KEYNOTE SPEAKER

Dr. David White

David White, MD – Keynote Address

Dr. White graduated from Emory University Medical School and completed training in Internal Medicine and Pulmonary Disease at the University of Colorado Health Sciences Center. He has held a number of positions at various universities over his career and is currently a Professor of Medicine at the Harvard Medical School, and the Chief Medical Officer for Philips Respironics. Some of his major accomplishments include being President of the American Academy of Sleep Medicine, Chairing the Task Force to write the research plan addressing sleep and its disorders for the National Institutes of Health, and being the Editor-in-Chief of the Journal SLEEP. He was also on the test writing committees for the American Board of Internal Medicine for both Pulmonary Disease and Sleep Medicine. Finally, his principle research interest has been the pathophysiology of disorders of breathing during sleep about which he has published over 150 original papers.

Brian Wind, PhD – Course Director, Moderator

Dr. Wind is currently the Clinical Director of the Sleep Centers of Middle Tennessee. He also serves as the Director of the Insomnia and Parasomnia Treatment Program at the Sleep Centers. He earned his board certification in behavioral sleep medicine from the American Academy of Sleep Medicine (AASM) in 2007. At the time his board certification was awarded, Dr. Wind was only the second person residing in the state of Tennessee to hold this certification. Dr. Wind is also the co-founder and Executive Director of the Tennessee Colleague Assistance Foundation (TCAF) and serves as a consultant with the Center for Professional Excellence (CPE) in Nashville, where he specializes in the treatment of addiction. Additionally, Dr. Wind holds the honor of being co-chair of an executive advisory committee for the American Psychological Association in Washington, DC. He has co-authored several articles and book chapters in the fields of behavioral medicine and personality assessment. He has received various awards during his academic and professional careers, including outstanding graduate student awards and awards for excellence in clinical research in behavioral medicine and personality assessment.

