Eighth Bi-Annual Conference

This bi-annual conference brings together a multi-disciplinary group of basic and clinical researchers, clinicians, educators, policy makers, and trainees involved in pediatric and adolescent sleep medicine. The meeting represents an exceptional opportunity to network, share knowledge and ideas, and establish collaborative projects. In addition to a distinguished group of speakers, Mark R. Rosekind, PhD, head of the US Department of Transportation, National Highway Traffic Safety Administration, will be giving the Keynote Address.
Co-Chairs

Jodi A. Mindell, PhD
Professor of Psychology
Saint Joseph’s University
Associate Director, Sleep Center
Children’s Hospital of Philadelphia | Philadelphia, PA

Judith A. Owens, MD, MPH
Associate Professor
Harvard Medical School
Director of Sleep Medicine
Boston Children’s Hospital | Boston, MA

Incoming Co-Chairs

Lisa J. Meltzer, PhD
Associate Professor of Pediatrics
Director, Pediatric Behavioral Sleep Clinic
National Jewish Health | Denver, CO

Carol L. Rosen, MD
Professor, Department of Pediatrics
J. S. Rube Endowed Chair in Pediatric Sleep Medicine
Case Western Reserve University School of Medicine
University Hospitals of Cleveland, Case Medical Center
Rainbow Babies & Children’s Hospital | Cleveland, OH

Planning Committee

Debra Babcock, MD
Altos Pediatrics | Los Altos, CA

Oliviero Bruni, MD
President, International Pediatric Sleep Association
Associate Professor
Department of Developmental and Social Psychology
Sapienza University | Rome, Italy

Penny Corkum, PhD
Associate Professor of the Clinical Psychology Program
Dalhousie University
Director of Research and Training of the ADHD Clinic
Colchester Regional Hospital | Halifax, Nova Scotia

Daniel G. Glaze, MD
Professor, Departments of Pediatrics and Neurology
Baylor College of Medicine
Medical Director, Sleep Center
Texas Children’s Hospital | Houston, TX

Michael Gradisar, PhD
Senior Lecturer in Clinical Child Psychology
Director, Child & Adolescent Sleep Clinic
Centre for Neuroscience | Flinders University
Adelaide, South Australia

Ann C. Halbower, MD
Professor of Pediatrics, Pulmonary Section
Director, Pediatric Sleep Research
Children’s Hospital Colorado and University of Colorado
School of Medicine | Aurora, CO

Kelli A. Landry
CME Coordinator, Office of Continuing Medical Education
Alpert Medical School, Brown University | Providence, RI

Hawley Montgomery-Downs, PhD
Associate Professor of Psychology
Adjunct Associate Professor, Pediatrics
West Virginia University | Morgantown, WV

Kristina Puzino, MS
The Sleep Center
The Children’s Hospital of Philadelphia
Lehigh University | Bethlehem, PA

Robyn Stremler, RN, PhD
Assistant Professor
Lawrence S. Bloomberg Faculty of Nursing
University of Toronto
Adjunct Scientist & Research Associate
Hospital for Sick Children(SickKids) | Toronto, Canada

Maria Sullivan, BS
Director, Office of Continuing Medical Education
Alpert Medical School, Brown University | Providence, RI

See conference website for more details: brown.edu/cme/pedsleepmedconference
Target Audience
Novice, intermediate and advanced sleep medicine specialists, fellows, physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists

Program Description
This course will highlight the unique and specialized aspects of pediatric polysomnography including discussion of pediatric indications for PSG, review of the new AASM scoring rules and their implementation in clinical settings; and basic policies and procedures for safety, scheduling, staffing, and accommodations. Strategies for making the PSG child-friendly and improving the coping skills of the child, caregiver and staff; pediatric PSG procedures and PAP Mask fitting, habituation, and titration tips, and pediatric scoring (visual, respiratory, movements, arrhythmias and other waveforms) will also be covered in detail.

