

6th Annual Rocky Mountain Sleep Conference

Friday, March 9, 2012

7:00 – 7:50 AM **Registration, Breakfast & Exhibits**

7:50 – 8:00 AM **Opening Remarks**

8:00 – 9:00 AM Title: The Primary Parasomnias: A Guided Tour
Speaker: Mark Hickey, MD

Summary: Once thought to be the manifestation of psychiatric illness, the parasomnias are now understood to be neurological phenomena that can be classified according to the sleep state from which they originate. The primary and secondary parasomnias can be distinguished by whether they originate in the brain or other organ systems respectively.

Learning Objectives:

- Present recorded examples of the most common primary parasomnias such that subsequent phenotypic identification is possible.
- Discuss a method to distinguish between nocturnal seizures and primary parasomnias.
- Discuss what is known of the basic physiology underlying the parasomnias.

9:00 – 10:00 AM Title: The Night Belongs to Asthma
Speaker: Richard J. Martin, MD

Summary: The three major characteristics of asthma (inflammation, bronchial hyperresponsiveness, and reversible airway obstruction) all worsen at night (or sleep). These characteristics and potential mechanisms will be covered. How to approach this problem on a chromotherapeutic bases will also be discussed.

Learning Objectives:

- To determine factors involved in the worsening of asthma during sleep.
- To evaluate chromotherapy related to nocturnal asthma.
- To determine if inflammation has a circadian aspect in asthma.

10:00 – 10:30 AM **Break and Exhibits**

10:30 – 11:30 AM Title: Sleep, Systemic Disease, and The Smiley Face of Death
Speaker: Ronald E. Kramer, MD, FAASM

Summary: This talk will present much of the epidemiological data related to systemic diseases of the body and its occurrence with both disorders of insomnia and hypersomnia. Cardiac, vascular, and neurological disorders will be emphasized. Mechanisms and theories related to the etiology of these relationships will be presented.

Learning Objectives:

- To learn the relationships between disease risk factors and chronic sleep patterns.
- To learn the relationship between short and long sleep time and systemic disease.
- To learn the theories and pathophysiologic mechanisms that cause disease in short and long sleepers.

11:30 – 12:30 PM

Title: Impact of Sleep Loss and Circadian Misalignment on Hormones and Metabolism

Speaker: Eve Van Cauter, PhD

Summary: This presentation will review the control of endocrine function and metabolism by sleep and circadian rhythms. Novel concepts regarding the cross-talk between brain centers and peripheral organs will be introduced. Laboratory findings linking recurrent sleep restriction to alterations in the neuroendocrine control of hunger and appetite and to disruptions of glucose regulation will be presented. The recent body of evidence linking circadian misalignment and metabolic alterations will be reviewed. The impact of these scientific advances for shift workers and those experiencing chronic insufficient sleep will be discussed.

Learning Objectives:

- To recognize that insufficient sleep can promote the risk of obesity.
- To recognize that irregular sleep schedules can promote the risk of diabetes.
- To recognize that shift work, and the associated disorders of sleep and circadian rhythmicity, involves an increased cardio-metabolic risk.

12:30 – 1:30 PM

Lunch and Exhibits

1:30 – 2:30 PM

Title: Facial Advancement for Obstructive Sleep Apnea

Speaker: Randolph C. Robinson, MD, DDS, FAACS

Summary: Maxillary Mandibular Advancement (Orthognathic Surgery) is a predictable way to skeletally reposition the facial bones and soft tissues of the airway to remove the obstructive areas that cause OSA. It is normally reserved for CPAP failures or as a last stage operation for CPAP non-compliance but it should be considered earlier in the treatment plan. Mandibular deficiency is many times accompanied by undiagnosed maxillary deficiency. Sending the patient for early surgical referral is helpful for making the correct diagnosis and identifying candidates who can benefit from facial advancement.

Learning Objectives:

- To explain facial advancement surgery.
- To explain the indications for facial advancement in OSA.
- To make the case for earlier referral for facial advancement in the treatment planning process.

2:30 – 3:30 PM

Title: Sleep Disorders, Obesity and Type 2 Diabetes: Interacting Epidemics

Speaker: Eve Van Cauter, PhD

Summary: This presentation will present the evidence regarding the increase in the prevalence of obesity, type 2 diabetes, obstructive sleep apnea and insomnia. I will discuss the bidirectional interactions between sleep disorders, obesity and diabetes. I will discuss the impact of the presence of a sleep disorder on diabetes control.

Learning Objectives:

- To understand the scope of the epidemics of obesity and diabetes and their implications for sleep medicine specialists.
- To recognize the prevalence of sleep disorders in obese and diabetic subjects and their impact on disease severity.
- To appreciate that patients with sleep disorders may need to be tested for diabetes.

3:30 – 3:45 PM

Break and Exhibits

3:45 – 4:45 PM

Title: Women and Sleep

Speaker: Sheila C. Tsai, M.D., FACCP, FASSM, DABSM

Summary: Sleep complaints are common in women. The prevalence of sleep disorders varies depending on age and gender and may be related to hormones. Women may not present with the classic symptoms of sleep disorders.

Learning Objectives:

- Recognize that sleep complaints are common in women.
- Understand that there are differences in prevalence of sleep disorders in women versus men.
- Recognize that sleep disorders may present differently in women versus men.

4:45 – 5:00 PM

Closing Remarks

Saturday, March 10, 2012

7:30 – 8:00 AM

Registration, Breakfast & Exhibits

8:00 – 8:15 AM

Opening Remarks

8:15 – 9:15 AM

Title: Oral Appliances for Sleep Apnea: Introduction and Update

Speaker: Dennis R. Bailey, DDS

Summary: Oral appliances are becoming a well recognized option for the management of mild to moderate sleep apnea and for snoring. Over time there have been many developments as well as new data on their effectiveness. This will review the more common oral appliances and look at more current studies that demonstrate their impact.

Learning Objectives:

- Have an improved understanding of the variety of oral appliances that are available currently - both pros and cons.
- Recognize the qualities an oral appliance should have for success.
- Understand the most up to date research related to oral appliance therapy.

9:15 – 10:15 AM Title: Over-Diagnosis of Sleep Apnea Resulting from Home Sleep Testing
Speaker: Nic Butkov, RPSGT

Summary: This lecture presents a perspective on current reimbursement policies and scoring practices with regards to home sleep testing (HST) and the potential for over-diagnosis of sleep apnea.

Learning Objectives:

- Discuss the limitations of HST technology.
- Understand the impact of current HST reimbursement policies.
- Raise critical awareness regarding current respiratory scoring criteria in the context of HST.

10:15 – 10:45 AM ***Break and Exhibits***

10:45 – 11:45 AM Title: Updates on Positive Airway Pressure (PAP) Modalities
Speaker: Nic Butkov, RPSGT

Summary: This lecture offers an update on current PAP modalities and their applications in treating various forms of sleep disordered breathing. The modalities discussed include bi-level S, bi-level S/T, bi-level with pressure control (PC), average volume-assured pressure support (AVAPS), and adaptive servo-ventilation (ASV).

Learning Objectives:

- Discuss the purpose of using different PAP modalities.
- Discuss strategies for optimizing the effectiveness of PAP treatment.
- Discuss common errors and misconceptions with regards to PAP titrations.

11:45 – 12:00 PM ***Closing Remarks***