



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER

# Sleep Symposium 2021

September 24<sup>th</sup> | 8:00am – 3:45pm

Virtual Platform via CarmenZoom

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8:00am	<b>Welcome</b> <i>Meena Khan, MD &amp; Steven Holfinger, MD – The Ohio State University</i>
8:05 – 8:45am	<b>Health Care Disparities in Sleep Medicine</b> <i>Chandra Jackson, PhD, MS – National Institute of Environmental Health Sciences</i>
8:45 – 9:25am	<b>OSA phenotypes and how they translate to clinical practice</b> <i>Allan Pack, MBChB, PhD – University of Pennsylvania</i>
9:25am – 10:05am	<b>OSA and Stroke – What we know now</b> <i>Sushil Lakhani, MD – The Ohio State University</i>
10:05 – 10:15am	<b>Break</b>
10:15 – 10:55am	<b>Pediatric Sleep: Normal Development and Common Sleep Issue</b> <i>Alpa Patel, MD – Nationwide Children's Hospital</i>
10:55 – 11:35am	<b>Behavioral Management of Parasomnias</b> <i>Kelly Glazer Baron, PhD, MPH, DBSM – The University of Utah</i>
11:35 – 11:40am	<b>Breakout session explanation</b>
11:40 – 12:35pm	<b>Lunch and Learn</b> <i>During lunch, there will be an opportunity to join a breakout room with our sponsoring vendors. The vendor rooms will run on a live or pre-recorded loop, which will allow you to join multiple vendor rooms during the duration of lunch and there will be time for Q&amp;A.</i>
12:30 – 1:10pm	<b>Adolescent Sleep</b> <i>Anne May, MD – Nationwide Children's Hospital</i>
1:15 – 1:30pm	<b>Joining rooms</b>



1:30 – 2:30pm

**Breakout Session 1**

Options:

- Hypersomnia and Circadian Rhythm cases, using behavioral strategies-

**Kelly Glazer Baron**

- Troubleshooting PAP adherence issues-

**Jessica Schweller, APRN-CNP – *The Ohio State University***

2:30 – 2:45pm

**Break**

2:45 – 3:45pm

**Breakout Session 2**

Options:

- Non-pharmacologic approaches to insomnia cases-

**Lawrence Chan, DO and Travis Westbrook, PhD – *The Ohio State University***

- Refractory Restless Leg Syndrome cases-

**Ryan Donald, MD – *The Ohio State University***

3:45pm

**Closing Remarks/Evaluation and Adjourn**