhousie University
Psychologist and Director, ADHD Clinic, CEHHA
Colchester East Hants Health Authority
Scientific Staff, IWK Health Centre
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Valerie Crabtree, PhD

Associate Member, St. Jude Faculty
Director of Clinical Services and Training, Psychology
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Vijayabharathi Ekambaram, MD

Harvard Medical School | Boston, MA

Michael Gradisar, PhD

Associate Professor in Clinical Child Psychology
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Beth A. Malow, MD, MS

Professor of Neurology & Pediatrics
Vanderbilt University Medical Center
Director, Vanderbilt Sleep Disorders Division | Nashville, TN

Kiran Maski, MD

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

Jodi A. Mindell, PhD

Professor of Psychology | Saint Joseph's University
Associate Director, Sleep Center
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Hawley Montgomery-Downs, PhD

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Adjunct Associate Professor of Pediatrics
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Judith A. Owens, MD, MPH

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Director of Sleep Medicine
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Narong Simakajornboon, MD

Professor, UC Department of Pediatrics
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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



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

Saturday, November 4, 2017

7:00–7:45 am	Registration and Breakfast Buffet	10:20–10:40	TEDS*: <i>Sleep & Developmental Psychopathology</i> Alice Gregory, PhD
7:45–8:00	Welcome Lisa J. Meltzer, PhD Stephanie J. Crowley, PhD Carol L. Rosen, MD	10:40–11:55	Invited Symposium: Translational Circadian Science Chair: Beth A. Malow, MD, MS
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>Circadian Science: Basic Mechanisms and Genetic Contributions</i> Olivia J. Veatch, PhD <i>Health Outcomes Associated With Circadian Misalignment</i> Brant P. Hasler, PhD, CBSM <i>Reducing Circadian Misalignment: State of the Science and Future Needs for Pediatric Sleep Medicine</i> Stephanie J. Crowley, PhD
9:15–9:35	TEDS*: <i>Beyond Back To Sleep</i> Rachel Y. Moon, MD	11:55–12:15 PM	TEDS*: <i>Pediatric Sleep and the Law</i> Kathy Zeisel, Esq.
9:35–10:05	Young Investigator Presentations Co-Chairs: Robyn Strempler, RN, PhD Vijayabharathi Ekambaram, MD Ariel A. Williamson, PhD	12:15–1:45	Lunch and Visit Exhibitors
10:05–10:20	Break and Visit Exhibitors	12:30–1:45	Trainee Event/Lunch Vijayabharathi Ekambaram, MD Ariel A. Williamson, PhD
		1:45–3:00	Submitted Symposium Co-Chairs: Hawley Montgomery-Downs, PhD Oliviero Bruni, MD



2017 PEDIATRIC SLEEP MEDICINE MEETING (CONTINUED)

SATURDAY, NOVEMBER 4, 2017 AND SUNDAY, NOVEMBER 5, 2017

Saturday, November 4, 2017 (Continued)

- 3:00-4:00 **Poster Session and Break**
Co-Chairs: Robyn Stremler, RN, PhD
Narong Simakajornboon, MD
- 4:00-5:00 **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.

Sunday, November 5, 2017

- 7:30-8:30 **Breakfast Buffet**
- 8:30-9:45 **Submitted Symposium**
Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD
- 9:45-10:15 **Young Investigator Presentations**
Co-Chairs: Robyn Stremler, RN, PhD
Ariel A. Williamson, PhD
Vijayabharathi Ekambaram, MD
- 10:30-11:45 **Submitted Symposium**
Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD
- 11:45-12:00 **Closing Remarks**
Lisa J. Meltzer, PhD
Stephanie J. Crowley, PhD
Carol L. Rosen, MD
- 12:00 **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

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

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)
Children's Hospital Colorado | Aurora, CO

Stephanie J. Crowley, PhD

Associate Professor
Biological Rhythms Research Laboratory
Dept. of Behavioral Sciences
Rush University Medical Center | Chicago, IL

Jeffrey S. Durmer, MD, PhD, D.ABSM

Co-Founder and Chief Medical Officer
FusionHealth | Atlanta, GA
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
Director, Child & Adolescent Sleep Clinic
Flinders University | Adelaide, South Australia

Alice Gregory, PhD

Professor of Psychology
Goldsmiths, University of London
London, United Kingdom

Michael Gunnuscio, RPSGT

Polysomnography Technologist
Lab Supervisor
Boston Children's Hospital | Boston, MA

Brant P. Hasler, PhD, CBSM

Assistant Professor of Psychiatry and Psychology
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic | Pittsburgh, PA

Michal Juda-Hanael, PhDc

Clinical Psychologist Intern
Ness-Tziona Psychiatric Hospital | Ness Ziona, Israel

Michal Kahn, PhD, MA

School of Psychological Sciences
Tel Aviv University | Tel Aviv, Israel

Lynne Lamberg, MA

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

Beth A. Malow, MD, MS

Professor of Neurology & Pediatrics
Vanderbilt University Medical Center
Director, Vanderbilt Sleep Disorders Division | Nashville, TN

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

Lisa J. Meltzer, PhD

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



SPEAKERS

NOVEMBER 2-5, 2017

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

Judith A. Owens, MD, MPH

Faculty in Neurology | Harvard Medical School
Director of Sleep Medicine
Boston Children's Hospital | Boston, MA

Carol L. Rosen, MD

Professor, Department of Pediatrics
Case Western Reserve University School of Medicine
Medical Director, Pediatric Sleep Center at
Rainbow Babies and Children's Hospital | Cleveland, OH

Narong Simakajornboon, MD

Professor, UC Department of Pediatrics
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

Robyn Stremmler, RN, PhD

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

Liat Tikotzky, PhD

Senior Lecturer | Psychology Department
Ben-Gurion University of the Negev | Beer-Sheva, Israel

Olivia J. Veatch, PhD

Research Fellow
University of Pennsylvania | Philadelphia, PA

Shelly K. Weiss, MD, FRCPC(C)

Professor, Department of Pediatrics
University of Toronto
Director of Faculty Development, Pediatrics
The Hospital for Sick Children | Toronto, Canada

Ariel A. Williamson, PhD

Behavioral Sleep Medicine Fellow
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Sleep Center, Children's Hospital of Philadelphia | Philadelphia PA

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.

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.



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, 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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