Seventh Bi-Annual Conference on Pediatric Sleep Medicine
Advances in Research, Patient Care, Policy, and Education

November 7th - Polysomnography Course
November 8th - Best Practices Course
November 9th and 10th - Annual Pediatric Sleep Medicine Meeting

★ This bi-annual conference is designed to bring together a multi-disciplinary group of basic and clinical researchers, clinicians, educators, policy makers, and trainees involved in pediatric sleep medicine.
★ The Pediatric Sleep Medicine Conference 2013 has a very distinctive perspective and offers pediatric practitioners and trainees the opportunity to unite to learn about state of the art developments in clinical and research arenas of pediatric sleep medicine.
★ The meeting represents an exceptional opportunity to network, share knowledge and ideas, and establish collaborative projects.

Target Audience: Pediatric researchers/practitioners and trainees from various disciplines (physicians, psychologists, nurses, polysomnography technologists, adult sleep medicine practitioners)
Planning Committee

Co-Chairs

Jodi A. Mindell, PhD
Professor of Psychology
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Associate Director, Sleep Center
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Philadelphia, PA

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George Washington University School of Medicine and Health Sciences
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Cincinnati Children’s Hospital Medical Center
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Co-Director, Pediatric Sleep Disorders Clinic
Rhode Island Hospital - Providence, RI

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Center for Sleep Medicine
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Department of Sleep Medicine
Ehime University Graduate School of Medicine
Ehime, Japan

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National Jewish Health
Denver, CO

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University of Alberta
Alberta, Canada

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Lisbon, Portugal

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Adjunct Professor
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Georgia State University
Chief Medical Officer
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Assistant Professor
Lawrence S. Bloomberg Faculty of Nursing
University of Toronto
Adjunct Scientist & Research Associate
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Maria Sullivan, BS
Director, Office of Continuing Medical Education
Alpert Medical School of Brown University
Providence, RI

Incoming Co-Chairs

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Denver, CO

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See Conference Website For More Details: brown.edu/cme/pedsleepmedconference
Pediatric PSG Course  
Thursday, November 7, 2013

Target Audience
Intermediate to advanced sleep medicine specialists, fellows, psychologists, (physicians, psychologists, nurses, nurse practitioners, researchers, polysomnography technicians and technologists, respiratory therapist)

Program Description
This course will highlight specialized aspects of pediatric sleep medicine as they relate to polysomnography in children across various pediatric sleep disorders including discussion of pediatric considerations for polysomnography, review of the new AASM scoring rules and their implementation in clinical practice, titration of positive airway pressure in children with sleep disordered breathing and polysomnography findings in children with non-respiratory sleep disorders.

At the conclusion of this conference attendees should be able to:

- Discuss the respiratory and non-respiratory indications for pediatric polysomnography
- List recommended technical, personnel, education and environmental specifications for conducting nocturnal polysomnograms (NPSG) in infants, children and adolescent
- Describe the key elements of the “child friendly” sleep lab
- Discuss differences between adults and children in the scoring and interpretation of NPSG, including recent changes in AASM scoring rules
- List indications for and challenges in conducting positive airway pressure titration in children
- Discuss pros and cons of in-home portable monitoring for children

1:00–2:15 pm Registration
2:15 – 2:30 Welcome  
Co-Chairs: Manisha Witmans, MD, FRCPC, FAASM and Judith A. Owens, MD, MPH
2:30 – 3:00 Respiratory Indications for Polysomnography in Children  
Madeleine M. Grigg-Dramberger, MD
3:00-3:30 Non-Respiratory Indications for Polysomnography in Children  
Suresh Kotagal, MD, BS
3:30 – 4:00 Scoring Pediatric Studies -AASM Rules and Normative Values in Pediatric Polysomnography  
Manisha Witmans, MD, FRCPC, FAASM
4:00 – 4:30 Positive Airway Pressure Therapy in Children and Optimizing Titration  
Carole L. Marcus, MD, MBBCh
4:30 – 5:00 Home Sleep Testing: Its Role in Pediatrics  
Carol Rosen, MD
5:00 – 5:30 Special Considerations in Studying Children in the Sleep Lab  
Patrick Sorenson, MA, RPGST and Judith A. Owens, MD, MPH
5:30-6:00 Dinner Service
6:00 – 7:00 Scoring Studies and Interpretation: Technical Nuts and Bolts  
Patrick Sorenson, MA, RPGST, Laree Fordyce, RPSGT, RST, CCRP and Manisha Witmans, MD, FRCPC, FAASM
7:00 – 8:00 Clinical Cases and Review of Pediatric PSG Records (with Faculty Discussion)  
Moderators: Manisha Witmans, MD, FRCPC, FAASM and Judith A. Owens, MD, MPH
Laree Fordyce, RPSGT, RST, CCRP  
Madeleine M. Grigg-Dramberger, MD  
Suresh Kotagal, MD, BS  
Carol L. Marcus, MD, MBBCh  
Carol Rosen, MD  
Patrick Sorenson, MA, RPSGT
8:00 pm Adjourn
Best Practices Course  
Friday, November 8, 2013

