

SLEEP EDUCATION FOR THE SLEEP COMMUNITY



2018 ANNUAL MEETING

SEPTEMBER 28-30 | INDIANAPOLIS, IN



REGISTER BY JULY 26
TO SAVE!

PRELIMINARY PROGRAM



CONFERENCE INFORMATION

Course Overview

The AAST 2018 Annual Meeting is *the* conference that brings together the community of sleep-care professionals. This gathering of professionals will be the highlight of the year with those most closely involved in the sleep field coming together for three days of in-depth education and the opportunity to connect and share insights on the ever-evolving sleep field.

Take your skills, knowledge and experience to the next level and discover future trends and changes within the evolving sleep field. You won't want to miss this opportunity to receive insights into the changes and practical information equipping you with the knowledge necessary to provide the highest quality of care for patients.

This event is dedicated 100% to the needs of sleep technologists, managers and other sleep care professionals.

Continuing Education

AAST anticipates the approval of 20 AAST and AARC continuing education credits (CECs) for all education sessions. The application is pending approval, and contact hours are subject to change.

Pre-Conference Sessions	Earn up to 4.00 CECs
Full Conference Educational Sessions	Earn up to 16.00 CECs
Total	Earn up to 20.00 CECs

Registration Information

	Early Registration (On or Before July 26, 2018)	Regular Registration (After July 26, 2018)
AAST Member	\$275	\$325
Non-Member	\$425	\$475
Non-Member: Add-Ons (descriptions of add-ons are below)	\$75	

AAST Members who register by the early registration deadline will gain access to all education sessions and networking events, as well as one Pre-Conference Session.



AAST members who register on or before July 26, 2018 also receive access to a sit-down dinner reception and educational session focused on women in sleep technology, with Philips Respironics (as space allows).

After the early deadline the Pre-Conference Sessions and Philips dinner will be ticketed events as space allows.

Non-member registration includes access to all education sessions and networking events, but does not include access to a Pre-Conference Session or the Phillips Dinner Reception. Non-members wishing to attend a Pre-Conference Session and/or the Philips Dinner Reception are required to add this onto their registration for an additional \$75 fee per add-on.



SCHEDULE AT A GLANCE

FRIDAY, SEPTEMBER 28

8:00 a.m. – 12:00 p.m.	Pre-Conference Sessions*
12:00 p.m. – 1:00 p.m.	Break
1:00 p.m. – 2:00 p.m.	Opening Keynote: <i>Enabling Seamless Care, Cheryl Iodice</i>
2:10 p.m. – 3:10 p.m.	Distinguished Lecture: <i>Sleep Medicine: Past, Present and Future, Meir Kryger, MD, FRCPC</i>
3:20 p.m. – 4:20 p.m.	Breakout Sessions
4:30 p.m. – 5:00 p.m.	Short Topic Sessions
5:00 p.m. – 6:30 p.m.	Opening Reception (in Exhibit Hall)
6:30 p.m. – 9:00 p.m.	Women in Sleep: Dinner Reception and Forum with Philips Respironics*

SATURDAY, SEPTEMBER 29

8:00 a.m. – 9:30 a.m.	Keynote: <i>Leadership's Calling®, Henry Givray</i>
9:45 a.m. – 10:45 a.m.	Breakout Sessions
10:45 a.m. – 11:45 a.m.	Tradeshow and Bite-Sized Learning Presentations
11:45 a.m. – 12:45 p.m.	Breakout Sessions
12:45 p.m. – 1:45 p.m.	Break
1:45 p.m. – 2:45 p.m.	Distinguished Lecture: <i>Advanced PAP Therapies, Teofilo Lee-Chiong, MD</i>
2:45 p.m. – 4:15 p.m.	Tradeshow and Bite-Sized Learning Presentations
4:15 p.m. – 5:45 p.m.	Panel Sessions
5:45 p.m. – 6:45 p.m.	Membership Meeting
9:00 p.m. – 12:00 a.m.	Blues Night

SUNDAY, SEPTEMBER 30

8:00 a.m. – 9:00 a.m.	Breakout Sessions
9:15 a.m. – 10:45 a.m.	Panel Sessions
11:00 a.m. – 12:00 p.m.	Breakout Sessions
12:15 p.m. – 1:15 p.m.	Closing Keynote: <i>Goals are Dreams with Deadlines, Mary Smith</i>

Note: Schedule is subject to change. *Separate registration required.



EDUCATIONAL SESSIONS



BREAKOUT SESSIONS

60-minute lecture presentations focusing on top trends within the industry, including:

- PAP Therapy
- Sleep Disorders
- Dental Sleep Medicine
- Management
- Sleep Technology
- Pediatrics
- Clinical Sleep Health
- Case Studies



DISTINGUISHED LECTURES

Our distinguished lecturers will give attendees the opportunity to hear about the exciting advancements in the industry from some of the biggest names in sleep medicine.



