



THE WARREN ALPERT
Medical School
BROWN UNIVERSITY



Twelfth Biennial Pediatric Sleep Medicine Conference

November 9-12, 2023

The Westin Hilton Head Island Resort & Spa
Hilton Head Island, South Carolina, USA



Conference Overview

The Twelfth Biennial Conference on Pediatric Sleep Medicine is designed to bring together a multi-disciplinary group of basic and clinical researchers, clinicians, educators, policy makers, and trainees involved in pediatric sleep medicine. The meeting represents an exceptional opportunity to network, share knowledge and ideas, and establish collaborative projects. The Pediatric Sleep Medicine Conference 2023 has a very distinctive perspective and offers pediatric practitioners and trainees the opportunity to unite to learn about state of the art developments in clinical and research arenas of pediatric sleep medicine, focusing on recognizing and improving care of patients.

This conference is the only US-based comprehensive forum solely dedicated both to the presentation of cutting-edge pediatric sleep and circadian research and innovations in the clinical practice of pediatric sleep medicine. Since the first Pediatric Sleep Medicine meeting in 2005, the meeting has successfully reached physicians, psychologists, sleep technologists, researchers, nurse practitioners, nurses, physician assistants, trainees from across the globe.

Schedule at a Glance

Thursday, November 9, 2023

Pediatric Polysomnography:

A Master Class for Pediatric Providers in the PSG Laboratory

12:00 pm - 6:00 pm

OR

Pediatric Behavioral Sleep Medicine Workshop

12:00 pm - 6:00 pm

Friday, November 10, 2023

Best Practices

7:30 am - 5:15 pm

Welcome Reception & S'mores

6:00 pm - 8:00 pm

Saturday, November 11, 2023

Day 1: Pediatric Sleep Medicine Meeting

7:05 am - 5:00 pm

Sunday, November 12, 2023

Trainee Event and Breakfast

7:25 am - 8:25 am

Day 2: Pediatric Sleep Medicine Meeting

8:25 am - 12:40 pm

Registration Information

Conference Fees include: CME / CE credit, read-only presentation materials for Pediatric PSG, Pediatric Behavioral Sleep Medicine and Best Practice courses, course resources, meals as outlined in each course schedule, welcome reception, and s'mores on the beach.

Pre-registration is required at: <https://cme-learning.brown.edu/>

On-site registrations cannot be accommodated.

Register By September 17, 2023	Physicians, Psychologists, Allied Health Professionals, and Technologists	Trainees*
Pediatric Polysomnography November 09, 2023	\$275.00	\$150.00
Pediatric Behavioral Sleep Medicine November 09, 2023	\$275.00	\$150.00
Best Practices Course November 10, 2023	\$350.00	\$175.00
Pediatric Sleep Medicine Meeting November 11-12, 2023	\$375.00	\$200.00

Register After September 17, 2023	Physicians, Psychologists, Allied Health Professionals, and Technologists	Trainees*
Pediatric Polysomnography November 09, 2023	\$300.00	\$175.00
Pediatric Behavioral Sleep Medicine November 09, 2023	\$300.00	\$175.00
Best Practices Course November 10, 2023	\$375.00	\$200.00
Pediatric Sleep Medicine Meeting November 11-12, 2023	\$400.00	\$225.00

*Please contact meghan_flanagan1@brown.edu to request to bring a guest

*Please note you are eligible for trainee registration rates if:

1. You are currently engaged in an academic program of study working toward a terminal degree (undergraduate or graduate); or
2. You finished your terminal degree (PhD, MD, RN) and are currently engaged in a training program at an academic and/or medical institution (post-doctoral fellow, resident).

*You will be required to show proof

Cancellation/Substitution Deadline - October 10, 2023

Substitutions may be made by phone or e-mail without additional charge. Refunds minus a \$75.00 administrative fee will be issued if cancellation is received in writing by October 10, 2023. This conference is subject to change or cancellation.

