

# 9TH ANNUAL PA SLEEP SOCIETY MEETING

Saturday • May 6 • 2017



pasleep.org



**HILTON HARRISBURG**  
One North Second Street  
Harrisburg, PA 17101

**REGISTER TODAY!**  
<http://bit.ly/E604617>

A continuing education service of Penn State College of Medicine,  
in partnership with the Pennsylvania Sleep Society



**PennState**  
College of Medicine



**PENNSYLVANIA  
SLEEP SOCIETY**

## PURPOSE

The purpose of this meeting is to provide increased awareness and knowledge, as well as treatment strategies related to sleep research, education, and clinical practice.

## AUDIENCE

Physicians, researchers, educators, clinicians, sleep technicians and other health professionals involved in the field will benefit from attending the conference.

## EDUCATIONAL GOALS

Upon completion of this program, participants should be able to:

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Describe the physiology, pathophysiology and management of sleep in children and adults

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Identify the common sleep complaints and the need for diagnostic tests and interventions in the practice of sleep medicine

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Apply appropriate interventions and treatment options for the management of sleep disorders

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Analyze the current issues and potential changes in the future practice of sleep medicine

## ACCESS

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, contact Continuing Education at least one week in advance of your participation.

This publication is available in alternative media on request.

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## ACCOMMODATIONS

Accommodations are the responsibility of the participant. A block of rooms has been reserved at the:

**HILTON HARRISBURG**  
One North Second Street  
Harrisburg, PA

**RATE**  
\$142+ tax per room per night

**RESERVATIONS**  
Online: [hilton.com](http://hilton.com)  
Call: 1-717-233-6000  
Use the code name: Sleep

**DEADLINE**  
Tuesday, April 4, 2017

Rooms are available on a first-come, first-served basis, so make reservations as early as possible. Rooms reserved after this date are at regular rates and will be based on availability.

## CREDIT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Penn State College of Medicine and Pennsylvania Sleep Society. Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**AMA**  
Penn State College of Medicine designates this live activity for a maximum of 7 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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**AAST CEC**  
Program application has been submitted for approval.

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**AARC**  
Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

## FACULTY

### **Mathias Basner, MD, PhD, MSc**

Associate Professor of Sleep and Chronobiology in Psychiatry  
Unit for Experimental Psychiatry  
Division of Sleep and Chronobiology  
Perelman School of Medicine  
Philadelphia, PA

### **Daniel J. Buysse, MD**

UPMC Professor of Sleep Medicine  
Professor of Psychiatry and Clinical and Translational Science  
University of Pittsburgh School of Medicine  
Department of Psychiatry  
Pittsburgh, PA

### **Subhajit Chakravorty, MD**

Assistant Professor of Psychiatry  
Perelman School of Medicine  
University of Pennsylvania  
Staff Physician  
Departments of R&D and Psychiatry  
Corporal Michael J. Crescenzi  
VAMC  
Philadelphia, PA

### **Yoong Hee A. Chang, MD**

Sleep Medicine Fellow  
Hospital of the University of Pennsylvania  
Philadelphia, PA

### **Brendan Duffy, RPSGT, RST**

The "Sleep Coach"  
Certified Sleep Educator  
Coordinator, St. Charles Hospital  
Sleep Disorders Center  
Port Jefferson, NY

### **Indira Gurubhagavatula, MD, MPH**

Associate Professor of Medicine  
Division of Sleep Medicine  
Perelman School of Medicine  
University of Pennsylvania  
Staff Physician, Sleep Medicine  
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### **Brant P. Hasler, PhD, CBSM**

Assistant Professor of Psychiatry and Psychology  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Diane C. Lim, MD, MTR**

Assistant Professor of Medicine  
Division of Sleep Medicine  
Perelman School of Medicine  
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Staff Physician, Sleep Medicine  
Corporal Michael J. Crescenzi  
VAMC  
Philadelphia, PA

### **Faith S. Luyster, PhD**

Assistant Professor  
School of Nursing  
University of Pittsburgh  
Pittsburgh, PA

### **Jodi A. Mindell, PhD**

Professor of Psychology  
Director, Graduate Program in Psychology  
Saint Joseph's University  
Philadelphia, PA