At the conclusion of this course, attendees should be able to:
• Develop policies and procedures for successful and “child-friendly” polysomnography
• Modify PAP mask fitting, application, and titration to a pediatric population
• Implement pediatric scoring consistent with AASM procedures

7:00–8:00 am  Registration and Breakfast

8:00–8:15  Welcome
Co-Chairs: Carol L. Rosen, MD and Judith A. Owens, MD, MPH

8:15–9:00  Sleep Lab Tool Kit for Children: Protocols, Safety, Procedures, Diagnoses, Work Flow, Scheduling and Questionnaires
Patrick Sorenson, MA, RPGST and Judith A. Owens, MD, MPH

9:00–9:30  Child Friendly PSG - Interactive Workshop with Child Life - Communication, Coping Plans and Distractions
Elizabeth Zaremba, MA, CCLS

9:30–10:00  CPAP Titration in Children: Mask Fitting and Titration Protocols for a Positive First Experience
Ann C. Halbower, MD

10:00–10:15  Break

10:15–11:00  Visual Scoring Across the Ages: Staging, Arousals, and Dominant Posterior Rhythm
Daniel G. Glaze, MD

11:00–11:45  Pediatric Respiratory Assessment: From Sensors to Scoring
Carol L. Rosen, MD

11:45–12:15  Scoring Movements, Arrhythmias, and Other Waveforms
Madeleine M. Grigg-Damberger, MD

12:15–12:30 PM  Question & Answer Session and Wrap-Up
Target Audience
Intermediate to advanced sleep medicine specialists, fellows, psychologists, physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists

Program Description
This course is targeted towards experienced pediatric sleep practitioners seeking a more advanced but still practical approach to polysomnography in infants, children and adolescents, and is designed to address more specialized aspects of pediatric PSG. Highlights include pediatric considerations for multiple sleep latency-testing, an update on alternative strategies for OSAS diagnosis and PAP therapy, and the use of non-invasive respiratory support strategies during polysomnography. The final session will include two “audience participation” presentations designed to improve the attendee’s visual recognition and data interpretations skills using illustrative PSG fragments and data summaries.

At the conclusion of this course, attendees should be able to:
• List the strengths and limitations of MSLT testing in children and implement diagnostic “work-arounds” for testing protocols originally geared for evaluation in adults.
• Describe the range of alternative diagnostics methodologies for OSAS, the potential role of auto-titration devices, and the quality of the evidence for their use in children.
• List the various forms of non-invasive respiratory support currently available for implementation during PSG, including bi-level pressure, volume assured pressure support, and adaptive servo-ventilation strategies and describe the basics (staff competencies, equipment, protocols, target groups) for implementation and assessment.
• Recognize normal features, variants, artifacts and features associated with clinical sleep disorders: respiratory PSG parameters (airflow, effort, sum, Sp02, C02 measures) in childhood.
• Recognize normal features, variants, artifacts and features associated with clinical sleep disorders: non-respiratory PSG parameters (sleep waveforms, ECG, limb movements) in childhood.

1:00–1:30 PM  Registration

1:30–2:15  MSLT Testing in Children: From Protocols to Interpretation
Kirin Maski, MD

2:15–3:00  Alternative Strategies for OSAS Diagnosis & Use of Autotitration Devices in Children: A World View
Manisha Witmans, MD, FRCPC, FAASM

3:00–3:45  Beyond CPAP: Approaches to Non-Acute Respiratory Support in the Sleep Lab
Kristie R. Ross, MD, MS

3:45–4:00  Break

4:00–4:30  Interactive Cases: Name That Waveform or Pattern (Respiratory Channels)
Carol L. Rosen, MD and Faculty

4:30–5:00  Interactive Cases: Name That Waveform or Pattern (Non-Respiratory Channels) EEG, ECG, Limb Movement
Carol L. Rosen, MD and Faculty

5:00–5:30 PM  Question & Answer Session and Wrap-Up
Target Audience
Researchers, clinicians, and trainees (physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists)

Program Description
This course will offer best practice, up-to-date, evidence based information for the treatment of pediatric sleep disorders including pediatric insomnia, sleep disordered breathing, narcolepsy, restless legs syndrome/periodic limb movement disorder, circadian rhythm disorders and parasomnias.