Target Audience
Clinicians (physicians, psychologists, nurses, nurse practitioners, researchers, polysomnography technicians and technologists, respiratory therapists)

Program Description
This course will offer best practice, up-to-date, evidence based information in the treatment of pediatric sleep disorders across a range of sleep disorders, including pediatric insomnia, sleep disordered breathing, narcolepsy, restless legs syndrome/periodic limb movement disorder, circadian rhythm disorders and parasomnias.

At the conclusion of this conference attendees should be able to:
• Understand normal sleep development and assessment of sleep and sleep disorders in children and adolescents
• Identify and diagnose pediatric sleep disorders
• Apply up-to-date, evidence based treatments for pediatric sleep disorders

7:00 – 8:00 am  Registration and Breakfast Buffet
8:00 – 8:15  Welcome
Co-Chairs: Jodi A. Mindell, PhD & Lisa J. Meltzer, PhD
8:15 – 8:45  Normal Sleep in Children and Adolescents
Jodi A. Mindell, PhD
8:45 – 9:15  Evaluation of Sleep Disorders
Lisa J. Meltzer, PhD
9:15 – 10:00  Obstructive Sleep Apnea
Carole L. Marcus, MD, MBBCh
10:00 – 10:15  Break and Visit Exhibits
10:15 – 11:00  Narcolepsy and Disorders of Daytime Sleepiness
Suresh Kotagal, MD, PhD
11:00 – 11:45  Restless Legs Syndrome and Periodic Limb Movement Disorder
Daniel L. Picchietti, MD
11:45 – 12:15 pm  Parasomnias
Thornton B. Alex Mason, MD, PhD, MSCE
12:15 – 1:30  Lunch
1:30 – 2:15  Circadian Rhythm Disorders
James K. Wyatt, PhD, D.ABSM, C.BSM
2:15 – 3:00  Insomnia in Young Children
Julie Boergers, PhD
3:00 – 3:45  Insomnia in Adolescents
Allison Harvey, PhD
3:45 – 4:00  Break and Visit Exhibits
4:00 – 4:30  Enuresis
Valerie M. Crabtree, PhD
4:30 – 5:15  Pharmacology and Pediatric Sleep Disorders
Jeffrey S. Durmer, MD, PhD, D.ABSM
7:00 – 8:00 pm  Welcome Reception
2013 Pediatric Sleep Medicine Meeting
Saturday, November 9th

Target Audience
Researchers and Clinicians (physicians, psychologists, nurses, nurse practitioners, researchers, polysomnography technicians and technologists, respiratory therapists)

Program Description
Attendance at Pediatric Sleep Medicine 2013 will give participants a broad understanding of the current state-of-the-art of pediatric sleep and pediatric sleep medicine, including current clinical practices and recent basic science research in pediatric sleep.

At the conclusion of this conference attendees should be able to:
- Summarize relevant information on the latest in pediatric sleep research and clinical practice
- Identify issues and challenges in the diagnosis/treatment of pediatric sleep disorders
- Understand public policies that potentially impact children’s/adolescent’s sleep

Friday, November 8, 2013
7:00 – 8:00 pm Welcome Reception

Saturday, November 9, 2013
7:00 – 7:45 am Registration and Breakfast Buffet
7:45 – 8:00 Welcome
Jodi A. Mindell, PhD & Judith A. Owens, MD, MPH

8:00 – 9:30 Beyond Burgers and Fries: The Effect of Sleep & Circadian Rhythms on Childhood Obesity
Chair: Jeffrey S. Durmer, MD, PhD, D.ABSM