### **Isabella Soreca, MD**

Sleep Medicine Fellow  
University of Pittsburgh Medical Center  
Pittsburgh, PA

### **Ignacio E. Tapia, MD, MSTR**

Assistant Professor of Pediatrics  
University of Pennsylvania School of Medicine  
Attending Physician, Sleep Center  
Director, Fellowship in Pediatric Pulmonology  
Division of Pulmonary Medicine  
The Children's Hospital of Philadelphia  
Philadelphia, PA

### **Olivia J. Veatch, MS, PhD**

Research Fellow and Instructor  
Division of Sleep Medicine  
Perelman School of Medicine  
University of Pennsylvania  
Philadelphia, PA

### **Robert Warrell, RPSGT, RST**

Chief Technologist  
Penn Sleep Center  
Penn Medicine  
Philadelphia, PA

The Pennsylvania Sleep Society is a non-profit organization representing sleep research and sleep medicine professionals within Pennsylvania.

### BOARD OF DIRECTORS

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**PENNSYLVANIA  
SLEEP SOCIETY**

## PROGRAM / 7 a.m.–4:45 p.m.

7:00

Check In / Breakfast / Exhibits

8:00

Welcome / Orientation

## OBSTRUCTIVE SLEEP APNEA (OSA)

8:10

Sleep and Cancer

Diane C. Lim, MD, MTR

8:40

Managing Difficult Titrations

Robert Warrell, RPSGT, RST

9:10

Effects of OSA and its Treatment on Partners

Faith S. Luyster, PhD

9:40

Morning Break / Visit Exhibits

## KEYNOTE

10:00

Can We Sleep Our Way to Better Health?

Daniel J. Buysse, MD

## FELLOW'S CORNER

11:00

Obesity Hypoventilation Syndrome

Yoong Hee A. Chang, MD

11:30

The Impact of Insomnia on Physical

and Mental Health

Isabella Soreca, MD

12:00

Lunch / Visit Exhibits

## PROGRAMMATIC APPLICATIONS

- 1:00 Sleep Science Coaching in the World of Sports  
Brendan Duffy, RPSGT, RST
- 1:30 OSA in Commercial Drivers: Practical Consideration for Clinicians  
Indira Gurubhagavatula, MD, MPH
- 2:00 Sleep Deprivation: Determinants, Measurement, and Consequences  
Mathias Basner, MD, PhD, MSc
- 2:30 Afternoon Break / Visit Exhibits

## PEDIATRIC

- 2:45 Cross-Cultural Differences in Infant and Toddler Sleep  
Jodi A. Mindell, PhD
- 3:15 New Treatment Modalities for Pediatric Obstructive Sleep Apnea Syndrome  
Ignacio E. Tapia, MD, MSTR
- 3:45 Sleep and Circadian Rhythm Effects on Substance Use in Adolescents and Young Adults  
Brant P. Hasler, PhD
- 4:15 Understanding the Connection Between Autism and Sleep Via Overlapping Genetic Mechanisms  
Olivia J. Veatch, MS, PhD
- 4:45 Adjournment

## NETWORKING RECEPTION

There is no cost for this event.

*Held at the Hilton Harrisburg on Friday, May 5, 2017, from 6:30 - 9 p.m. This social reception is an additional activity and not part of the conference itself. Please select whether you plan to attend on the training request form, when you register for the conference.*



## FEES

Fee Includes: Instruction | Listed Meals | Handout Materials | Refreshments

\$100 per person

\$25 OFF – PA Sleep Society Member Discount

Contact Marcy Guido-Posey – [mlguidoposey@geisinger.edu](mailto:mlguidoposey@geisinger.edu) to get the discount code. You must have this code prior to registering for the conference, to receive the discount.

Registrations received after Friday, May 5, 2017, will incur a \$25 late fee.

## CANCELLATION POLICY

Cancellations received later than:

Friday, April 28, 2017

will incur a \$25 processing fee

No refunds after:

Tuesday, May 2, 2017

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

## REGISTRATION

Register online using COMPASS, our registration and records system. New users are required to set up an account, which will provide access to your CE certificates and conference materials.

Register Online Today!



<http://bit.ly/E604617>

## QUESTIONS?

Course: E6046-17-Z

Call: 717-531-6483

Email: [ContinuingEd@hmc.psu.edu](mailto:ContinuingEd@hmc.psu.edu)

Mail: Registrar, College of Medicine  
Continuing Education, G220  
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