



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Sleep Symposium 2019

September 27th

8:15am – 4:00pm

**The Blackwell Hotel
Columbus, Ohio**

8:10am

Welcome

Dr. Meena Khan, MD

8:15am Management of Restless Leg Syndrome

Dr. Ryan Donald, MD-The Ohio State University

9:15 am: Non-invasive ventilation- practical applications in chronic respiratory failure

Dr. Peter Gay M.D. – Mayo Clinic

10:15am Interactive NIV Case Discussion

Dr. Peter Gay M.D. – Mayo Clinic

11:00AM –Break

11:15am Cognitive Behavioral Therapy for Insomnia-Interactive case based discussion

Dr. Helena Rempala, PhD - The Ohio State University

12:15 pm Lunch

1:00pm The Effects of Circadian Rhythm on Our Health

Dr. Phyllis C Zee MD, PhD - Northwestern University

2:00pm Break

2:15pm Interactive Circadian Rhythm Case Discussion

Dr. Phyllis C Zee MD, PhD - Northwestern University

3:00pm Motivational Interviewing- A way to engage patients with their sleep therapy

Dr. Lawrence Chan MD - The Ohio State University

4:00pm Adjourn