The overarching goal of this conference is to provide a forum for all interested providers to come together to review the trends in sleep medicine with a focus on integration of innovative therapies. This conference is designed to meet a critical need expressed by many educators and multidisciplinary health advocates to address and manage the growing number of patients with complaints of poor sleep. The Kentucky Sleep Society encourages sleep professionals, nurse practitioners, and technical providers to take steps to collaborate with experts in sleep medicine, who are contributing standards for practice at this conference.

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:00 PM</td>
<td>Registration and Refreshments</td>
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<tr>
<td>2:00</td>
<td>Welcome — Abinash Joshi, MD, President – Kentucky Sleep Society</td>
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<td>2:15—3:15</td>
<td>Transcutaneous CO2 monitoring is Diagnostic Sleep Medicine</td>
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<td>Bradley Sexauer-MBA, RRT-NPS</td>
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<td><strong>Learning Objective:</strong> The importance of accurate diagnosis and treatment of hypercarbia during sleep.</td>
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<td>3:15—4:15</td>
<td>The AAST 2022 Summit and Workforce Survey: Summary and Key Takeaways</td>
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<td>J. Emerson Kerr III MBA, RRT, RPSGT</td>
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<td><strong>Learning Objective:</strong> Explain the rationale for the workforce survey</td>
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<td>Describe the outcomes learned and Summarize key takeaways of the AAST summit.</td>
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<td>4:15 - 4:30</td>
<td>Break</td>
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<td>4:30 – 5:30</td>
<td>The Endocrinology of Obstructive Sleep Apnea</td>
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<td></td>
<td>Abinash Joshi, MD</td>
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<td><strong>Learning Objectives:</strong> Overview of normal hormonal regulation during sleep</td>
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<td>Discuss the pathophysiology of OSA and its connection with the endocrine system</td>
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<td>Discuss the impact of OSA treatment on hormonal dysregulation</td>
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Approval for 3 hours continuing education for the Friday afternoon has been requested.
Friday Evening Session

5:30 - 6:30 PM  Registration and Buffet Dinner

6:30–7:30  William H. Noah MD: The History and Future of Positive Airway Pressure

**Learning Objectives:** Grasping pressure, flow, and resistance like rock, paper scissors, Understanding the effects of PAP on the body, Understanding the PAP Circuit: Learning from History and Looking to the Future: Improvements in PAP Therapy

7:30  Co-Morbid insomnia and Sleep Apnea (COMISA) What was Old is New Again

Ryan G. Wetzler, PsyD, DBSM, ABPP, FSBSM

**Learning Objectives:** Define COMISA, Delineate clinical implications of COMISA, Review health consequences Discuss practice considerations.

Approval for 2 hours continuing education has been requested

General Session
Saturday, October 15, 2022

9:00 AM  Registration and Continental Breakfast

9:55  Welcome – Abinash Joshi, MD; President – Kentucky Sleep Society

10:00 – 11:00  Effects of Drugs on Polysomnography
Michael Zachek MD

**Learning Objectives:** Discuss medications that cause increases in N2 sleep, Review medications that might alter MSLT and what to do about them, Discuss alterations in PSG due to hypoglossal nerve stimulation.

11:00–12:00  *William H. Noah MD  *Treatment Emergent Central Sleep Apnea: A New Understanding of the Cause and a Simple Solution

**Learning Objectives:** Historical Perspective; Understanding the Literature on TECSA

Understanding the Etiology of TECSA
Learning a Simple Intervention to Reduce/Prevent TECSA

12:00–1:00  Lunch Break

1:00–2:00  Sleep Disordered Breathing in Children
Egambaram Senthilvel MD

**Learning Objectives:** Discuss the epidemiology and pathophysiology of SDB, Discuss the clinical, presentation of SDB, Discuss the long-term sequelae, Discuss current management of SDB

2:00–3:00  You Have the Crystal Ball
Daniel Lee MD, FAAN, FAASM

**Learning Objectives:** Be able to identify where our REM sleep is generated in our brain, Be aware of any degeneration of the descending pathway form the pons can lead to RBD, Be able to discuss that RBD is extremely powerful as a prodromal marker of neurodegenerative disorders such as PD and LBD.