For More Information:

Office of Continuing Medical Education at the Warren Alpert Medical School of Brown University
Ph. 401-863-2871 | Email: meghan_flanagan1@brown.edu | www.brown.edu/cme/pedsleep23

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

Co-Chairs and Planning Committee

Co-Chairs

Valerie Crabtree, PhD, DBSM

Member, St. Jude Faculty
Chief, Psychosocial Services
St. Jude Children's Research Hospital | Memphis, TN

Kiran Maski, MD, MPH

Associate Professor of Neurology
Harvard Medical School
Boston Children's Hospital | Boston, MA

Jared M. Saletin, PhD

Assistant Professor of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University
Associate Director, Sleep Research Laboratory
Emma Pendleton Bradley Hospital | Providence, RI

Planning Committee

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Prisma Health
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Meghan Flanagan, MS

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Clinical Associate Professor, Pediatrics
University of South Carolina Greenville School of
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Michelle King

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Hatty Lara, MS, MA

Clinical Psychology PhD Student
University of Arizona | Tuscon, AZ

Robin Lloyd, MD, FAAP, FAASM (PSG Co-Chair)

Assistant Professor
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Patrick Mabray, MD, PhD

Assistant Professor of Child Neurology
Sleep Medicine Fellow
Department of Neurology
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Jennifer Maloney

Assistant Director, CME Accreditation and Special
Projects
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Lisa J. Meltzer, PhD, DBSM (PBSM Co-Chair)

Professor of Pediatrics
National Jewish Health
Professor of Family Medicine
University of Colorado
Owner & Sleep Expert
Nyxeos Consulting | Denver, CO

Planning Committee

Jodi A. Mindell, PhD, DBSM (PBSM Co-Chair)
Professor of Psychology
Director, Graduate Psychology
Saint Joseph's University
Chair, Board of Directors
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Associate Director, Sleep Center
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Kathleen O'Hora, BS
Graduate Student Researcher, Department of
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Althea Robinson Shelton, MD, MPH (BP Co-Chair)
Associate Professor of Neurology
Sleep Division, Vanderbilt Kennedy Center
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Maria Sullivan
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Ariel Williamson, PhD, DBSM (Meeting Co-Chair)
Assistant Professor of Psychology in Psychiatry and
Pediatrics, Perelman School of Medicine
University of Pennsylvania
Research Psychologist, Sleep Center
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Pediatric Polysomnography: A Master's Class for Pediatric Providers in the PSG Laboratory

Thursday, November 9th

Target Audience

Sleep Medicine specialists, fellows, psychologists, physicians, nurses, nurse practitioners, polysomnography technicians, technologists, and respiratory therapists

Instructional level: Intermediate - Advanced

Program Description

This course is targeted toward experienced sleep practitioners seeking a more advanced, but still practical approach to polysomnography procedures in infants, children, and adolescents.

Highlights include practical approaches and logistics for initiating therapy for patients in the sleep lab, improving management of infants with apnea, utilizing polysomnography in ventilator weans and tracheostomy decannulation, recognizing the polysomnography features relevant to restless sleep disorder, periodic limb movement disorder, fragmentary myoclonus, and other sleep-related movement disorders, approaches to sleep lab testing for disorders of hypersomnia and recognizing normal versus abnormal sleep study findings. Further skills in polysomnography and multiple sleep latency testing and interpretation will be promoted by experts in the field.

Learning Objectives

At the conclusion of this course, attendees should be better able to:

- Describe useful resources and procedures for initiating therapies in the sleep lab setting for both PAP and non-PAP therapies.
- Understand infant breathing patterns and normative respiratory findings on PSG
- Describe PSG features relevant to the diagnosis of restless sleep and other sleep-related movement disorders
- Understand the utility and limitations of polysomnography in ventilator weaning and tracheostomy decannulation

- Discuss sleep lab testing for hypersomnia with practical approaches to MSLT protocols for children and the unique diagnostic features of sleep physiology of patients with narcolepsy that can be identified on polysomnography and multiple sleep latency tests
- Understand the challenges of diagnosing hypersomnia in the context of complex medical comorbidities
- Recognize normal respiratory and non-respiratory PSG findings, interesting variants that should raise concern, and artifacts in childhood

Credit Designations

Physicians: The Warren Alpert Medical School designates this live activity for a maximum of 4.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Respiratory Therapists: This course has been approved by the AARC for 4.5 CRCE Credits.

Sleep Technologists: This program has been approved for 4.5 AAST Continuing Education Credits (CECs) by the American Association of Sleep Technologists.

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and the Warren Alpert Medical School of Brown University. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

Continuing Nursing Education

The maximum number of hours awarded for this Continuing Nursing Education activity is 4.5 contact hours.

Pediatric Polysomnography: A Master's Class for Pediatric Providers in the PSG Laboratory Thursday, November 9th

Continuing Psychologist Education

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Credit Designation: This program offers 4.5 continuing education credit for psychologists.