Merrill Wise, MD – Co-Moderator, Presenter

Dr. Wise is a neurologist and sleep medicine specialist affiliated with the Methodist Healthcare Sleep Disorders Center in Memphis, TN. He has been actively involved with the American Academy of Sleep Medicine (AASM) over the past 15 years. Dr. Wise served on the Standards of Practice committee which included the development of multiple practice guidelines, and he chaired two AASM task forces (Treatment of Narcolepsy and Other Hypersomnias, and Respiratory Indications for PSG in Children). He served on the International Classification of Sleep Disorders revision committee (pediatric sub-committee) and he assisted in the development of the AASM Sleep Scoring Manual. He currently serves on the AASM Board of Directors, the American Sleep Medicine Foundation executive committee, and the American Board of Sleep Medicine Board of Directors. Dr. Wise has been involved with organizing sleep education initiatives including post-graduate courses regarding pediatric sleep, narcolepsy, and other topics within sleep medicine. He also moderates a television show for the Memphis Public Library channel titled, "The Power of Sleep."
<table>
<thead>
<tr>
<th><strong>Name</strong></th>
<th><strong>Presentation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jack Edinger, PhD – Presenter</td>
<td>Dr. Edinger is an insomnia researcher and clinician. He earned his MS and PhD degrees from Virginia Commonwealth University in Richmond, VA and completed a psychology internship at the University of Alabama/Birmingham. He currently is a Clinical Professor in the Department of Psychiatry, Division of Medical Psychology at Duke University Medical Center, and serves as a Senior Psychologist for the VA Medical Center in Durham, North Carolina. He is certified in behavioral sleep medicine by the AASM, and has over 28 years of clinical and research experience with insomnia and other sleep-disordered patients. A member of professional organizations such as the American Academy of Sleep Medicine (AASM), The Association for Behavioral and Cognitive Therapies, and the American Psychological Association, Dr. Edinger served on the AASM ICSD Revision Committee, the AASM Behavioral Sleep Medicine Committee, and the Board of the American Insomnia Association. He chaired a work group composed of sleep experts from the US and abroad charged with development of Insomnia Research Diagnostic Criteria. He is a prolific clinical researcher who currently has over 200 publications in the form of journal articles, abstracts, and book chapters, and most of these pertain to the evaluation and treatment of insomnia and related sleep disorders. He also is the co-author of two recently published books concerning the treatment of insomnia. Case series studies conducted by Dr. Edinger and colleagues are among the earliest articles published that describe the efficacy of multi-component Cognitive Behavioral Therapy for treating insomnia complaints. He currently has active funding from NIMH and NIAMS to support his diagnostic and treatment research pertaining to insomnia.</td>
</tr>
<tr>
<td>William Gross, MD – Presenter</td>
<td>Dr. Gross is an otolaryngologist from Murfreesboro, TN. He is one of the first physicians in the nation to perform a Transoral Robotic Surgery (TORS) procedure for the treatment of sleep apnea using the DaVinci robot. He received his Medical Degree at University of Virginia School of Medicine in Charlottesville, VA. He did his residency at Ohio State University in 1992 and his internship at Methodist Hospitals of Memphis in 1988. He is certified through the American Board of Otolaryngology - Head and Neck Surgery. Dr. Gross’ distinctions include Alpha Omega Alpha Honorary Medical Society, Cum Laude, Phi Beta Kappa, and Assistant Professor of Otolaryngology, University of Virginia. He is a member of the American Medical Association, American Academy of Otolaryngology - Head and Neck Surgery, American Rhinologic Society, and the Tennessee Medical Association.</td>
</tr>
<tr>
<td>William H. Noah, MD - Presenter</td>
<td>Dr. Noah is an American Academy of Sleep Medicine (AASM) board certified sleep medicine specialist and Medical Director of the Sleep Center of Murfreesboro, which is accredited by the AASM. He is also the medical director of an Accredited Sleep Technologist Education Program (A-STEP) and a Behavioral Sleep Medicine Fellowship program. Dr. Noah attended medical school as well as completed his internal medicine residency (where he served as chief resident) at the University of Tennessee. He completed his pulmonary fellowship at the University of Utah, where he was a Parker B. Francis Research Fellow. Dr. Noah is involved in multiple clinical research projects related to sleep, and has focused much of his energy on issues surrounding PAP adherence.</td>
</tr>
<tr>
<td>Alan O. Blanton, DDS, MS – Presenter</td>
<td>Dr. Alan Blanton received his D.D.S. in 1983 from the UT College of Dentistry and a Masters in Counseling (Alcohol &amp; Drug) in 2005 from the University of Memphis. A member of the Tennessee Dental Association Concerned Dental Professionals Committee since 2000, he lectures on chemical dependency, Dental Sleep Medicine and other related topics, and maintains a private dental practice in Collierville, Tennessee.</td>
</tr>
<tr>
<td>Timothy Martin, DDS – Presenter</td>
<td>Dr. Martin is a 1969 Graduate of the University of Tennessee, a 1973 Graduate of the University of Tennessee College of Dentistry, and a 2011 Graduate of the Tufts University and American Academy of Craniofacial Pain Mini-Residency in Dental Sleep Medicine. He is a Fellow of the American College of Dentists, Fellow of the Tennessee Dental Association, Member of the American Academy of Sleep Medicine, and a Member of the American Academy of Dental Sleep Medicine. He works closely with the Sleep Evaluation Center of Kingsport and maintains a private dental practice in Kingsport, TN.</td>
</tr>
</tbody>
</table>
Friday, April 15th 2011
Conference Agenda

Due to difficulties in flight arrangements for some of our speakers, we have had to make adjustments in the conference agenda to allow each speaker adequate time to arrive and prepare for their presentation. This document reflects those changes.

8:00-8:15 Brian Wind, PhD
Moderator and Course Director
Opening Remarks

8:15-9:15 15 Merrill Wise, MD
Co-Moderator and 2012 Course Director
Indications for PSG in children: Who needs a PSG and how are results useful?