3:00–4:00  Surgical Approaches to the Treatment of OSA - Michael Zachek MD

**Learning Objectives:** Discuss when to consider Adenotonsillectomy in treating OSA in children Review appropriate patient selection, implementation and follow up for hypoglossal nerve stimulation therapy

4:00 PM  Adjourn  

Approval for 5 hours of continuing education has been requested
Medicine, Physician Assistant, Nurse Practitioner: “This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providershioip of Southern Kentucky Area Health Education Center (AHEC) and The Kentucky Sleep Society is accredited by the Kentucky Medical Association to provide continuing medical education for physicians.”

The Southern KY Area Health Education Center is accredited by the Kentucky Medical Association (KMA) to sponsor continuing medical education for physicians. The Southern KY Area Health Education Center designates this live activity for a maximum of 10.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

KBN Approval: Rockcastle Regional Hospital, Inc. has been approved as a provider of continuing education by the Kentucky Board of Nursing (KBN). Provider #4-0059-12-22-128. Expiration Date: December 31, 2022. “Kentucky Board of Nursing approval of an individual nursing education program does not constitute endorsement of program content.” Total approved hours 12

Nursing Content - This educational program will focus on clinical practices in the care of the sleep patient. The speakers will present the latest diagnostic and treatment options that will lead to optimal outcomes for patients suffering with sleep disorders

Content Overview:

Respiratory Care: The American Association for Respiratory Care program application has been submitted for approval for up to a maximum of 10.0 CEs for the program. Participants should only claim those hours of credit actually spent in the educational activity.

Sleep Techs: CEC Program application has been submitted for approval for up to a maximum of 10.0 CECs by the BRPT. Individuals must accurately and legibly complete all required provider documents. Participants should only claim those hours of credit actually spent in the educational activity.

Faculty

J. Emerson Kerr III, MBA, RRT, RPSGT
Mobile, AL
Ryan Wetzler, PsyD, CBSM Louisville, KY
Michael Zacheck, MD
Bowling Green, KY
Abinash Josh, MD
Owensboro, KY
William H. Noah, MD
Murfreesboro, TN

Hotel Reservations

Making Reservations

A block of rooms has been reserved at the Marriott Louisville East at a rate of $157.00 for single occupancy per night plus taxes. This special rate will be held until Thursday, October 13, 2022. Reservations for the event will be made by individual attendees directly with the Marriott reservations at a dedicated website is available by CLICKING HERE or by calling 1-800-228-9290. Mention the Kentucky Sleep Society when making reservations by phone. Participants are responsible for making their own reservations.
Upon receipt of this registration form and payment, the Kentucky Sleep Society will email you a confirmation email.

License number and signature required for Contact Hours to be processed

Click Here To Register

If you require a paper application and payment via check please see the form below.
Please Circle your registration choice and send payment to 61 Shayla Ct. Rineyville, KY 40162

Non-KYSS member Licensed Providers (MD, DMD, PsyD, RN, APRN) Entire Conference (Friday and Saturday)
$250.00

KYSS member Licensed Providers (MD, DMD, PsyD, RN, APRN) Entire Conference (Friday and Saturday)
$200.00

Non-Member Sleep Tech, RRT-CRT Entire Conference
$175.00

KYSS member Sleep Tech, RRT-CRT Entire Conference
$150.00

VIRTUAL Non-Member Licensed Provider (MD, DMD, PsyD, RN, APRN) ENTIRE CONFERENCE
$225.00

VIRTUAL KYSS Member Licensed Provider (MD, DMD, RN, APRN ENTIRE CONFERENCE
$200.00

Non-Member Sleep Tech, RRT-CRT VIRTUAL Entire Conference
$185.00

KYSS Member Sleep Tech, RRT-CRT VIRTUAL Entire Conference
$165.00

Friday Afternoon
$60.00

Friday Evening Session
$50.00

Saturday General Session
$120.00

Student Pass BOTH days (must show ID)
$75.00

Pharma OR Manufacturer Exhibitor Booth
$1,000.00

DME Exhibitor Booth
$500.00

Make check payable to Kentucky Sleep Society and include a separate note with:
attendees name
address
credential-license numbers
what type education credit is needed

send to: Kentucky Sleep Society
61 Shayla, Ct. Rineyville, KY 40162