

	FRIDAY, FEBRUARY 17th, 2023	
7:00 - 7:55	Registration, Continental Breakfast, & Exhibit Viewing	
7:55 - 8:00	Introduction & Course Announcements	Andrew N. Goldberg, MD, MSCE
8:00 - 8:30	Overview of Sleep Disorders - what is new in 2023?	Richard J. Schwab, MD
8:30 - 8:50	Update on Treatment of Insomnia	Nalaka S. Gooneratne, MD, DABSM
8:50 - 9:10	COVID & Sleep Disorders including Long Haulers	Indira Gurubhagavatula, MD, MPH
9:10 - 9:30	Consumer-Facing Sleep Technologies: the pros, cons, & everything in between	Cathy Anne Goldstein, MD, MS
9:30 - 10:05	<i>Lightning Rounds - Medications that affect Sleep</i> <ul style="list-style-type: none"> - Caffeine (Diane C. Lim, MD, MTR) - Opioids (Andrew N. Goldberg, MD, MSCE) - Cannabis (Charles Bae, MD, MHCI) - Alcohol (Richard J. Schwab, MD) - Homeopathic (Nalaka S. Gooneratne, MD, DABSM) 	Diane C. Lim, MD, MTR/ Andrew N. Goldberg, MD, MSCE/ Charles Bae, MD, MHCI/ Nalaka S. Gooneratne, MD, DABSM/ Richard J. Schwab, MD
10:05 - 10:20	Telemedicine & Sleep Disorders - A Happy Marriage	Charles Bae, MD, MHCI
10:20 - 10:50	<i>Keynote Address:</i> Developing a Personalized Approach to OSA	Allan L. Pack, MBChB, PhD
10:50 - 11:10	BREAK & EXHIBIT VIEWING	
11:10 - 11:30	The Relationship of the Microbiome to OSA	Andrew N. Goldberg, MD, MSCE
11:30 - 11:50	Pathogenesis of OSA - Importance of Upper Airway Anatomy	Richard J. Schwab, MD
11:50 - 12:20	<i>Keynote Address:</i> Treating OSA ... One Breath at a Time	Alan R. Schwartz, MD
12:20 - 12:40	Advanced Practitioner Model for the Diagnosis & Management of OSA	Rachel Ann Falsone, CRNP, MSN
12:40 - 1:00	Cardiovascular Consequences of Sleep Apnea	Raj C. Dedhia, MD, MSCR
1:00 - 1:30	Sleep Disorders: The Year in Review	Allan L. Pack, MBChB, PhD
8:00 PM - 9:30 PM	Illuminations Fireworks & Dessert Reception - EPCOT's French Island	

SATURDAY, FEBRUARY 18 th , 2023		
7:00-8:00	Continental Breakfast, Exhibit Viewing & Breakout Sessions	
Medical Breakout	How to Manage a Sleep Practice in 2023 – Fiscal Management, Home, In-Hospital & In-Lab Sleep Studies. New Technologies & Ramifications of Value Based Care	Richard J. Schwab, MD/ Charles Bae, MD, MHCI / Atul Malhotra, MD/Nalaka S. Gooneratne, MD, DABSM/Diane C. Lim, MD, MTR/Rachel Ann Falsone, CRNP, MSN/ Alan R. Schwartz, MD/Cathy Anne Goldstein, MD, MS
Surgical Breakout	Practical Techniques in Performing Upper Airway Surgery – Presentations, Videos, Discussion of Surgical Techniques	Andrew N. Goldberg, MD, MSCE/Eric J. Kezirian, MD, MPH/Raj C. Dedhia, MD, MSCR/Ron B. Mitchell, MD/Jolie L. Chang, MD/David T. Kent, MD
8:00 - 8:30	<i>Keynote Address:</i> Artificial Intelligence in Sleep Medicine: Where are we now & where are we going?	Cathy Anne Goldstein, MD, MS
8:30 - 8:50	Sleep Apnea & Its Relationship to Cancer	Diane C. Lim, MD, MTR
8:50 - 9:10	OSA in the Elderly	Nalaka S. Gooneratne, MD, DABSM
9:10 - 9:30	Sleep and MCI/AD	Diane C. Lim, MD, MTR
9:30 - 9:50	Biomarkers for OSA	Allan L. Pack, MBChB, PhD
9:50 - 10:10	Beyond the AHI - What are the Best Metrics to Follow in OSA?	Atul Malhotra, MD
10:10 - 10:30	BREAK & EXHIBIT VIEWING	
10:30 - 11:00	<i>Pro/Con</i> <ul style="list-style-type: none"> - Endophenotypes are Useful for the Diagnosis & Management of OSA (Atul Malhotra, MD) - Endophenotypes are NOT Useful for the Diagnosis & Management of OSA (Richard J. Schwab, MD) 	Atul Malhotra, MD/Richard J. Schwab, MD
11:00 - 11:40	<i>Keynote Address:</i> Medical (including Semaglutide, Tirzepatide) & Surgical Strategies for Weight Loss	Victoria M. Gershuni, MD, MTR, MSGM
11:40 - Noon	Medications (atomoxetine + aroxybutynin/Sulthiame/reboxetine + oxybutynin) to Specifically Treat OSA	Atul Malhotra, MD
Noon - 12:25	<i>Lightning Rounds - New Treatments for Sleep Apnea</i> <ul style="list-style-type: none"> - eXciteOSA (Atul Malhotra, MD) - Bongo (Jolie L. Chang, MD) - Nightbalance (Richard J. Schwab, MD) 	Atul Malhotra, MD/Jolie L. Chang, MD/Richard J. Schwab, MD