9:15-10:15 Jack Edinger, PhD
Cognitive-behavioral insomnia therapy for patients with and without hypnotic dependence

10:15 to 10:30 Break
Exhibit Hall

10:30-11:30 William Noah, MD
PAP adherence

11:30-11:45 Panel Discussion

12:00-1:00 LUNCH

12:15-12:45 TSS Business Meeting
The TSS Business meeting will be held in Salon 1 during the lunch break. Those wishing to attend can go get their lunch at the lunch buffet in the exhibit hall and then carry their lunch in the business meeting.

1:00-2:00 Timothy Martin, DDS
Oral appliances for the management of snoring and obstructive sleep apnea

2:00-3:00 Alan Blanton, DDS
The sleep dentist’s role in the management and treatment of sleep disordered breathing

3:00-3:15 Break
Exhibit Hall

3:15-4:15 William Gross, MD
Groundbreaking transoral robotic (TOR) surgery to treat OSA

4:15 to 5:15 David White, MD
Keynote Speaker
Phenotyping in obstructive sleep apnea: Future treatments

5:15 to 5:30 Panel Discussion
This program is Jointly Sponsored the Tennessee Sleep Society and The International Institute for Continuing Medical Education, Inc. (iiCME).

CME CREDIT/ACCREDITATION

**Designation Statement:**

The International Institute for Continuing Medical Education, Inc. designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Accreditation Statement:**

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the Joint Sponsorship of the International Institute for Continuing Medical Education, Inc. and Tennessee Sleep Society. The International Institute for Continuing Medical Education, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Target Audience:** The intended audience for this activity includes all clinicians who treat patients (pediatric, adult, and elderly) with sleep disorders. This includes all primary care specialties, pediatricians, neurologists, psychiatrists (behavioral health), cardiologists, as well as nurses, nurse practitioners, sleep techs, respiratory therapists and students.

**Course Purpose:** This conference is designed for the physician, dentist, technician, nurse and nurse practitioner who wishes to enhance their care of the sleep patient. Pediatricians and family practitioners who have an interest in pediatric sleep medicine will also benefit from this course. Lectures will be organized to include clinical presentation, differential diagnosis, and new treatment strategies all developed from reviews of recent literature and supported by evidence-based medicine. The information presented may be directly applied in one’s own care of sleep patients.

**Educational Objectives:**

At the completion of this course, the participants will be able to:

1. Recognize specific challenges the patient faces in compliance and be better able to provide optimal care and interventions to patients using PAP therapy in their home.
2. Identify and review current guidelines established by the American Academy of Sleep Medicine to provide optimal care for patients with Obstructive Sleep Apnea Syndrome.
3. Identify current guidelines in Dental Orthosis. Comprehend newest data in patient improvement and contraindications in using orthotics.
4. Recognize and utilize the AASM Standards of Practice Clinical Guidelines in Pediatric Sleep.

**A SPECIAL NOTE TO THE DISABLED**

The International Institute for Continuing Medical Education, Inc. and Tennessee Sleep Society wishes to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently than other individuals because of the absence of auxiliary aids or services. If you need any auxiliary aids or services identified in the Americans with Disabilities Act, please indicate so on your registration form.

**DISCLOSURE STATEMENT**

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support, the faculty of this program have been asked to complete Conflict of Interest Disclosure Forms. These forms can be found in the course syllabus for participant review.

**DISCLAIMER**

Tennessee Sleep Society, as coordinator of this meeting, and The International Institute for Continuing Medical Education, Inc., as accredited provider of this meeting, claim no responsibility for the acts of any supplier to this meeting nor for the safety of any attendee while in transit to or from this event. The total amount of liability during the meeting will be limited to a refund of the attendance fee. Purchase non-refundable airline tickets at your own risk.

