

Agenda

Atrium Health Sleep Symposium 2024

March 8th, 2024

Charlotte: Sanger Heart & Vascular Institute Auditorium

Wake Forest: Bowman Gray Center for Medical Education, Innovation Quarter

7:50 am – 8:00 am	Introduction	
8:00 am – 8:45 am	Parasomnias: Things That Go Bump in the Dark	Scott Ryals, MD
8:45 am – 9:30 am	Geriatrics and Sleep	Ruth Benca, MD
9:30 am – 10:15 am	Strategies for Improving Sleep Medicine	Fariha Abbasi Feinberg, MD, FAASM, FAAN
10:15 am – 10:45 am	Questions & Break	
10:45 am – 11:30 am	Scoring Sleep: Changes and Impacts	Douglas Kirsch, MD
11:30 am – 12:15 pm	EKG in Sleep: Watch/Worry/Act	Prashant Bhave, MD
12:15 pm – 1:15 pm	Lunch	
1:15 pm – 2:00 pm	Time's Up!: Why We Should End the Practice of DST	Muhammad A. Rishi, MBBS, FCCP
2:00 pm – 2:45 pm	PANEL: Case-Based Management in Insomnia	John DuBose, MD & Clark Pinyan, MD, MPH Moderator: Douglas Kirsch, MD
2:45 pm – 3:15 pm	Questions & Break	
3:15 pm – 4:00 pm	The Final Frontier: Sleep in Space	Erin Flynn-Evans, PhD, MPH
4:00 pm – 4:45 pm	Cases in Titrating Hypoventilation	Andrew Namen, MD
4:45 pm – 5:00 pm	Closing Remarks	

Objectives

- Outline sleep disorders and treatments options to manage patients, identify common risk factors associated with OSA and recognize the signs and symptoms of OSA.
- Summarize, identify, and describe common therapeutic interventions for OSA, including PAP and lifestyle modifications.
- Analyze up-to-date research news and lectures to integrate sleep establishments on new topics for sleep medicine. Explore innovative treatment modalities and personalized approaches to OSA.