Sleep Overview

If your schedule won’t allow you to stay for the whole meeting, maximize your time in Los Angeles and get the most out of a shorter trip with this Sleep specialty track, with core programming taking place Sunday to Tuesday. Look for education and science covering the full gamut of sleep-related topics, and don’t miss the Frontiers in Neuroscience Plenary Session on circadian rhythms and the Invited Science platform session featuring authors giving encore presentations of abstracts previously presented at the Sleep Research Society subspecialty meeting.

Monday, April 23
3:30 p.m.–5:30 p.m.
S15 Sleep Disorders Platform Session

Tuesday, April 24
7:00 a.m.–9:00 a.m.
C101 Approaching the Management of Common Sleep Disorders: Case-based Review for the Non-sleep Specialist
1:00 p.m.–3:00 p.m.
C113 Sleep for the Practicing Neurologist I: Is it Narcolepsy or Something Else? Diagnostic and Management Challenges in the Central Disorders of Hypersomnia
3:30 p.m.–5:30 p.m.
C126 Sleep for the Practicing Neurologist II: Night Fighting: Sleep-Related Hypermotor Epilepsy, Sleepwalking, and Dream Enactment
4:00 p.m.–4:45 p.m.
☞ The Sleep Mythbuster!: Illuminating the Facts and Fiction Towards Achieving the Sleep Healthy Neurologist

Wednesday, April 25
7:00 a.m.–9:00 a.m.
C141 Integrating Sleep Medicine Concepts into Your Child Neurology Practice

Scientific Platform Session

Monday, April 23, 2018 3:30 p.m.–5:30 p.m.
S15 Sleep Disorders Platform Session

Course

Tuesday, April 24, 2018 7:00 a.m.–9:00 a.m.
C101 Approaching the Management of Common Sleep Disorders: Case-based Review for the Non-sleep Specialist

Topic: Sleep
Director: Charlene Gamaldo, MD, FAAN, Baltimore, MD

Program Description:
Using an audience-response system, faculty will feature interactive format for presenting new trends and updates on the evaluation,
Program Descriptions

Sleep

treatment, and ongoing management considerations of sleep conditions commonly encountered in the general neurology practice. Neurologists frequently encounter patients who report disturbed sleep. Because few neurologists receive formal training in sleep medicine, sleep problems can be among the most challenging to diagnose and treat. Short cases and clinical challenges will be presented as the basis for updating participants on new developments in sleep medicine.

Upon Completion:
Participants should be able to update their knowledge of management strategies, diagnostic tools, and therapeutic options for common sleep disorders (insomnia, RLS, insufficient sleep, sleep apnea, etc.).

Lecture/Faculty:
- Actively Assessing Apnea: Tools, Tricks, and Tips
  Douglas B. Kirsch, MD, FAAN, Charlotte, NC
- Unraveling the Complexities of RBD and RLS for the Non-Sleep Neurologist
  Rachel Marie E. Salas, MD, FAAN, Baltimore, MD
- Your Sleepless Patient: Clinical Considerations for Non-Sleep Specialists Treating Patients with Insomnia
  Charlene Gamaldo, MD, FAAN, Baltimore, MD

Core Competencies:
Medical Knowledge, Patient Care

Teaching Style:
Audience Participation, Case-Based, Interactive

CME Credits: 2

Recommended Audience: General Neurologist, Trainee

Course

Tuesday, April 24, 2018 1:00 p.m.–3:00 p.m.