Friday’s conference has been awarded 7 CEU's by the AAST. AMA PRA Category 1 credits, as outline above, are accepted by the BRPT and most licensing and credentialing organizations as educational CEU’s. Additional AAST CEC’s are available for the weekend Review Course discussed later in the brochure.
Special thanks to these exhibitors for their support of this event:
Franklin, Tennessee, just 20 minutes south of Nashville, is the most prestigious address for business and leisure in the Cool Springs area. The Franklin Marriott Cool Springs hotel is surrounded by upscale shopping, dining, and history. The Cool Springs Galleria Mall, Crescent Centre and Highwoods are within walking distance or just a short ride away from our hotel in Franklin, TN. For kids, the Nickelodeon Your Stay program is a fun way for your little traveler to enjoy their stay. We offer wireless internet access and free shuttle within a five mile radius. Our Franklin, TN hotel's Cool Springs Conference Center accommodates up to 1,100 guests with over 29,000 sq ft of flexible event space. The Champion Ballroom at our hotel near Brentwood, TN is the perfect setting for a grand wedding reception or intimate social event. Lorraine's Restaurant and Stirrup Cup Lounge offer a variety of dining and entertainment options to inspire productivity and interaction at the Franklin Marriott Cool Springs.

- Enjoy complimentary parking, a full-service business center and high-speed internet access at our hotel near Nashville
- Conveniently located among Franklin hotels near Nashville, just off I-65 and 20 minutes south of downtown Nashville

The Franklin Marriott Cool Springs has agreed to give the TSS Sleep Conference attendees a reduced rate of $120.00 for Single/Double Occupancy. To book your room at this special rate, you can go directly to the TSS booking area here. Be sure to book your room before Thursday, March 24th to get this special rate!
THIS REVIEW COURSE IS INTENDED FOR EXPERIENCED TECHNOLOGISTS POSSESSING A BASIC UNDERSTANDING OF PSG CONCEPTS WHO ARE NOW PREPARING FOR THE WRITTEN EXAMINATION OR FOR THOSE TECHNOLOGISTS WHO WISH FOR A MORE INTENSIVE REVIEW AND UNDERSTANDING OF POLYSOMNOGRAPHY. THIS 2-DAY SEMINAR WILL PROVIDE THE STUDENT WITH A COMPREHENSIVE REVIEW AND CLARIFICATION OF POLYSOMNOGRAPHY, USING THE EXAMINATION CONTENT AS OUTLINED BY THE BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS (BRPT). COURSE ATTENDEES WILL REVIEW: PATIENT PREPARATION AND THE INTERNATIONAL 10-20 SYSTEM OF ELECTRODE PLACEMENT; SLEEP STAGING AND SCORING USING THE NEWLY REVISED AASM SCORING RULES; EEG AROUSALS; RESPIRATORY SCORING, PERIODIC LIMB MOVEMENTS OF SLEEP; BASIC UNDERSTANDING OF CARDIAC RHYTHM; CARDIAC ARRHYTHMIAS; MSLT AND MWT; REPORT GENERATION AND COMPUTATIONS; TREATMENT (CPAP / BILEVEL / O2) OF SLEEP DISORDERED BREATHING; ARTIFACT RECOGNITION; INSTRUMENTATION; AND A REVIEW OF COMMON SLEEP DISORDERS. EXTENSIVE REVIEW AND DISCUSSION OF DIFFERENTIAL AMPLIFIERS, VOLTAGE SENSITIVITY DEFLECTION, POLARITY AND ALL ASPECTS OF FILTERS AND FILTERING WILL BE REVIEWED WITH INSTRUMENTATION. YOU WILL DEVELOP A SOLID UNDERSTANDING OF ALL ASPECTS OF SLEEP TECHNOLOGY AS THIS COURSE IS NOT LIMITED TO SIMPLY INSURING AN UNDERSTANDING OF THE QUESTIONS COMMONLY SEEN DURING THE EXAM PROCESS. THE COURSE WILL BE HELD FROM 8:00AM TO 5:00PM SATURDAY AND SUNDAY AT THE FRANKLIN MARRIOTT CONFERENCE CENTER.

This program has been approved for 16.0 AAST CEC’s

Faculty.