12:00 - 12:55 PM	Registration and Lunch
12:55 - 1:00 PM	Welcome, Overview, and Logistics Co-Chairs: Dominic B. Gault, MD, FAASM & Robin Lloyd, MD, FAAP, FAASM
1:00 - 1:45 PM	Practical Logistics for Initiating Therapy in the Pediatric Sleep Lab Dominic B. Gault, MD, FAASM
1:45 - 2:30 PM	Infant Breathing Patterns and Respiratory Norms Ameet Daftary, MBBS, MS, MBA
2:30 - 2:45 PM	Break
2:45 - 3:30 PM	PSG Features Relevant to Restless Sleep, PLMs and Fragmentary Myoclonus Mary Anne Tablizo, MD
3:30 - 4:15 PM	Utility of Polysomnography in Ventilator Weans and Tracheostomy Decannulation Lynn D'Andrea, MD
4:15 - 4:30 PM	Break
4:30 - 5:15 PM	Sleep Lab Testing for Disorders of Hypersomnolence Kiran Maski, MD, MPH
5:15 - 6:00 PM	PSG findings: To Worry or Not to Worry Robin Lloyd, MD, FAAP, FAASM



Pediatric Behavioral Sleep Medicine

Thursday, November 9th

Target Audience

Sleep medicine specialists, fellows, psychologists, physicians, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists.

Instructional level: Intermediate - Advanced

Program Description

This course is aimed at intermediate to advanced pediatric sleep clinicians (i.e., psychologists, physicians, nurses) and trainees who regularly see children with behavioral sleep concerns in their clinical practice. The course will include a discussion of complex cases presented by experienced faculty. Attendees will gain insights and learn about novel behavioral approaches for managing different aspects of pediatric sleep across development.

Learning Objectives:

At the conclusion of this course, attendees should be better able to:

- Apply behavioral and cognitive-behavioral strategies to the treatment of pediatric sleep problems, including infant and toddler sleep disturbances, bedtime anxiety, nightmares, insomnia, and hypersomnia
- Partner with families to adapt behavioral interventions for diverse families
- Develop strategies to improve CPAP adherence for children with OSA
- Implement objective and subjective assessment of pediatric sleep
- Utilize behavioral interventions for sleep issues in specific populations, including children and adolescents with Autism Spectrum Disorders, ADHD, anxiety, and depression.

Credit Designations

Physicians: The Warren Alpert Medical School designates this live activity for a maximum of 4.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Respiratory Therapists: This course has been approved by the AARC for 4.5 CRCE Credits.

Sleep Technologists: This program has been approved for 4.5 AAST Continuing Education Credits (CECs) by the American Association of Sleep Technologists.

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INTERPROFESSIONAL CONTINUING EDUCATION

Continuing Psychologist Education

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Credit Designation: This program offers 4.5 continuing education credit for psychologists.

Continuing Nursing Education

The maximum number of hours awarded for this Continuing Nursing Education activity is 4.5 contact hours.

Pediatric Behavioral Sleep Medicine

Thursday, November 9th

12:00 - 1:00 PM	Registration and Lunch
1:00 - 1:05 PM	Welcome, Overview, and Logistics Co-Chairs: Lisa J. Meltzer, PhD, DBSM & Jodi A. Mindell, PhD, DBSM
	Part I: Behavioral Sleep Disorders
1:05 - 1:25 PM	Infant and Toddler Sleep Disturbances Jodi A. Mindell, PhD, DBSM
1:25 - 1:45 PM	Bedtime Anxiety in School-Aged Children Valerie Crabtree, PhD, DBSM
1:45 - 2:05 PM	Haunted Nights: Understanding and Treating Nightmares in Youth Michal Kahn, PhD
2:05 - 2:25 PM	Adolescent Insomnia Case Presentation Kelly C. Byars, PsyD, ABPP, DBSM
2:25 - 2:40 PM	Group Q&A
2:40 - 2:55 PM	Break
	Part II: Behavioral Sleep Disorders/Cross-cutting Topics
2:55 - 3:15 PM	Behavioral Interventions for Hypersomnia Disorders Eric Zhou, PhD
3:15 - 3:35 PM	Adapting Behavioral Interventions for Socio-demographically Diverse Populations Ariel Williamson, PhD, DBSM
3:35 - 3:55 PM	Objective/Subjective Assessment of Pediatric Sleep Lisa J. Meltzer, PhD, DBSM
3:55 - 4:15 PM	PAP Adherence Melissa S. Xanthopoulos, PhD, MS
4:15 - 4:30 PM	Group Q&A
4:30 - 4:45 PM	Break
	Part III: Special Populations
4:45 - 5:05 PM	Sleep and Anxiety/Depression Candice A. Alfano, PhD
5:05 - 5:25 PM	Sleep and ADHD Jessica R. Lunsford-Avery, PhD
5:25 - 5:45 PM	Sleep and Autism Spectrum Disorder Althea Robinson Shelton, MD, MPH
5:45 - 6:00 PM	Group Q&A