C113 Sleep for the Practicing Neurologist I: Is it Narcolepsy or Something Else? Diagnostic and Management Challenges in the Central Disorders of Hypersomnolence

Topic: Sleep
Director: Rachel Marie E. Salas, MD, FAAN, Baltimore, MD

Program Description:
This program is open to the first 110 attendees. iPads will be placed around the room to utilize interactive second-screen technology. Patients with brain disease frequently describe excessive daytime sleepiness. Because of this, neurologists are often asked to investigate and manage the central disorders of hypersomnolence such as narcolepsy types 1 and 2, idiopathic hypersomnia, and Kleine-Levin Syndrome. These treatable conditions are challenging to both clinicians and patients. Faculty will provide a clinically relevant, up-to-date review on the identification and management of patients with central disorders of hypersomnolence; discuss narcolepsy, its unique presentation, pathophysiology, and treatments; and discuss the other central disorder of hypersomnolence. These conditions, which include idiopathic hypersomnia, are difficult to diagnose and treat with currently employed diagnostic and therapeutic tools. Faculty will also discuss mimics of central disorders of hypersomnolence that should be considered in the evaluation.

This program complements C126: Sleep for the Practicing Neurologist II: Night Fighting: Sleep Related Hypermotor Epilepsy, Sleepwalking, and Dream Enactment, but covers independent topics.

Upon Completion:
Participants should be able to recognize the features of narcolepsy that distinguish it from other central disorders of hypersomnolence; be able to recognize the limitations of the multiple sleep latency test, the most commonly employed laboratory measure of sleepiness; and leave with new insights on the etiology of these conditions. Participants will be able to evaluate a patient who presents with excessive daytime sleepiness, differentiate a central disorders of hyper somnolence (e.g., narcolepsy) from other etiologies. Participants will also understand new directions researchers are taking towards the development of novel therapies for central disorders of hypersomnolence.

Lecture/Faculty:
- Approaching Sleepiness as a Non-Sleep Specialist: Cases and Considerations
  Charlene Gamaldo, MD, FAAN, Baltimore, MD
- Mimics of Central Hypersomnia
  Rachel Marie E. Salas, MD, FAAN, Baltimore, MD
- Narcolepsy
  Logan D. Schneider, MD, Redwood City, CA

Core Competencies:
Medical Knowledge, Patient Care

Teaching Style:
Audience Participation, Case-Based, Didactic, Interactive

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Specialist Neurologist, Trainee

Course

Tuesday, April 24, 2018 3:30 p.m.–5:30 p.m.

C126 Sleep for the Practicing Neurologist II: Night Fighting: Sleep Related Hypermotor Epilepsy, Sleepwalking, and Dream Enactment

Topic: Sleep
Director: LynnMarie Trotti, MD, Atlanta, GA

Program Description:
This will be an interactive session using an audience response system in a detailed discussion of nocturnal behaviors. Neurologists are frequently called upon to diagnose and manage patient “spells” of various types. The differential diagnosis of sleep-related spells centers on parasomnia, occurring from either NREM or REM sleep, and sleep-related epilepsy. Faculty will provide a clinically relevant,
up-to-date review on the identification of and management of nocturnal behaviors, including NREM arousal parasomnias, REM sleep behavior disorder, and nocturnal epilepsy. Epidemiology, phenomenology, and pathophysiology will be discussed, with an emphasis on how to distinguish among these disorders.

This program complements C113: Sleep for the Practicing Neurologist I: Is it Narcolepsy or Something Else? Diagnostic and Management Challenges in the Central Disorders of Hypersomnolence, but covers independent topics.

Upon Completion:
Participants should be able to discuss the pathophysiology of parasomnias, the characteristics that distinguish among nocturnal events, and management strategies for parasomnias and nocturnal epilepsy. Participants will get an update on new breakthroughs in the field.

Lecture/Faculty:
- NREM Arousal Parasomnias
  LynnMarie Trotti, MD, Atlanta, GA
- REM Sleep Behavior Disorder
  Yo-El Ju, MD, Saint Louis, MO
- Nocturnal Epilepsy
  Bradley V. Vaughn, MD, FAAN, Chapel Hill, NC

Core Competencies: Medical Knowledge, Patient Care
Teaching Style: Audience Participation, Case-Based, Didactic, Interactive
CME Credits: 2
Recommended Audience: Advanced Practice Provider, General Neurologist, Specialist Neurologist, Trainee

Experiential Learning Area
Tuesday, April 24, 2018 4:00 p.m.-4:45 p.m.

