# 5th Annual Sleep Medicine Symposium: What’s New Under the Moon

**Dorrance Hamilton Building**

1001 Locust Street, Philadelphia, PA 19107

Friday, November 17, 2017  
(Preliminary Agenda/Subject to Change)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00AM - 7:30AM</td>
<td>Registration, Continental Breakfast, &amp; Exhibits</td>
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<tr>
<td>7:30AM - 7:45AM</td>
<td>Welcoming and Introduction</td>
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<tr>
<td>7:45AM - 8:00AM</td>
<td>Management of Insomnia: Where Are We, and Where Are We Going?</td>
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| 8:00AM - 8:40AM     | Keynote Address: Novel Developments in the Pharmacological Management of Insomnia  
                      | David Nelson Neubauer, MD                                            |
|                     | Associate Professor of Psychiatry and Behavioral Sciences            |
|                     | Johns Hopkins School of Medicine * Baltimore, MD                      |
| 8:40AM - 9:15AM     | Alternative Nutraceuticals and Nonprescription Pharmacological Therapeutics for Sleep Disorders  
                      | Dimitri Markov, MD, RPH                                              |
| 9:15AM - 9:50AM     | Adverse Effects of Psychotropic Medications on Sleep Continuity and Architecture  
                      | William C. Jangro, DO                                                |
| 9:50AM - 10:25AM    | Cognitive Behavioral Therapy for Insomnia                             |
| 10:25AM - 10:45AM   | Questions and Panel Discussion                                       |
|                     | **Moderator:** Karl Doghramji, MD                                    |
|                     | **Panelists:** William C. Jangro, MD; Dimitri Markov, MD, RPH; David Nelson Neubauer, MD;  
                      | Caryn Seebach, PsyD                                                  |
| 10:45AM - 11:15AM   | Break & Exhibits                                                     |
| 11:15AM - 12:00PM   | **Breakout Sessions (3): Clinical Considerations in Sleep Apnea Diagnosis and Management**  
                      | **Breakout Session #1** – Surgical Procedures for the Treatments of Sleep Apnea  
                      | **Moderator:** Maurits S. Boon, MD                                  |
|                     | **Panelist:** Colin Huntley, MD                                       |
|                     | **Breakout Session #2** – Hospital Sleep Medicine: Methodology and Practical Considerations  
                      | **Moderators:** Gayley Blaine Webb, MSN, CRNP; Zhanna Fast, MD        |
|                     | **Panelists:** Ashley Adams, RRT; Katrina Flemming, RRT; Robert Tavella, R. PSG. T, MPH  
                      | **Breakout Session #3** - Hands-on: The Mosaic of Treatments for Sleep Apnea  
<pre><code>                  | **Moderators:** Ritu G. Grewal, MD                                  |
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<p>|                     | <strong>Panelists:</strong> Kathy Tran, DO; Theodora Fynn, MD                     |</p>
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<tr>
<td>12:00PM - 1:00PM</td>
<td>Lunch &amp; Exhibits</td>
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<td>1:00PM - 1:30PM</td>
<td><strong>Session II: Primary Sleep Disorders</strong>&lt;br&gt;<strong>Moderator: Karl Doghramji, MD</strong>&lt;br&gt;Surgical Weight Management in the Treatment of Sleep Apnea&lt;br&gt;Michael R. Kammerer, MD</td>
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<td>1:30PM - 2:00PM</td>
<td>Medical Weight Management in the Treatment of Sleep Apnea&lt;br&gt;Janine V. Kyrillos, MD, FACP</td>
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<td>2:00PM - 2:30PM</td>
<td>Oral Appliances in the Management of Sleep Apnea&lt;br&gt;Marlind Alan Stiles, DMD</td>
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<td>2:30PM - 2:45PM</td>
<td><strong>Break &amp; Exhibits</strong></td>
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<td>2:45PM - 3:15PM</td>
<td>Sleep Related Movement Disorders&lt;br&gt;Jeffrey B. Ratliff, MD</td>
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<td>3:15PM - 3:55PM</td>
<td>Fatigue and Daytime Sleepiness: Distinctions, Interactions, and Treatments&lt;br&gt;John Khoury, MD</td>
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<td>3:55PM - 4:15PM</td>
<td>Questions and Panel Discussion&lt;br&gt;<strong>Moderator: Karl Doghramji, MD</strong>&lt;br&gt;Panelists: John Khoury, MD; Janine V. Kyrillos, MD, FACP; Jeffrey B. Ratliff, MD; Marlind Alan Stiles, DMD</td>
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<td>4:15PM</td>
<td>Adjournment</td>
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