At the conclusion of this course, attendees should be able to:
• Identify and diagnose physiologically-based pediatric and adolescent sleep disorders
• Identify and diagnose behaviorally-based pediatric and adolescent sleep disorders
• Apply up-to-date, evidence based treatments for pediatric and adolescent sleep disorders

BEST PRACTICES COURSE
FRIDAY, NOVEMBER 13, 2015

7:00–8:00 AM  Registration, Breakfast & Visit Exhibits  12:30–1:30  Lunch and Visit Exhibits
8:00–8:15  Welcome  1:30–2:15  Pharmacology and Pediatric Sleep Disorders
  Co-Chairs: Jodi A. Mindell, PhD & Lisa J. Meltzer, PhD
8:15–9:00  Obstructive Sleep Apnea  2:15–2:45  Insomnia in Infants
  Carol L. Rosen, MD  Jodi A. Mindell, PhD
9:00–9:30  Central Sleep Apnea  2:45–3:00  Break and Visit Exhibits
  Ann C. Halbower, MD
9:30–10:15  Adherence to PAP Therapy  3:00–3:30  Insomnia in School Age Children
  Susan C. M. Crane, Psy.D.  Penny Corkum, PhD
10:15–10:30  Break and Visit Exhibits  3:30–4:00  Insomnia in Adolescents
10:30–11:15  Narcolepsy and Disorders of Daytime Sleepiness  4:00–4:30  Insomnia is Special Populations
  Daniel G. Glaze, MD  Beth A. Malow, MD, MS
11:15–12:00  Restless Legs Syndrome and Periodic Limb Movement Disorder  4:30–5:15  Circadian Rhythm Disorders
  Oliviero Bruni, MD  James K. Wyatt, PhD, D.ABSM, C.ABSM
12:00–12:30 PM  Parasomnias  Please join us from 7:00–8:00 PM in the Ocean View Room & Terrace for refreshments followed by a beach fire and roasting marshmallows on Sunrise Beach from 8:00–9:00 PM.
  Thornton B. Alexander Mason, MD, PhD, MSCE
2015 PEDIATRIC SLEEP MEDICINE MEETING
SATURDAY, NOVEMBER 14, 2015

Target Audience
Researchers, clinicians, and trainees (physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists)

Program Description
Attendance at Pediatric Sleep Medicine 2015 will give participants a broad understanding of pediatric sleep, including state-of-the-art basic and clinical research in pediatric sleep and current clinical practices in pediatric sleep medicine.

At the conclusion of this meeting, attendees should be able to:
• Summarize relevant information on the latest in pediatric sleep research and clinical practice
• Identify issues and challenges in pediatric sleep medicine
• Understand public policies that potentially impact children’s/adolescent’s sleep

Friday, November 13, 2015
7:00–9:00 pm Welcome Reception
12:30–2:00 Lunch and Visit Exhibitors
8:00–9:30 Invited Symposium
Obstructive Sleep Apnea in Children: From Bench to Better Outcomes
Co-Chairs: Carol Rosen, MD & Ann C. Halbower, MD

Saturday, November 14, 2015
7:00–7:45 am Registration and Breakfast Buffet
2:00–3:30 Invited Symposium
Influence of Sleep on Learning and Memory in Children
Co-Chairs: Mary Carskadon, PhD & Michael Gradisar, PhD

7:45–8:00 Welcome
Jodi A. Mindell, PhD & Judith A. Owens, MD, MPH

8:00–9:30 Invited Symposium
Obstructive Sleep Apnea in Children: From Bench to Better Outcomes
Co-Chairs: Carol Rosen, MD & Ann C. Halbower, MD

9:30–10:00 Young Investigator Presentations
Co-Chairs: Robyn Stremler, RN, PhD & Kristina Puzino, BA

10:00–10:15 Break and Visit Exhibitors

10:15–11:15 Keynote Address
Mark Rosekind, PhD
Administrator, U. S. Department of Transportation, National Highway Traffic Safety Administration

11:15–12:30 Hot Topics in Pediatric Sleep
Patient-Driven Networks and Research
Adam Amdur
Melatonin: Does it Work? Is It Safe?
Beth A. Malow, MD

†Not Accredited for CME
Target Audience
Researchers, clinicians, and trainees (physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists)

Program Description
Attendance at Pediatric Sleep Medicine 2015 will give participants a broad understanding of pediatric sleep, including state-of-the-art basic and clinical research in pediatric sleep and current clinical practices in pediatric sleep medicine.

