

Illinois Sleep Society Virtual Conference

Saturday December 3rd, 2022

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Accreditation: Continuing Education credits will be provided



@SleepIllinois

8:15 am Welcome & Opening Remarks- Alejandra Lastra, MD

8:30am **National Sleep Foundation Lifetime Achievement Award – Sleep, Sleep Disorders and Metabolic and Cardiovascular Risks**
Phyllis C. Zee, MD, PhD
*Director, Center for Circadian and Sleep Medicine
Program Director, Sleep Medicine Fellowship
Chief of Sleep Medicine in the Department of Neurology*

9:00am [Q&A](#)

9:15am **COMISA: Assessment and Management Approaches**
Megan Crawford, PhD
*Senior Lecturer, Psychology
University of Strathclyde. Glasgow, UK.*

9:45am [Q&A and Raffle](#)

10:00am **Remote Patient Monitoring Program: The role of sleep technologists**
James J. Herdegen, MD
*Director Sleep Disorders Service and Research Center
Rush University Medical Center
Professor, Department of Internal Medicine, Rush Medical College*

10:30am [Q&A](#)

10:45am **Fellows Cases-** Random selection- 1 institution presents- other discusses, 2 cases/ 4 teams. Rapid Fire style
Chair: Ashesha Mechineni MD/ Co-Chair: Alejandra C. Lastra, MD

11:30am [Discussion/Break](#)

11:45am **Panel Discussion: Medications in Narcolepsy**
Chair: Dr. Margaret Kay-Stacey
*Assistant Professor of Neurology
Ambulatory Medical Director, Neurology
The University of Chicago*
Panel: Guidelines authors including Dr. Maski Kiran MD, PhD

12:15pm [Q&A and sleep trivia](#)

12:30pm **Restlessness: Restless Sleep Syndrome in Pediatrics and Refractory RLS in Adults**
Lourdes Del Rosso, MD, M.Ed, PhD
*Associate Director, University of Washington Sleep Fellowship Program
Associate Professor in the Department of Pediatrics*
Roneil G. Malkani, MD
*Associate Professor of Neurology
Feinberg School of Medicine Northwestern University*

1:00pm [Discussion – Raffle](#)

Artificial Intelligence in Sleep

Dennis Hwang, MD

Medical director of sleep medicine for Kaiser Permanente San Bernardino County and cochair of sleep medicine for Kaiser Southern California

1:15 pm

Discussion by Andrea Ramberg, BA, CCSH, RPSGT

President of the Board of Registered Polysomnographic Technologists

1:45-2pm

[Q&A and closing remarks](#)