KEYNOTES

Our keynote speakers will address motivational and leadership topics, designed to help you achieve more and grow personally, as well as professionally.



PANEL SESSIONS

Interactive 90-minute discussions that cover a range of topics and provide attendees with the perspectives and expertise from multiple sleep professionals, including:

- Sleep and Disease
- Sleep and Trauma
- Titrations
- Medicare and LCDs



SHORT TOPIC SESSIONS

Condensed 30-minute lecture presentations that highlight a range of emerging topics within the industry.



PRE-CONFERENCE SESSIONS

4 hour in-depth sessions focused on important topics within the sleep field, including the CCSH credential and scoring.



EDUCATIONAL SESSIONS

Pre-Meeting Sessions

Scoring Bootcamp

Joseph Anderson, CCSH, RPSGT, RST, RPFT, CRT-NPS

Going Beyond RPSGT: Relevance of the CCSH in Healthcare

Marietta Bibbs, BA, RPSGT, CCSH; Andrea Ramberg, RPSGT, CCSH; Kathryn Hansen, BS, CPC, R. EEG T.; Bonnie Robertson, CRT, RPSGT, CCSH, AHA; Mary Simpson, RRT, RPSGT, CCSH; Collen Bazzani, RST, RPSGT

Breakout Sessions

Fundamentals of Advanced Titrations

Byron Jameson, RPSGT, RST, CCSH

The Role of Dental Devices in Sleep Medicine

Richard A. Bonato, PhD, RPSGT

Complementary and Integrative Therapies for the Management of Insomnia in Chronic Disease

Mary McKinley, R. EEG T., RPSGT, MA

The Potential to Improve All Outcomes of SDB Testing

Donna M. Canepari, CRT, RST, RPSGT; Craig Anderson, RRT, RCP

Sleep Medications

Vikas Jain, MD

OSA and COPD Management: Screening, Treatment and Management

Dave Glowark

CPAP – All Pain and No Gain?

Vikas Jain, MD

The Field of Sleep Medicine in the Context of the American Healthcare Landscape

Jessica Schmidt, RPSGT, CCSH, FACHE

Multi-Disciplinary Approach to Addressing Pediatric Pressure Injuries Secondary to PAP Therapy

Korina Flint, RRT

Management of Complex Patients in the Sleep Lab: The Implications of Severe Obesity

Matthew Anastasi, BS, RPSGT, RST

Sleep and Dental Medicine

Dr. Olmos, DDS, and AACP Speakers

Short Topic Sessions

Sleep, Win, Repeat

Brendan Duffy, RPSGT

Sleep Paralysis: More than Just a Cardinal Symptom of the Narcolepsy Pentad

Jon Atkinson, BS, RPSGT, CCSH, FAAST

Identifying Common Factors and Utilizing Information to Improve the Quality of a Sleep Education Program

Tracy Kopp, RPSGT, CCSH, CRTT

Smart Phones, Tablets and Sleep Apnea

Joseph Anderson, CCSH, RPSGT, RST, RPFT, CRT-NPS

Lighting and Techno and Beds – Oh My!

Brendan Duffy, RPSGT



EDUCATIONAL SESSIONS

Panel Sessions

SLEEP AND DISEASE

Sleep and Cancer

Bonnie Robertson, AAHA, CRT, RPSGT, CCSH

Cardiovascular Disease, Arrhythmias and Sleep Apnea

Kristina Weaver, EMPT-P, RPSGT

TRAUMA AND SLEEP

Sleep After Trauma

Brendan Duffy, RPSGT

The Rise of School Shootings: Could Sleep Play a Role?

Amber Allen, BA, RPSGT, RST, CCSH

TITRATIONS

SDB and the Noninvasive Ventilatory Program

Laurie A. Crowther, RPSGT, RST, RRT

The Reluctant CPAP Patient

Susan C. Hoef, RPSGT, RST, CCSH

Improving CPAP Success by Anticipating Reasons for Failure

James Dean, BS, RPSGT, CCSH

MEDICARE & LCDS

Medicare Explained for PAP, RAD and Oxygen Coverage

Paula Berriche, RN

Case Studies

Ethics in Sleep

Michael McLeland, PhD, RPSGT

Management of Pediatric Sleep Disorders

Julie DeWitte, RST, RPSGT, RCP



KEYNOTE SPEAKERS



Enabling Seamless Care

Friday, September 28
1:00 p.m. – 2:00 p.m.

Cheryl Iodice, Senior Vice President, Marketing, Philips North America

Healthcare is changing at a rapid pace, putting pressure on the

entire ecosystem to break down the silos that prohibit the delivery of seamless care. With a worldwide focus on reducing cost of care by providing the right care, in the right place, at the right time, sleep technology is in a prime position to lead in the transformation of healthcare. During this presentation, attendees will learn how to recognize the need for seamless care to reduce costs and create greater value for patients, gain an understanding of the solutions available for sleep technologists to participate throughout healthcare and be able to determine the role of the sleep technologist in the evolving healthcare market.