The Sleep Mythbuster!: Illuminating the Facts and Fiction Towards Achieving the Sleep Healthy Neurologist

Topic: Sleep
Speaker: Charlene Gamaldo, MD, FAAN, Baltimore, MD
Experiential Learning Area: Live Well

Program Description:
In this interactive session, Dr. Gamaldo will focus exploring the sleep habits of the audience and with an engaging audience response interface engage allow the members of the audience to gain insight on their personal sleep behaviors, attitudes and knowledge in order for Dr. Gamaldo to provide evidence based support or debunk myths surrounding those views and perceptions. She will also provide latest evidence how the health behaviors of doctors has been shown to impact how they take care of their patients and to what degree they including these important elements in counseling and guiding their care.
**Plenary Session**

**Frontiers in Neuroscience Plenary Session**

**Wednesday, April 25, 2018  9:15 a.m.–11:30 a.m.**

**Topics:** Aging, Dementia, Cognitive, and Behavioral Neurology; General Neurology; MS and CNS Inflammatory Disease; Neuro-rehabilitation; Sleep

**Moderator:** Paul M. George, MD, PhD, MSE, Member, Science Committee

9:55 a.m.–10:15 a.m.

- Biology of Bedtime: Understanding Circadian Rhythms and Sleep  
  Amita Sehgal, PhD, Philadelphia, PA

**Course**

**Wednesday, April 25, 2018  1:00 p.m.–3:00 p.m.**

**C153** Circadian Rhythm Disorders: Implications for Neurology

**Topic:** Sleep  
**Director:** Phyllis C. Zee, MD, PhD, Chicago, IL

**Program Description:**

The circadian timing system is ubiquitous to nearly all organisms, from single cells to humans. The discovery of the molecular mechanisms underlying the generation of circadian rhythms (2017 Nobel Prize in Medicine/Physiology), and the finding that these circadian clock genes are expressed throughout the central nervous system, and in most peripheral tissues, has expanded our view of the role of circadian rhythms in health and neurologic disease. Circadian based sleep disturbances are an important feature of many neurologic disorders. Through presentation on the genetics and physiology of circadian rhythms and their impact on the expression, development, and treatment of common neurologic disorders, as well as a discussion of challenging cases of circadian rhythm sleep-wake disorders, faculty will provide an update of this field and discuss evaluation, diagnostic tools, and treatment approaches for circadian disorders.

**Upon Completion:**

Participants should be able to acquire knowledge of the state of the science in circadian rhythm regulation, become familiar with the impact of circadian dysregulation on the expression of neurologica disease and clinical outcomes, apply circadian-based diagnostic tools and treatment approaches, and get an update on new breakthroughs in this field.

**Recommended Audience:** Advanced Practice Provider, General Neurologist, Non-Neurologist, Specialist Neurologist, Trainee

**CME Credits:** 2

**Teaching Style:** Case-Based, Didactic, Interactive

**Lecture/Faculty:**

- Circadian Health: Why Timing is Everything  
  Phyllis C. Zee, MD, PhD, Chicago, IL
- Circadian Rhythm Sleep-Wake Disorders in Neurology  
  Sabra M. Abbott, MD, PhD, Chicago, IL
- Circadian Dysregulation in Neurodegeneration  
  Aleksandar Videnovic, MD, MSc, FAAN, Boston, MA

**Core Competencies:** Medical Knowledge, Patient Care

**Invited Science Session**

**Wednesday, April 25, 2018  3:30 p.m.–5:30 p.m.**

**Invited Science Session: Sleep**

**Topic(s):** Sleep

**Program Description:**

Top abstracts previously presented at the American Academy of Sleep Medicine Annual Meeting will be presented by their authors. Select abstracts from their “best of” lineups emphasize basic, clinical, and translational science as they evolve toward a more complete understanding of sleep disorders with the overall goal of developing more effective prevention and treatment.