12:25 - 1:00	<i>Panel Discussion</i> - CPAP Adherence Tips, Tricks, Tracking & the CPAP & Mask Recall	Moderator: Charles Bae, MD, MHCI Panel: Richard J. Schwab, MD, Diane C. Lim, MD, MTR, Nalaka S. Gooneratne, MD, DABSM, Alan R. Schwartz, MD, Atul Malhotra, MD, Raj C. Dedhia, MD, MSCR

	SUNDAY, FEBRUARY 19th, 2023	
7:00-8:00	Continental Breakfast & Exhibit Viewing	
8:00 - 8:15	The Importance of the Nose in OSA	Jolie L. Chang, MD
8:15 - 8:45	What is new in treating Pediatric OSA including T&A?	Ron B. Mitchell, MD
8:45 - 9:10	Keynote Address: New Approaches to Oral Appliances for OSA	Peter Cistulli, MD
9:10 - 9:25	Treatment of Snoring in 2023	Jolie L. Chang, MD
9:25 - 9:40	Ansa Cervicalis Stimulation for OSA	David T. Kent, MD
9:40 - 9:55	HGNS Titrations: Not Exactly Like CPAP Titrations	Everett Seay
9:55 - 10:05	SARPE (Surgically Assisted Rapid Palatal Expansion) for OSA - What's the Evidence?	Raj C. Dedhia, MD, MSCR
10:05 - 10:20	The Opioid Crisis - Options for Post-Op Pain	Andrew N. Goldberg, MD, MSCE
10:20 - 10:40	BREAK & EXHIBIT VIEWING	
10:40 - 11:10	Panel Discussion: How to Identify the Site of Upper Airway Obstruction including Pros and Cons of DISE	Moderator: Eric J. Kezirian, MD, MPH Panel: Richard J. Schwab, MD, Alan R. Schwartz, MD, Raj C. Dedhia, MD, MSCR, David T. Kent, MD, Ron B. Mitchell, MD, Jolie L. Chang, MD
11:10 - 11:30	New Approaches to Performing DISE	Raj C. Dedhia, MD, MSCR
11:30 - 11:50	New Techniques for Palatal Surgery	David T. Kent, MD
11:50 - 12:20	Selecting Hypopharyngeal Surgery in OSA Including MMA	Eric J. Kezirian, MD, MPH
12:20 - 12:30	Epiglottic Surgery for OSA	Jolie L. Chang, MD
12:30 - 1:00	Panel Discussion: Hypoglossal Nerve Stimulation - the good, the bad, & the future	Moderator: Jolie L. Chang, MD Panel: Raj C. Dedhia, MD, MSCR, Richard J. Schwab, MD, Eric J. Kezirian, MD, MPH, David T. Kent, MD, Ron B. Mitchell, MD
1:00	Closing Remarks	Richard J. Schwab, MD/ Andrew N. Goldberg, MD, MSCE/ Eric J. Kezirian, MD, MPH/ Raj C. Dedhia, MD, MSCR