Tim Fields, RPSGT. Tim has been teaching the Technical Aspects of Polysomnography since 1986. His knowledge, understanding and ability to communicate this information to students is phenomenal. His success rate for students passing their boards after taking his courses is one of the highest in the nation. He has been teaching board review for He served as Education Chair of the APT from 1987-1991 and is a 1990 Weitzman Award winner. Tim served as examiner for the BRPT from 87-92. Tim was a Charter Member of the CoA PSG, serving as Vice-President, Treasurer and site visitor programs seeking CoA PSG accreditation from its inception until 2008. Tim has received numerous awards for his educational contributions to Sleep Technology. He joined Nihon Kohden in 1989 and is Sr. Accounts Executive for the Southeast region.

Michael Adams, RPSGT. Michael first began in Sleep Medicine in 1980 at Baylor University. He has published numerous articles in a variety of technical applications in regards to sleep. He was a charter member of the Carolina Sleep Society, Blue Ridge Sleep Society, and the Tennessee Sleep Society. For the APT, he has served as Parliamentarian, Director at Large and Secretary. He started an Alabama Chapter of the APT. He served as President of the Blue Ridge Sleep Society, Parliamentarian, Director at Large and Treasurer of the Tennessee Sleep Society. He was an examiner for the BRPT. He is recognized for his contribution in incorporating more expansive EKG recognition in the PSG, and was a Committee Member and Contributor for the EKG Scoring Rules for the 2007 AASM Scoring Guidelines. Though retired, Michael continues to teach and lecture for favored events, including Tim’s Review Course.

Walter Holland, RPSGT, R.EEG.T. With both a Neuro and Sleep background, Walt began in sleep in 1990 in one of Knoxville’s first AASM Accredited Sleep Lab. He designed the first Epilepsy Monitoring Unit at the University of Tennessee and performed that hospital’s first adult PSG. He later designed and implemented UT’s first adult Sleep Lab. He is a charter member of the TSS, where he has served as Vice President, Legislative Chair (current) and Parliamentarian (Current). He also served as the TN Neurodiagnostic Society’s Bylaws Committee Chair and President. He served on the Southern Society of END Tech’s (SSET) Board of Directors, and Sleep Section Facilitator. He has served as President of the Epilepsy Foundation of East TN, Advisory Board Member of Roane State Sleep Certificate Program.

Tuition $395.00 for entire course and course materials
Mail completed registration form with check or money order to TSS to Jim Donaldson, 5050 Poplar Avenue, Suite 300, Memphis TN 38157

Registration Form:
TSS Annual Conference and Business Meeting
April 15th, 2011
Franklin Marriott Conference Center
Franklin, TN

Conference Early Registration
☐ $100.00 TSS Members  ☐ $135.00 Non-Members  ☐ $100.00 Students  ☐ $150.00 Physicians

Conference Registration After March 30th
☐ $150.00 TSS Members  ☐ $185.00 Non-Members  ☐ $150.00 Students  ☐ $200.00 Physicians/Dentists

Registry Review Course  ☐ $395.00 (limited seats available for review course)

Registrant Name: _________________________________________________________________
Title ______________(MD, PhD, RPSGT, RRT, etc)
Email address(for course confirmation):______________________________________________________________________________
Would you like to be notified of future TSS events? Yes/No
Contact (phone) #_(_______)__________________
(written confirmation prior to conference date cannot be guaranteed after March 31st without a valid email address)
Address: ____________________________________________________________________
TSS Member _____ Y/N Join TSS_____Y/N * PSG Student ______ Y/N

TSS Membership fee will be taken from Registration fee. Please complete and enclose membership registration. (Student registration requires proof of enrollment). Table seating during lectures is not guaranteed for last minute registry.

Contact donaldsj@methodisthealth.org or education@tnsleep.net for more information.

☐ Please check this box if you would like to be contacted by conference exhibitors.

Last minute seating with tables is not guaranteed. Every attempt will be made to insure everyone is seated comfortably. We understand, based on clinic schedules that pre-registration is not always possible and we allow for some last minute registrants. To insure everyone’s comfort and access, we ask that you pre-register if at all possible prior to the event.