Goals are Dreams with Deadlines

Sunday, September 30
12:15 p.m. – 1:15 p.m.

Mary Smith, Owner, Educational Leadership Consultants, Ziglar Legacy Certified Trainer and Speaker

Visualize this: You are looking out the window of your dream home and see your dream car in the driveway. You look over your shoulder and feel so fortunate to see the people you love talking to each other and laughing. You realize how lucky you are to live the life you are living...or you wake up and discover it is truly just a dream!

Goals are Dreams with Deadlines will help you turn your dreams into reality. It will teach you how to create and achieve real, attainable goals to live the life you only dream of. We will determine what your true goals are, discover your motivation for reaching your goals and discuss the importance of achieving your goals.



Leadership's Calling®

Saturday, September 29
8:00 a.m. – 9:30 a.m.

Henry Givray, Chairman of the Board, SmithBucklin, Creator & Lead Facilitator, Leadership's Calling®

According to Henry Givray, leadership is the most powerful

human force that is accessible to anyone regardless of position or title and in virtually all contexts of professional and personal life. But what is leadership? We know when we see it. We can measure its impact. And we can feel how it inspires us. But the concept of leadership is elusive, and no simple formulas or prescriptions exist on how to become a true leader. There are, however, timeless principles and essential guidelines, and these can be learned and applied only through a process of personal, active engagement and self-discovery. Henry's session is designed to help others identify opportunities to grow as leaders, while also building their commitment to continuous learning in this area. During the session, he will share certain foundational concepts around leadership, introduce a working framework to help attendees better understand and measure leadership capacity and performance, and offer some practical ideas and tools for everyday use. In addition, he will examine in more depth one of the distinguishing qualities of true leaders.



DISTINGUISHED LECTURE SPEAKERS



Sleep Medicine: Past, Present and Future

Friday, September 29
2:10 p.m. – 3:10 p.m.

Meir Kryger, MD, FRCPC

Description: Sleep disorders are not a new phenomenon, but sleep medicine as a medical specialty is getting an increased amount of

attention in the industry today. Sleep disorders are so common that they constitute a public health problem. This presentation will review the evolution of sleep medicine from its earliest days to the present, and predict where the field is heading into the future. With the majority of patients and new patient groups being routinely referred to clinics (including patients with lung diseases, neuromuscular disorders, and hypoventilation syndromes), one thing is certain: we will all be busy!

Learning Objectives:

- Understand that sleep disorders, once thought to be rare, are very common in all populations.
- Understand the 3 P's used to treat sleep disorders: PAPs, pills and psychology.
- Learn to diagnose and manage the new types of patients who will come to sleep clinics.



Advanced PAP Therapies

Saturday, September 30
1:45 p.m. – 2:45 p.m.

Teofilo L. Lee-Chiong, MD

Description: This session will describe the challenges of providing PAP therapies and noninvasive ventilation in the

home for patients with complicated sleep-related breathing disorders. Dr. Lee-Chiong will discuss how novel technologies are helping us provide better therapy to patients.

Learning Objectives:

- Learn how abnormal respiratory events, responses and control contribute to complicated sleep disordered breathing.
- Identify the different positive airway pressure modalities that are used to manage persons with complicated sleep disordered breathing.
- Select the best therapies for persons at each stage of their chronic illness.



HOTEL AND TRAVEL INFORMATION

Hotel Reservations

AAST has reserved a block of rooms for attendees at The Westin Indianapolis.

The Westin Indianapolis

241 W. Washington Street
Indianapolis, IN 46204
Phone: 317.262.8100

Room Rate: \$154.00 single/double

Discounted room rates will be available until Friday, August 31, 2018, based on availability.

Transportation

The airport nearest to The Westin Indianapolis is the Indianapolis International Airport (IND). It is approximately a 20-minute drive from the Indianapolis International Airport to The Westin Indianapolis.

Explore Indianapolis

The Westin Indianapolis is centrally located in the heart of the city, directly connected via the skywalk to the Circle Centre Mall. This downtown location puts you in the middle of the action, with countless restaurants, shops, and clubs just outside the hotel's doors.

During your down time, you'll discover many attractions to access on foot. Art aficionados and history buffs alike will find one of the best Native American and Western art collections in the world at the Eiteljorg Museum of American Indians and Western Art. The Indianapolis Zoo is a must-see and is also within walking distance from the hotel.





SPONSORS AND EXHIBITORS

Exhibitor Listing

American Academy of Craniofacial Pain (AACP)

Board of Registered Polysomnographic Technologists (BRPT)

Braebon Medical Corporation

Dymedix Diagnostics Inc.

Fisher + Paykel Healthcare

Inspire Medical (Inspire Sleep)

Itmar Medical

KEGO

MVAP Medical Supplies

Natus Neurology Incorporated

Neurovirtual

Philips Respironics

RemZzzs

ResMed Corp

SleepSense/SLP

SOMNOmedics

Weaver and Co.

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