At the conclusion of this meeting, attendees should be able to:
• Summarize relevant information on the latest in pediatric sleep research and clinical practice
• Identify issues and challenges in pediatric sleep medicine
• Understand public policies that potentially impact children’s/adolescent’s sleep

Sunday, November 15, 2015
7:30–8:30 AM  Breakfast Buffet
8:30–9:45  Submitted Symposium
Co-Chairs: Oliviero Bruni, MD & Penny Corkum, PhD
9:45–10:15  Young Investigator Presentations
Co-Chairs: Robyn Stremler, RN, PhD & Kristina Puzino, BA
10:15–10:30  Break
10:30–11:45  Submitted Symposium
Co-Chairs: Oliviero Bruni, MD & Penny Corkum, PhD
11:45–12:00 PM  Closing Remarks

—Not Accredited for CME
Leila Kheirandish Gozal, MD, MSc  
Professor of Pediatrics  
Director of Clinical Sleep Research  
Department of Pediatrics  
University of Chicago | Chicago, IL

Rebecca L. Gómez, PhD  
Associate Professor Psychology  
Department of Psychology  
University of Arizona | Tuscan, AZ

Michael Gradisar, PhD  
Associate Professor in Clinical Child Psychology  
Director, Child & Adolescent Sleep Clinic  
Flinders University | Adelaide, South Australia

Ann C. Halbower, MD  
Associate Professor of Pediatrics  
Director, Pediatric Sleep Research  
The Children’s Hospital Sleep Center and University of Colorado School of Medicine | Aurora, CO

Kathryn Hansen, BS, CPC, REEGT  
Adjunct Faculty  
Bluegrass Community and Technical College & MedTech College  
Executive Director, Kentucky Sleep Society  
Owensboro, KY

Eliot S. Katz, MD  
Assistant Professor, Harvard Medical School  
Staff Physician, Boston Children’s Hospital  
Boston, MA

Beth A. Malow, MD, MS  
Professor of Neurology and Pediatrics  
Vanderbilt University Medical Center  
Director, Vanderbilt Sleep Disorders Division  
Nashville, TN

Kiran Maski, MD  
Instructor, Harvard Medical School  
Staff Physician, Boston Children’s Hospital  
Boston, MA

Thornton B. Alexander Mason, MD, PhD, MSCE  
Associate Professor of Clinical Neurology and Pediatrics  
Perelman School of Medicine at the University of Pennsylvania  
Attending Neurologist  
The Children’s Hospital of Philadelphia  
Philadelphia, PA

Lisa J. Meltzer, PhD  
Associate Professor of Pediatrics  
Director, Pediatric Behavioral Sleep Clinic  
National Jewish Health | Denver, CO
SPEAKERS
NOVEMBER 12-15, 2015

Jodi A. Mindell, PhD
Professor of Psychology
Saint Joseph’s University
Associate Director, Sleep Center
Children’s Hospital of Philadelphia
Philadelphia, PA

Robyn Stremler, RN, PhD
Assistant Professor, Lawrence S. Bloomberg
Faculty of Nursing
University of Toronto
Adjunct Scientist & Research Associate Hospital for Sick Children (SickKids) | Toronto, Canada

Manisha Witmans, MD, FRCPC, FAASM
Clinical Associate Professor
University of Alberta | Alberta, Canada

James K. Wyatt, PhD, D.ABSM, C.BSM
Associate Professor of Behavioral Sciences
Rush Medical College
Director, Sleep Disorders Service and Research Center
Rush University Medical Center | Chicago, IL

Elizabeth Zaremba, MA, CCLS
Certified Child Life Specialist
Family and Child Life Services
Rainbow Babies and Children’s Hospital | Cleveland, OH

Hawley Montgomery-Downs, PhD
Associate Professor of Psychology
Adjunct Associate Professor of Pediatrics
West Virginia University | Morgantown, WV

Judith A. Owens, MD, MPH
Associate Professor
Harvard Medical School
Director of Sleep Medicine
Boston Children's Hospital | Boston, MA

Eliza Zaremba, MA, CCLS
Certified Child Life Specialist
Family and Child Life Services
Rainbow Babies and Children’s Hospital | Cleveland, OH

Mark R. Rosekind, PhD
Administrator
U.S. Department of Transportation
National Highway Traffic Safety Administration
Washington DC

Carol Rosen, MD
Professor, Department of Pediatrics
Case Western Reserve University School of Medicine
Medical Director, Pediatric Sleep Center
at Rainbow Babies and Children’s Hospital | Cleveland, OH

Kristie R. Ross, MD, MS
Associate Professor, Department of Pediatrics
Case Western Reserve University School of Medicine
Clinical Director, Division of Pediatric Pulmonology
Allergy/Immunology and Sleep Medicine at
Rainbow Babies and Children’s Hospital
Cleveland, OH

