

**The 6th Annual Sleep Educational Conference
Friday, May 1, 2009**

AGENDA and OBJECTIVES

- 7:30 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. ***Narcolepsy: Clinical Features, Diagnosis and Management***
E. Tomas Calderon, MD
- Summarize clinical features and genetics of narcolepsy.
 - Describe management principles of patients with narcolepsy.
- 9:30 a.m. ***Central Sleep Apnea Syndromes: Polysomnogram (PSG) Aspects***
James Kusina, RPSgT
- Explain PSG evaluation of patients with suspected narcolepsy, including pitfalls of Multiple Sleep Latency Testing (MSLT).
 - Identify PSG features of Central Sleep Apnea Syndromes (CSA, Cheyne Stokes Respiration, Complex Sleep Apnea and Hypoventilation).
- 10 a.m. **Break and Visit Exhibits**
- 10:30 a.m. ***Central Sleep Apnea Syndromes: Medical Aspects***
Navin Jain, MD
- State clinical features and medical management of Central Sleep Apnea Syndromes.
- 11 a.m. ***Commercial Driving and Obstructive Sleep Apnea (OSA)***
Doris Allen, RRT
- Describe the impact of OSA on commercial driving.
 - List methods utilized by sleep specialists to best manage commercial drivers with OSA.
- 12 p.m. **Lunch, NWOSEM Sleep Society Business meeting and Elections**
- 1:15 p.m. ***Benign Non-Apneic Snoring (BNAS) and Upper Airway Resistance Syndrome (UARS)***
Pathogenesis, Medical Management – Naeem Lughmani, MD
Surgical Management – Vijay Adappa, MD
Oral Appliance and BNAS – Michael McVicker, DDS
- Explain significance and management of “benign snoring”.
- 2:15 p.m. ***Panel Discussion: Obstructive Sleep Apnea (OSA) 101-109***
Moderator: Navin Jain, MD
- Review the management of patients with OSA, including PSG evaluation and Continuous Positive Airway Pressure (CPAP) titration.
- 3:45 p.m. **Questions and Answers**
- 4 p.m. **Evaluation and Adjournment**