How Sleep and Sleep Disorders Effect Metabolism and Childhood Obesity
Dorit Koren, MD

Relationship Between Sleep, Diabetes and Childhood Obesity
Stephanie J. Crowley, PhD

The Role of Chronobiology in Metabolism and Childhood Obesity
Karen Spruyt, PhD

9:30 – 10:00 Young Investigator Presentations
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremler, RN, PhD

10:00 – 10:15 Break

10:15 – 11:15 Addressing the Most Pressing Research Question in Pediatric Sleep Medicine
Chair: Daniel Lewin, PhD, D.ABSM

Overview and Clinical Trials
Susan Redline, MD, MPH

Early Childhood/Development
Monique K. LeBourgeios, PhD

Adolescence
Stephanie J. Crowley, PhD

The Future of Clinical Pediatric Sleep Medicine
Chair: Judith A. Owens, MD, MPH

The Case for Pediatric Accreditation
Judith A. Owens, MD, MPH

ICSD III: What does It Mean to Pediatric Providers
Richard Ferber, MD

Sleep Coaches: Friend or Foe?
Jodi A. Mindell, PhD

Developing a Multi-Disciplinary Organization: Society of Developmental Behavioral Pediatrics as a Model
Robyn S. Mehlenbeck, PhD

Questions & Answers
Lunch

Trainee Event/Lunch
Teresa Rebelo Pinto, MSc.

Real World Challenges for Adolescent Sleep-Wake Behavior
Chair: Mary Carskadon, PhD

Electronic Media and Young People’s Sleep
Michael Gradisar, PhD

Sleep, Light, and Occupational Safety and Health in Student Workers
Luc Laberge, PhD

Parenting and Possibilities to Change Adolescent Sleep Problems
Anne Marie Meijer, PhD

—Not Accredited for CME
2013 Pediatric Sleep Medicine Meeting  
Saturday, November 9th, 2013 (Cont.)

3:30-4:45pm  Sleep Problems in Children with Cancer  
Chair: Gerald Rosen, MD  
Psychosocial Functioning of Pediatric Oncology Patients and Their Parents  
Sarah R. Brand, PhD  
Teasing Apart Excessive Daytime Sleepiness and Fatigue in Children with Cancer  
Valerie McLaughlin Crabtree, PhD  
What is Different About Evaluating Sleepiness and Treating Insomnia in Children with Cancer  
Gerald Rosen, MD

4:45-5:30  Poster Session/Reception  
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremler, RN, PhD

Sunday, November 10th, 2013

7:30-8:30am  Breakfast Buffet

8:30–9:45  Increasing Access to Evidence-based Sleep Services for Children: Training Needs of Front-line Health Professionals  
Chair: Manisha Witmans, MD, FRPC, FAASM

9:45–10:15  Young Investigator Presentations  
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremler, RN, PhD

10:15–10:45  Poster Session  
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremler, RN, PhD

10:45–12:00  Parent-based Sleep Education for Children with Neurodevelopmental Disorders: Dissemination Into Clinical Practice and Community Settings  
Chair: Beth Malow, MD, MS  
Best Practices in Sleep Education for Children with Autism  
Terry Katz, PhD  
Successful Models for Sleep Education Dissemination  
Margaret Souders, PhD, CRNP  
Measuring the Effectiveness of Sleep Education  
Beth Malow, MD, MS

12:00–12:15  Closing Remarks

—Not Accredited for CME

See Conference Website For More Details:  brown.edu/cme/pedsleepmedconference
Guest Faculty

Julie Boergers, PhD
Associate Professor of Psychiatry & Human Behavior;
Pediatrics (Clinical)
Department of Psychiatry & Human Behavior
Alpert Medical School, Brown University
Co-Director, Pediatric Sleep Disorders Clinic
Rhode Island Hospital
Providence, RI

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Stephanie J. Crowley, PhD
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Georgia State University
Chief Medical Officer, Fusion Health & Fusion Sleep
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Richard Ferber, MD
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Laree Fordyce, RPSGT, RST, CCRP
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Sound Sleep Solutions
Calgary, Canada

Michael Gradisar, PhD
Senior Lecturer in Clinical Child Psychology
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Flinders University
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Section Chief, Pediatric Sleep Medicine Services
University Hospital Sleep Disorders Center
Associate Medical Director
University of New Mexico Neurodiagnostic Laboratory
Director, Clinical Neurophysiology Fellowship
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James K. Wyatt, PhD, D.ABSM, C.BSM
Associate Professor of Behavioral Sciences
Rush Medical College
Director, Sleep Disorders Service and Research Center
Rush University Medical Center
Chicago, IL
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 Credit™ from organizations accredited by the ACCME.