Jared M. Saletin, PhD
Postdoctoral Research Fellow
Department of Psychiatry and Human Behavior
Providence, RI

Patrick Sorenson, MA, RPSGT
Manager, Sleep Laboratory
Children’s National Medical Center | Washington, DC
CME/CE Accreditations
The Warren Alpert Medical School of Brown University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American Nurses Credentialing Center (ANCC) and the American Academy of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

Credit Designations

**Pediatric PSG I (Basic): Accommodating Children in the Sleep Lab — November 12, 2015**

**Physicians**: Alpert Medical School designates this live activity for a maximum of 4.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychology**: Rhode Island Hospital is approved by the American Psychological Association to Sponsor continuing education for psychologists. Rhode Island Hospital maintains responsibility for the program and its content. This activity has been designated for a maximum of 4.0 one hour credits.

**Sleep Technologists**: This educational activity has been submitted to the AAST for Continuing Education Credits.

**Pediatric PSG II (Advanced): Master Class Course — November 12, 2015**

**Physicians**: Alpert Medical School designates this live activity for a maximum of 3.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychology**: Rhode Island Hospital is approved by the American Psychological Association to Sponsor continuing education for psychologists. Rhode Island Hospital maintains responsibility for the program and its content. This activity has been designated for a maximum of 3.75 one hour credits.

**Sleep Technologists**: This educational activity has been submitted to the AAST for Continuing Education Credits.

**Best Practices Course — November 13, 2015**

**Physicians**: Alpert Medical School designates this live activity for a maximum of 7.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychology**: Rhode Island Hospital is approved by the American Psychological Association to Sponsor continuing education for psychologists. Rhode Island Hospital maintains responsibility for the program and its content. This activity has been designated for a maximum of 7.75 one hour credits.

**Sleep Technologists**: This educational activity has been submitted to the AAST for Continuing Education Credits.

**Bi-Annual Pediatric Sleep Medicine Meeting — November 14-15, 2015**

**Physicians**: Alpert Medical School designates this live activity for a maximum of 9.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychology**: Rhode Island Hospital is approved by the American Psychological Association to Sponsor continuing education for psychologists. Rhode Island Hospital maintains responsibility for the program and its content. This activity has been designated for a maximum of 9.0 one hour credits.

**Sleep Technologists**: This educational activity has been submitted to the AAST for Continuing Education Credits.
Venue and Accommodations
Omni Amelia Island Plantation Resort is nestled on 1,350 acres at the tip of a barrier island just off the Northeast Florida coast. Enjoy luxurious oceanfront accommodations, world-class resort pools, championship golf, full-service spa, endless dining options, and family-friendly activities. For further information please visit: http://www.omnihotels.com/hotels/amelia-island-plantation

Room Reservations
A block of oceanfront guest rooms have been reserved at a special conference rate of $229.00 (single or double occupancy), plus a resort fee of $20.00 per night plus sales tax, currently 11%. Rate includes: self parking, unlimited internet access, on-property resort transportation, unlimited use of health & fitness center, inroom coffee services, local & toll free phone, resort beach access. Our conference rate will expire on September 27, 2015. To make reservations, please call the Omni Reservations line at 1-800-THE-OMNI and identify yourself as part of the Brown University Pediatric Sleep Medicine Conference and request our special conference rate if still available.

Shuttle Reservations
Airport Transportation is available at a rate of $60 per person, each way (plus tax) and can be booked at 904-261-6161. Reservations that are requested less than 72 hours cannot be guaranteed.

To request reasonable accommodations for a disability, please notify the CME Office in writing at least two weeks prior to the conference.

Contact Information
Alpert Medical School, CME Office | Ph. 401-863-3337 | Fax: 401-863-2202 | Email: Kelli_Landry@Brown.edu
### Conference Fees
Includes CME/CE certificates, online syllabi, resource materials, meals as outlined in each course schedule, & welcome reception Friday evening.

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<th>Trainees</th>
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### How to Register
Pre-registration is required. On-site registrations cannot be accommodated.
Online - https://apps.biomed.brown.edu/cme_registration/

### Cancellation/Substitution Deadline - October 7, 2015
Substitutions may be made by phone or email without additional charge. Refunds minus a $50.00 administrative fee will be issued if cancellation is received in writing by October 7, 2015.
This conference is subject to change or cancellation.