Best Practices

Friday, November 10th

Target Audience

Researchers, clinicians, trainees, physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, and respiratory therapists.

Instructional level: Intermediate

Program Description

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

In addition, participants will learn best practice approaches to engaging patients and families to increase adherence to sleep interventions.

Learning Objectives:

At the conclusion of this course, attendees should be better 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
- Understand the impact of the patient and family experience on completion of sleep studies

Credit Designations

Physicians: The Warren Alpert Medical School designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Respiratory Therapists: This course has been approved by the AARC for 6.5 CRCE Credits.

Sleep Technologists: This program has been approved for 6.5 AAST Continuing Education Credits (CECs) by the American Association of Sleep Technologists.

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and the Warren Alpert Medical School of Brown University. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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INTERPROFESSIONAL CONTINUING EDUCATION

Continuing Nursing Education

The maximum number of hours awarded for this Continuing Nursing Education activity is 6.5 contact hours.

Continuing Psychologist Education

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Credit Designation: This program offers 6.5 continuing education credit for psychologists.

Best Practices

Friday, November 10th

7:30 - 8:30 AM	Registration, Breakfast, and Visit Exhibits
8:30 - 8:45 AM	Welcome Co-Chairs: Valerie Crabtree, PhD, DBSM & Althea Robinson Shelton, MD, MPH
8:45 - 9:15 AM	Pediatric Obstructive Sleep Apnea Dominic B. Gault, MD, FAASM
9:15 - 10:00 AM	Management of Narcolepsy and Idiopathic Hypersomnia Kiran Maski, MD, MPH
10:00 - 10:30 AM	Break: Visit Exhibits
10:30 - 11:00 AM	Central Sleep Apnea Olufunke Afolabi-Brown, MD
11:00 - 11:45 AM	Restless Sleep Disorder & Restless Legs Syndrome in Children: Current Practice & Future Considerations Mary Anne Tablizo, MD
11:45 - 12:30 PM	OSA and Behavioral Sleep Problems in Neurodevelopment Disorders Althea Robinson Shelton, MD, MPH
12:30 - 1:45 PM	Lunch and Visit Exhibits
1:45 - 2:30 PM	Parasomnia and Nocturnal Seizures Madeleine Grigg-Damberger, MD
2:30 - 3:00 PM	Circadian Rhythm Disorders Valerie Crabtree, PhD, DBSM
3:00 - 3:30 PM	Break: Visit Exhibits
3:30 - 4:15 PM	Non-pharmacologic Management of Insomnia Ariel Williamson, PhD, DBSM
4:15 - 4:45 PM	Patient and Family Experience During Pediatric Sleep Studies Robin Lloyd, MD, FAAP, FAASM
4:45 - 5:15 PM	Medication Management of Insomnia Beth Malow, MD, MS
6:00 - 8:00 PM	Welcome reception & S'mores



Pediatric Sleep Medicine Meeting

Saturday, November 11th & Sunday, November 12th

Target Audience

Researchers, clinicians, trainees, physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, and respiratory therapists.

Instructional level: intermediate

Program Description

Attendance at the 2023 Pediatric Sleep Medicine Meeting will give participants a broad understanding of the pediatric sleep field, including presentations on state-of-the-art basic and clinical research, advocacy, and future directions.

Learning Objectives:

At the conclusion of this course, attendees should be better able to:

- Summarize relevant information on the latest in pediatric sleep and circadian research and clinical practice
- Identify issues and challenges in pediatric sleep medicine
- Understand public policies that potentially impact children's/adolescents' sleep

Credit Designations

Physicians: The Warren Alpert Medical School designates this live activity for a maximum of 9.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Respiratory Therapists: This course has been approved by the AARC for 9.75 CRCE Credits.