**Course**

**Wednesday, April 25, 2018  3:30 p.m.–5:30 p.m.**

**C160** Neurology Update II: Movement Disorders, Spine Disorders, and Sleep Disorders

**Topics:** General Neurology; Movement Disorders; Neuro-rehabilitation; Sleep

**Director:** Ralph F. Józefowicz, MD, FAAN, Rochester, NY

See complete course description on page 83 »
C173 Using Sleep Medicine to Help Solve Difficult Neurologic Cases

Program Description:
Sleep and Circadian Rhythm disorders are frequently encountered in general neurology practice. The neurologist is in a critical position to provide diagnostic and treatment input for patients with sleep and circadian rhythm disorders. This course will discuss common neurological disorders associated with sleep and circadian disturbances, differential diagnoses of sleep disorders, and identification of sleep disorders caused by or related to neurological disorders. The interaction of circadian rhythm, sleep disorders, and neurological disorders is frequent, requiring the neurologist to understand presentation, pathophysiology, and treatment. The case discussion will highlight advances in key clinical areas of sleep medicine, including identification of underlying insomnia, hypersomnia, sleep disordered breathing, and RLS in patients with common neurological disorders such as headache, stroke, MS, epilepsy, and neurodegenerative disorders. Application to practice will include easily accessible testing techniques, nonpharmacological and pharmacological interventions coding, and documentation of various clinical presentations.

Upon Completion:
Participants should be able to understand the importance of sleep in the generation of neurological symptoms; be able to ask appropriate questions to identify patients with neurological disorder who have sleep issues; and apply basic principles of sleep medicine to patients with neurological complaints.

Lecture/Faculty:
- Epilepsy and Headaches “I Can’t Sleep”
  Bradley V. Vaughn, MD, FAAN, Chapel Hill, NC
- The Sleepy Patient with Neuromuscular Disease
  Michael H. Silber, MB, ChB, FAAN, Rochester, MN
- Multiple Sclerosis and Never Rested
  Bradley V. Vaughn, MD, FAAN, Chapel Hill, NC
- Parkinsonism and Dysautonomia
  Michael H. Silber, MB, ChB, FAAN, Rochester, MN

Core Competencies: Practice-Based Learning and Improvement, Professionalism, Systems-Based Practice, Interpersonal and Communication Skills, Medical Knowledge, Patient Care

Teaching Style: Audience Participation, Case-Based, Interactive

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Non-Neurologist, Specialist Neurologist, Trainee, Sleep Specialist

C183 Hot Topics in Sleep Neurology

Program Description:
Understanding of the purposes of sleep for brain and general health, and the ability to diagnose and treat sleep disturbances and disorders, has advanced significantly in recent years. To optimize quality of life and improve neurological functioning in their patients, neurologists should be familiar with advances in the understanding of sleep, especially in neurologic sleep medicine. Faculty will review the bidirectional relationships between sleep and neurodegeneration; diagnosis, prognostic counseling, and treatment options for patients with REM sleep behavior disorder, diagnosis and recent advances in the management of restless legs syndrome, and the diagnosis and treatment of chronic insomnia.

Upon Completion:
Participants should be able to understand evolving evidence regarding the bidirectional associations between sleep, sleep disorders, and neurodegeneration; understand evolving diagnostic standards, the strong prognostic association with synucleinopathies, and treatment approaches in patients with REM sleep behavior disorder; use diagnostic standards and treatment approaches to chronic insomnia; and determine best therapies for patients with restless legs syndrome, including those with augmentation.

Lecture/Faculty:
- Hot Topics in Sleep Neurology
  Faculty

Core Competencies: Medical Knowledge, Patient Care

Teaching Style: Audience Participation, Case-Based, Didactic

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Non-Neurologist, Specialist Neurologist, Trainee
Program Descriptions

Course

Friday, April 27, 2018 7:00 a.m.–9:00 a.m.