The American Association of Sleep Technologists designates this educational activity for a maximum of 22.00 AAST Continuing Education Credits. Individuals should claim only those credits that he/she actually earned in the educational activity.

Credit Designations

Pediatric Polysomnography (PSG) Course — November 7, 2013

Physicians and Nurse Practitioners: Alpert Medical School designates this live activity for a maximum of 5.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychology: The Children’s Hospital of Philadelphia is approved by the American Psychological Association to Sponsor continuing education for psychologists. The Children’s Hospital of Philadelphia maintains responsibility for the program and its content. This activity has been designated for a maximum of 5 one hour credits.

Sleep Technologists: This educational activity is designated for 5.0 Continuing Education Credits.

Best Practices Course — November 8, 2013

Physicians and Nurse Practitioners: Alpert Medical School designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychology: The Children’s Hospital of Philadelphia is approved by the American Psychological Association to Sponsor continuing education for psychologists. The Children’s Hospital of Philadelphia maintains responsibility for the program and its content. This activity has been designated for a maximum of 7 one hour credits.

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

Bi-Annual Pediatric Sleep Medicine Meeting — November 9-10, 2013

Physicians and Nurse Practitioners: Alpert Medical School designates this live activity for a maximum of 9.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychology: The Children’s Hospital of Philadelphia is approved by the American Psychological Association to Sponsor continuing education for psychologists. The Children’s Hospital of Philadelphia maintains responsibility for the program and its content. This activity has been designated for a maximum of 10 one hour credits.

Sleep Technologist: This educational activity is designated for 9.75 Continuing Education Credits.

Other Professionals: Please contact the Brown University Office of Continuing Medical Education for other credit designation approvals at 401-863-3337 or contact us at Kelli_Landry@brown.edu.

To request reasonable accommodations for a disability, please notify the CME Office in writing at least two weeks prior to the conference.
Venue and Accommodations
The Omni Amelia Island Plantation Resort is proud to announce their $85 million “re-imagination” renovation. The lure of stunning ocean sunrises and brilliant marsh sunsets have drawn generations of guests to our beach resort. Now the resort is being enhanced—though our sense of true Southern hospitality and relaxed travel will remain. The re-imagination project includes the following additions:

- The Conference Center will gain 30,000 square feet – inclusive of a 16,825-square-foot ballroom and new pre-function area – for a total of 80,000 square feet of flexible meeting and event space.
- An additional 155 ocean view guest rooms, including 27 suites, will be constructed on the north end of the resort, increasing our total resort rooms to 404 to better serve you through the year and key holiday times! For further information please visit: www.omnihotels.com/FindAHotel/AmeliaIsland/Reimagination

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%. Rate 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 October 7, 2013. You have two options to make your reservations:
1. Call the Omni Reservations line at 1-800-THE-OMNI and identify yourself as part of the Brown University Pediatric Sleep Medicine Conference and request our special conference rate if still available.
2. Reserve online at www.omnihotels.com/FindAHotel/AmeliaIsland/MeetingFacilities/PediatricSleepMedicineConference

Shuttle Reservations
Airport Transportation is available at a rate of $60 per person, each way (plus tax) and can be booked at 904-261-6161 or online at www.villasofameliaisland.com/stay-here/get-here/transportation.

Continuing Education credits for Psychologists are not included with the registration for this meeting. Psychologists who need this credit will need to register. The fee for credits will be $20.00.

Conference Fees
Includes online syllabi, resource materials, meals as outlined in each course schedule, and welcome reception Friday evening.

<table>
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<tr>
<th>Early Bird Registration Fees: Register By September 6, 2013</th>
<th>PSG Course Nov. 7</th>
<th>Best Practices Course Nov. 8</th>
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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 7, 2013
Substitutions may be made by phone or email without additional charge. Refunds minus a $25.00 administrative fee will be issued if cancellation is received in writing by October 7, 2013. This conference is subject to change or cancellation.

Contact Information
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