Sleep Technologists: This program has been approved for 9.75 AAST Continuing Education Credits (CECs) by the American Association of Sleep Technologists.

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and the Warren Alpert Medical School of Brown University. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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INTERPROFESSIONAL CONTINUING EDUCATION

Continuing Nursing Education

The maximum number of hours awarded for this Continuing Nursing Education activity is 9.75 contact hours.

Continuing Psychologist Education

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Credit Designation: This program offers 9.75 continuing education credit for psychologists.

Pediatric Sleep Medicine Meeting

Saturday, November 11th

7:05 - 8:05 AM	Breakfast
8:05 - 8:15 AM	Welcome Co-chairs: Jared M. Saletin, PhD & Ariel Williamson, PhD, DBSM
8:15 - 8:35 AM	Plenary Pediatric Sleep Health Disparities Lauren Hale, PhD
8:35 - 9:50 AM	Invited Symposium Beyond Polysomnography: Novel Methods for Assessing Pediatric Sleep Outside the Lab Home Sleep Apnea Testing in Children Chris Cielo, DO (Chair), Use of Wearable Sensors to Assess Sleep in Rett Syndrome Sarika U. Peters, PhD Panel Discussion and Q&A Moderator: Lynn A. D'Andrea, MD
9:50 - 10:20 AM	Oral Presentations Blitz Maintenance of a School-night Sleep Extension Intervention in Adolescents Using Weekend Morning Bright Light Stephanie J. Crowley, PhD Impact of Early School Start Times on Early Elementary Students' Sleep Behavior Nicole Russo-Ponsaran, PhD Forward and Backward is Not Enough: Using Cognitive Interviews for the Translation of Comprehension of Pediatric Sleep Questionnaires Melissa Fineman, MPH
10:20 - 10:50 AM	Break: Visit Exhibits
10:50 - 11:10 AM	Plenary Expanding the Reach of Pediatric Sleep Medicine Ignacio E. Tapia, MD, MS
11:10 - 12:25 PM	Submitted Symposium: Alternates and Emerging Treatments for Pediatric Obstructive Sleep Apnea (OSA) Lead Author: Vaishal Shah, MD, MPH, FAAP David Smith, MD, PhD & Daniel Combs, MD

Pediatric Sleep Medicine Meeting

Saturday, November 11th

12:25 - 12:55 PM	Oral Presentations Blitz - Early Career Investigator Impact of an Infancy Responsive Parenting Intervention on Sleep-Related Behaviors at Bedtime Kara McRae Duraccio, PhD A Dual-Growth Model for Examining Relations Among Sleep Duration, Quality, Regularity, and Mental Health from Childhood to Adolescence Brian T. Gillis, PhD, LMFT Evaluating Sleep Disturbances across Early Childhood as a Marker of Early-Emerging Depression Symptoms Caroline P. Hoyniak, PhD
12:55 - 2:00 PM	Lunch: Visit Exhibits, Posters, & Trainee Activity Trainee Co-Chairs: Hatty Lara, MS, MA, Patrick Mabray, MD, PhD, & Kathleen O’Hora, BS
2:00 - 2:20 PM	Plenary Communicating Science to Decision Makers Elizabeth Bojsza, MFA
2:20 - 2:40 PM	Break: Visit Exhibits
2:40 - 3:35 PM	Panel Discussion: Wearables and Devices for Pediatric Sleep Kathleen O’Hora, BS, Lisa J. Meltzer, PhD, DBSM, Jonathan Mitchell, PhD, & Sarika U. Peters, PhD
3:35 - 4:05 PM	Plenary Panel Discussion: Bringing Pediatric Sleep Medicine to Scale: Expanding the Reach of Research, Practice, and Training Lauren Hale, PhD, Elizabeth Bojsza, MFA, & Ignacio E. Tapia, MD, MS
4:05 - 5:00 PM	Poster Session and Visit Exhibits