C221 REM Sleep Behavior Disorder

Topic:  Sleep
Director:  Alon Y. Avidan, MD, MPH, FAAN, Los Angeles, CA

Program Description:
Neurologists frequently encounter patients with dream enactment behavior in the setting of Rapid Eye Movement (REM) Sleep Behavior Disorder (RBD). Recent data reveals that in the majority of cases, RBD may be a prognostic indicator of alpha-synucleinopathies. Faculty will present the tools needed to recognize, diagnose, and treat RBD, respecting both the clinical and scientific perspectives of the disease, while maintaining sensitivity to the psychosocial impact from a patient’s perspective. The unique aspect of this educational session is the integration of a patient with RBD. Discussion will focus on the initial presentation of violent dream enactment and impact on quality of life. Participants will be able to appreciate the extent of potentially injurious behaviors impacting these patients. The integration of a live patient will offer attendees a new perspective in employing interview techniques of patients with RBD and their bed-partners.

Upon Completion:
Participants should develop confidence in recognizing the presenting signs and symptoms of REM sleep Behavior Disorder; use the patient perspective to be better equipped with strategies for improved recognition of the impact of RBD, becoming aware with an initial attempt to cope with aggressive dream enactment to successful amelioration of the episodes with specific therapy; use the case presentation to enhance competency in RBD diagnostic criteria, differential diagnosis, pathophysiology, and evidence based therapy, especially with respect to safety intervention and prognostic implication; and be able to describe the prognostic value of RBD, discuss the condition with patients and family members, and disclose its implication in a supportive manner.

Lecture/Faculty:
- REM Sleep Behavior Disorder: Patient Interview, Clinical Features, Diagnosis and Treatment  
  Alon Y. Avidan, MD, MPH, FAAN, Los Angeles, CA
- Pathophysiology and Current Understanding of RBD  
  Bradley F. Boeve, MD, Rochester, MN

Core Competencies: Systems-Based Practice, Practice-Based Learning and Improvement, Professionalism, Medical Knowledge, Patient Care, Interpersonal and Communication Skills

Teaching Style: Audience Participation, Case-Based, Didactic, Interactive

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Non-Neurologist, Specialist Neurologist, Trainee, Sleep Physicians

Neuroscience in the Clinic Session

Friday, April 27, 2018 3:30 p.m.–5:30 p.m.

N7 Neuroscience in the Clinic: REM Sleep Behavior Disorder: Past, Present, Future

Topic:  Sleep
Director:  Phyllis C. Zee, MD, PhD, Chicago, IL  
Aleksandar Videnovic, MD, MSc, FAAN, Boston, MA

Program Description:
REM Sleep Behavior Disorder (RBD) is a parasomnia characterized by dream enactment in the context of loss of physiological atonia during REM sleep. RBD is of particular importance to neurosciences as it is one of the earliest manifestations of α-synuclein related neurodegeneration. Over 80% of patients with idiopathic RBD eventually develop Parkinson’s disease, dementia with Lewy body or multiple system atrophy. This program will highlight clinical aspects of the disorder, its historical perspective, as well as novel findings related to the pathophysiology of the disorder and its relationship with neurodegenerative disorders.

Upon Completion:
Participants should be able to recognize clinical characteristics, diagnosis, differential diagnosis, and treatment of RBD; understand novel advances in the pathophysiology of RBD; and discuss the association between RBD and α-synucleinopathies.

Lecture/Faculty:
- Introduction  
  Aleksandar Videnovic, MD, MSc, FAAN, Boston, MA
- Case Presentation  
  Roneil Malkani, MD, Chicago, IL
- RBD, Historical Perspective  
  Faculty
- RBD, Diagnostic and Treatment Challenges  
  Faculty
- RBD, Control of Muscle Tone Across the Sleep-Wake Cycle and in Narcolepsy  
  Jerome Siegel, PhD, Los Angeles, CA
- Abstract Presentations: (Selected in February 2018)
- Panel Discussion  
  Faculty

Core Competencies: Medical Knowledge, Patient Care, Practice-Based Learning and Improvement, Systems-Based Practice

Teaching Style: Case-Based, Didactic

CME Credits: 2

Recommended Audience: Advanced Practice Provider, General Neurologist, Neurohospitalist, Specialist Neurologist, Trainee