

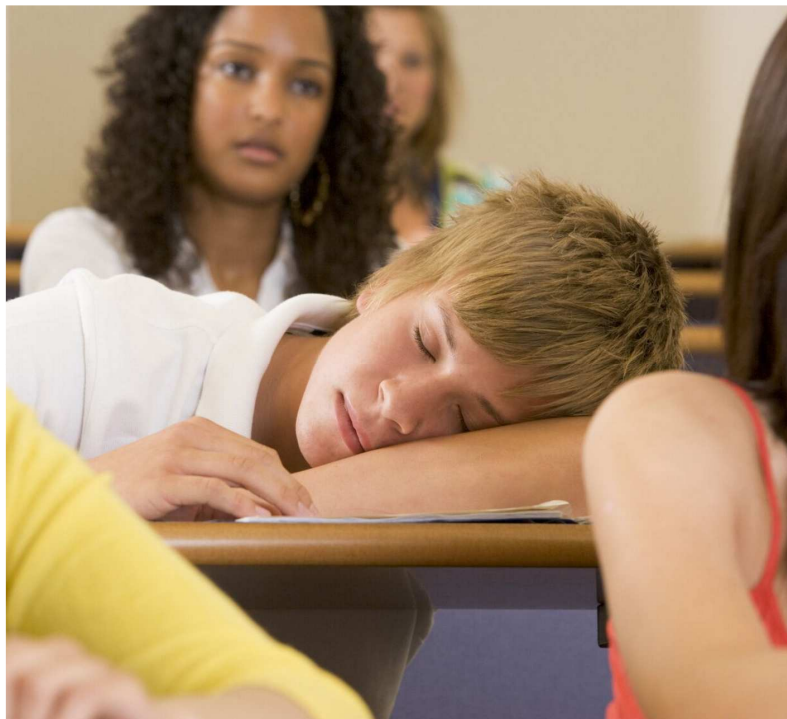


Minnesota Sleep Society

2016 Annual
Conference

October 15th, 2016

Keynote Speaker: Meir Kryger



Minnesota Sleep Society extends
this invitation to our 7th Annual Conference

Teen Sleep Initiative



Our vision is that every teenager
in MN has sufficient sleep to
maintain health, stay safe
and succeed in school

Research has shown that later school start times:

- decreased depression and fewer poor choices about substance abuse
- decreased car crashes, in some cases by as much as 70%
- improved academic performance on state and national achievement test

**87% of high school students in MN
start before the recommended
start time of 8:30 am, impacting
over 200,000 teenagers**

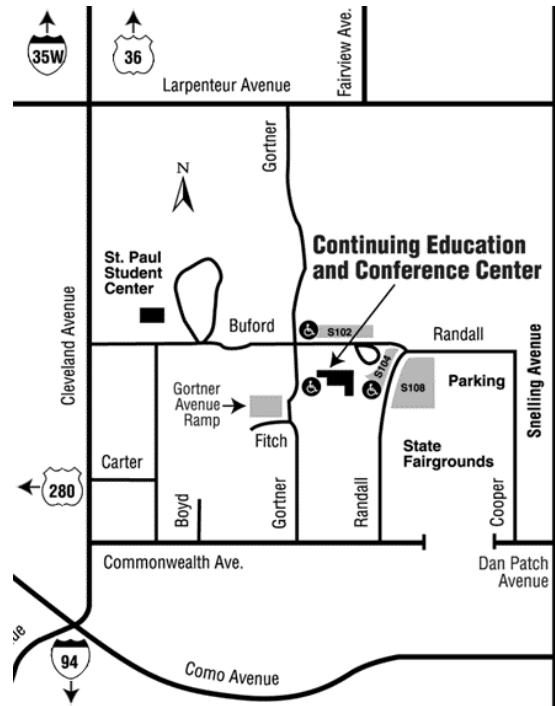
We encourage you to attend this
conference to connect with colleagues
expand your knowledge and support
the campaign to improve sleep
for teenagers across MN

MN Sleep Society
7th Annual Conference
Saturday October 15, 2016

- 7:00-8:00 Registration/ Continental
Breakfast/Exhibits**
- 7:50-8:00 Welcome**
Jagdeep Bijwadia, MD
President MN Sleep Society
- 8:00-9:00 Keynote: Mystery of Sleep**
Meir Kryger, MD
- 9:00-10:00 School Start Time Panel**
Con Iber, MD
Tanya Beckwith – Mother of Teen
School Leader - TBA
Julie Dahl, APRN,CNP
- 10:00-10:30 Break and Exhibits**
- 10:30-11:30**
- 1. CCSH Credentialing**
Becky Appenzeller RPSGT, R. EEG
 - 2. DOT regulations for sleep apnea**
Loretta Colvin, APRN, CNP
- 11:30–12:30: Lunch (provided)/Exhibits**
- 12:30 – 1:30**
- 1. RLS: New augmentation guideline**
Jason Cornelius, MD
 - 2. Management of Hypercarbic Sleep
Disorders**
Deanna Diebold, MD
- 1:35–2:35**
- 1. Combination Therapy for OSA**
Jonathon Parker, DDS
 - 2. Diagnostic-Therapeutic Grab Bag:
Difficult Disorders in 2016**
Louis Kazaglis, MD
- 2:35–3:00 Break and Exhibits**
- 3:00-4:00 Wearable sleep trackers**
Maghna Mansukhani, MD
- 4:00-4:15 Closing thought, Adjourn**
- 4:15-4:30 Business Membership Meeting**

The Conference will be held at:

Continuing Education and Conference Center
U of MN St. Paul Campus
1890 Buford Ave
St Paul, MN 55108



Parking is available in lot S104 (\$6.00 per day) or lot S108 (\$4.00 per day), you pay as you enter. You may find street parking as well.

If you need further directions or parking information, go to:

<https://cce.umn.edu/continuing-education-and-conference-center/parking-directions>



Conference note about CE Credits:

Main Conference Objectives

Following the conference, participants should be able to:

- Identify adolescent sleep deprivation as a public health issue effecting MN students
- Review CCSH credentialing criteria and practice
- Adopt comprehensive screening assessment in detection of OSA
- Apply new RLS augmentation guidelines to minimize side effects
- Detect and treat hypercarbic sleep disorders
- Identify candidates for combination OSA therapy
- Review difficult sleep disorders
- Compare wearable sleep tracking device usefulness

The University of Minnesota, Interprofessional Continuing Education designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAST application in process.

Other participants are responsible for determining whether this activity meets the requirements for acceptable continuing education.

Conference Fees:

PRE-REGISTRATION Conference Fee

Doctoral/Professional Member	\$175
Non-Member	\$235
Sleep Technologist Member	\$95
Non-Member	\$140
Student Tech	\$25

ON-SITE Registration available

Electronic registration is open on our website – www.mnsleep.net. If you prefer to mail a check to arrive by October 10th, send to:

Minnesota Sleep Society
P.O. Box 8987
Minneapolis, MN 55908

Cancellation/Refund Policy:

A request for refund of registration fee, less a \$25.00 administrative fee, should be emailed to secretary@mnsleep.net or sent in writing post-marked by **October 1st, 2016**

Lodging

A small block of rooms has been reserved for the MN Sleep Society Conference. Please tell the reservation agent you will be attending the conference when reserving a room:

Days Hotel University Ave SE
2407 University Ave SE, Minneapolis, MN 55414
(612) 623-3999
\$129/night