Pediatric Sleep Medicine Meeting

Sunday, November 12th

7:25 - 8:25 AM	Trainee Event and Breakfast Trainee Co-Chairs: Hatty Lara, MS, MA, Patrick Mabray, MD, PhD, & Kathleen O’Hora, BS
8:25 - 8:30 AM	Opening Remarks Co-Chairs: Jared M. Saletin, PhD & Ariel Williamson, PhD, DBSM
8:30 - 9:00 AM	Quality and Safety in Pediatric Sleep Labs Umakanth A. Katwa, MBBS, MD
9:00 - 10:15 AM	Submitted Symposium: Understanding multi-level factors that influence sleep-health disparities in children Lead Author: Seyni Gueye-Ndiaye, MD Monica R. Ordway, PhD, APRN, PPCNP-BC, Judith Owens, MD, MPH, & Jessica Page, PhD, MEd
10:15 - 10:45 AM	Break: Visit Exhibits and Posters
10:45 - 12:00 PM	Invited Symposium Sleep Interventions and Mental Health in High-Risk and Clinical Child Populations Chair: Candice A. Alfano, PhD <ul style="list-style-type: none">• Mental Health Effects of a Community-Based Sleep Educational Intervention for Children with Autism Spectrum Disorder Beth Malow, MD, MS• Secondary Impact of Cognitive Behavior Therapy for Nightmares in Children (CBT-NC) on Mental Health and Suicidal Ideation Lisa Cromer, PhD• Sleep and Adjustment in Foster Environments (SAFE): Effects of a Trauma-Informed Sleep Intervention on Behavioral Functioning of Young Children in Foster Care Candice A. Alfano, PhD
12:00 - 12:30 PM	Oral Presentations Blitz Deficits in Learning and Overnight Memory Consolidation in Children with Mild Sleep Disordered Breathing Bethanie Menzies, PhD Candidate Using a Longitudinal Qualitative Approach to Understand the Lived Experiences of Caregivers of Infants with Obstructive Sleep Apnea Who Require Chronic Non-invasive Respiratory Support Awaiting Speaker Confirmation Impact in Positive Airway Pressure (PAP) Clinic Visits After the Dual Challenges of the COVID-19 Pandemic and Philips Respironics Device Recall Mohini Gunnett, MD
12:30 - 12:40 PM	Closing Remarks Meeting Co-Chairs: Jared M. Saletin, PhD & Ariel Williamson, PhD, DBSM

Conference Faculty

Olufunke Afolabi Brown, MD

Associate Professor of Pediatrics
Pediatric Pulmonologist and Sleep Medicine Physician
University of Pennsylvania | Philadelphia, PA

Candice A. Alfano, PhD

Professor of Psychology
Director, Sleep and Anxiety Center of Houston
University of Houston | Houston, TX

Elizabeth Bojsza, MFA

Assistant Professor of Practice
School of Communication and Journalism
Alan Alda Center for Communicating Science
Stonybrook University | Stonybrook, NY

Kelly C. Byars, PsyD, ABPP, DBSM

Professor of Pediatrics
Pediatric Sleep Psychologist
Cincinnati Children's Hospital
University of Cincinnati College of Medicine
Cincinnati, OH

Christopher Cielo, DO

Assistant Professor of Pediatrics
Perelman School of Medicine
University of Pennsylvania
Director, Sleep Center
Children's Hospital of Philadelphia | Philadelphia, PA

Daniel Combs, MD

Assistant Professor of Pediatrics and Medicine
University of Arizona
Director of Pediatric Sleep Medicine
Banner University Medical Center | Tucson, AZ

Valerie Crabtree, PhD, DBSM (BP Co-Chair)

Member, St. Jude Faculty
Chief, Psychosocial Services
St. Jude Children's Research Hospital | Memphis, TN

Lisa Cromer, PhD

Associate Professor of Psychology
University of Tulsa and University of Tulsa Institute of
Trauma, Adversity, and Injustice
Clinical Psychologist, Private Practice | Tulsa, OK

Ameet Daftary, MBBS, MS, MBA

Adjunct Clinical Professor of Pediatrics
Indiana University | Bloomington, IN

Lynn A. D'Andrea, MD

Professor of Pediatrics | Medical College of Wisconsin
Chief, Division of Pediatrics Pulmonary and Sleep
Medicine
Medical Director | Children's Wisconsin
Milwaukee, WI

Dominic B. Gault, MD, FAASM (PSG Co-Chair)

Clinical Associate Professor, Pediatrics
University of South Carolina Greenville School of
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Division Chief, Pediatric Sleep Medicine
Prisma Health Children's Hospital - Upstate
Greenville, SC

Madeleine Grigg-Damberger, MD

Professor of Neurology
Medical Director, Clinical Pediatric Sleep Medicine
Services
Associate Medical Director, Clinical Neurophysiology
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Seyni Gueye-Ndiaye, MD

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Attending Physician, Pediatric Pulmonary and Sleep
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Boston Children's Hospital | Boston, MA

Lauren Hale, PhD

Professor of Family, Population, and Preventive
Medicine
Renaissance School of Medicine
Stony Brook University | Stony Brook, NY

Umakanth Katwa, MBBS, MD

Instructor of Pediatrics
Harvard Medical School
Medical Director, Sleep Center
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Conference Faculty

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Clinical Psychologist
Tel Aviv University | Tel Aviv, Israel

Hatty Lara, MS, MA

Clinical Psychology PhD Student
University of Arizona | Tuscon, AZ

Robin Lloyd, MD, FAAP, FAASM (PSG Co-Chair)

Assistant Professor
Pediatric Sleep Physician
Mayo Clinic | Rochester, MN

Jessica R. Lunsford-Avery, PhD

Assistant Professor, Psychiatry and Behavioral Sciences
Licensed Clinical Psychologist
Duke University School of Medicine | Durham, NC

Patrick Mabray, MD, PhD

Assistant Professor of Child Neurology
Sleep Medicine Fellow
Department of Neurology
Boston Medical Center | Boston, MA

Beth Malow, MD, MS

Professor of Neurology and Pediatrics
Director, Vanderbilt Sleep Division
Vanderbilt University Medical Center | Nashville, TN

Kiran Maski, MD, MPH

Associate Professor of Neurology
Harvard Medical School
Boston Children's Hospital | Boston, MA

Lisa J. Meltzer, PhD, DBSM (PBSM Co-Chair)

Professor of Pediatrics
National Jewish Health
Professor of Family Medicine
University of Colorado
Owner & Sleep Expert
Nyxeos Consulting | Denver, CO

Jodi A. Mindell, PhD, DBSM (PBSM Co-Chair)

Professor of Psychology
Director, Graduate Psychology

Saint Joseph's University

Chair, Board of Directors, Pediatric Sleep Council
Associate Director, Sleep Center
Children's Hospital of Philadelphia | Philadelphia, PA

Jonathan Mitchell, PhD

Assistant Professor of Pediatrics
University of Pennsylvania
Children's Hospital of Philadelphia | Philadelphia, PA

Kathleen O'Hora, BS

Graduate Student Researcher, Department of Psychiatry and Biobehavioral Sciences
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Judith Owens, MD, MPH
Althea Robinson Shelton, MD, MPH
Jared Saletin, PhD
Robyn Stremmler, RN, PhD, FAAN
Ariel Williamson, PhD, DBSM

Location and Accomodations

The Westin Hilton Head Island Resort & Spa, Hilton Head Island, South Carolina, USA

Located on a pristine stretch of Hilton Head Island's Atlantic beachfront, The Westin Hilton Head Island Resort & Spa boasts approachable luxury and a renewing wellness experience. This oceanfront hotel in Hilton Head features soothing coastal colors and décor, accompanied by luxurious and comfortable amenities. The resort welcomes guests with sun-filled guestrooms featuring Heavenly Beds and private balconies with views of the island, resort, and ocean. Enjoy “farm & sea to table” dining at our resort’s on-site restaurants, or enjoy a refreshing poolside cocktail. Take a dip in our three outdoor pools just steps from the white sand, luxuriate in a revitalizing treatment at the Heavenly Spa, or play golf in Hilton Head on world-class courses. Further information is available [here](#). The hotel also offers activities for the whole family. Activities include yoga on the beach, bike rentals and tours, kayaking, fishing, live music, and [more](#).

Hilton Head Island is America’s favorite island, offering 12 miles of pristine beaches and everything you need for the ultimate retreat. The conference hotel/resort offers free Shuttle service to Shelter Cove Marina & Towne Centre. Temperatures range from 70° to 75°F, sunrise is at 6:45 am, and sunset is at 5:30 pm during the month of November.

Room Reservations

[The Westin Hilton Head Island Resort & Spa Room Reservations](#)

Shuttle Reservations

For a current listing of available shuttle and transportation options, please visit [here](#).

Travel

Hilton Head Island Airport (HHH) is a 10 minute drive to the resort.

Savannah/Hilton Head International Airport (SAV) is a 50 minute car ride to the resort.

Flying into Charleston, SC, approximately a two hour drive to Hilton Head from Charleston.

