

BY THE NUMBERS



300+ Sleep Professionals and Subject Matter Experts



2 Pre-Meeting Sessions



30+ Exhibitors and Sponsors



21.25 Maximum CECs



92% of Attendees would recommend the AAST Annual Meeting to a colleague



18 Education Sessions



Register by Thursday, July 18 to Save!

CONFERENCE HIGHLIGHTS



CONTINUING EDUCATION CREDITS

AAST anticipates the approval of 21.25 AAST and AARC continuing education credits (CECs) for all education sessions.

Pre-Meeting Session	Earn Up to:	4.50 CECs
CCSH Workshop*	Earn Up to:	9.25 CECs
Educational Sessions	Earn Up to:	15.50 CECs
Total	Earn Up to:	21.25 CECs

*Attendees at the CCSH Workshop will not be able to attend afternoon educational sessions on Friday, September 6.



YOU'RE INVITED TO THESE SPECIAL EVENTS

WELCOME RECEPTION

Friday, September 6 | 6:00 p.m. – 7:30 p.m.

Join AAST and your colleagues to kick off this year's Annual Meeting! Make new connections and network with your peers as you preview the vendors and their services in the Exhibit Hall.

Sponsored by: **PHILIPS**

RESPIRONICS

AAST NIGHT

Saturday, September 7

8:00 p.m. – 12:00 a.m.

In AAST tradition, we invite you to join us for a night of networking and fun at our AAST Night celebration.



PRE-MEETING WORKSHOPS

CCSH WORKSHOP

Friday, September 6

7:30 a.m. – 5:30 p.m.

Program Director: Rita Brooks, MEd, RPSGT, REEG/EPT, FFAST

Facilitator/Moderator: Daniel Lane, BS, RPSGT, CCSH

Instructors: Marietta Bibbs, BA, RPSGT, CCSH; Rita Brooks, MEd, RPSGT, REEG/EPT, FFAST; Brendan Duffy, RPSGT, CCSH; Laree Fordyce, RST, RPSGT, CCSH, CCRP; Joel Porquez, BS, RPSGT, RST, CCSH

This all-day workshop is designed for advanced level health professionals and educators who work directly with sleep medicine patients, families and other healthcare practitioners to coordinate and manage patient care and improve outcomes. During the workshop, attendees will take a deep-dive into the

fundamentals and technical requirements to earn the CCSH credential. Lunch, CCSH workbook and supplemental case studies are included as part of the course fee.

SCORING, TC02 AND ECG: FUNDAMENTALS ALL TECHS SHOULD KNOW

Friday, September 6

7:45 a.m. – 12:15 p.m.

William R. Beauchamp, RRT, RPSGT; Pamela N. Deyoung, BS, RPSGT; Kristina Weaver, RPSGT, EMT-P

This half day, interactive workshop will review the essential fundamentals that are crucial for anyone working in the sleep lab. Topics covered will include scoring, TC02, EKG and more.

www.aastweb.org/2019AnnualMeeting

EDUCATION HIGHLIGHTS



OPENING KEYNOTE

Friday, September 6
1:15 p.m. – 2:15 p.m.

Frank A.J.L. Scheer, PhD

Frank A.J.L. Scheer is an Associate Professor of Medicine at Harvard Medical School (HMS) and the

Director of the Medical Chronobiology Program at Brigham and Women's Hospital (BWH), Boston. Dr. Scheer's work focuses on influences of the endogenous circadian system and its disruption—such as with shift work—on cardiovascular, pulmonary, and metabolic regulation and disease states, including hypertension, asthma, obesity and diabetes.



FRIDAY FEATURED SESSION

Friday, September 6
2:15 p.m. – 3:15 p.m.

Sharon A. Keenan, PhD, R. EEG T., RPSGT, FAAST

Dr. Keenan served as President of the Association of Polysomnographic Technologists (now AAST) from 1983-1991. She has received numerous awards for her contributions to education about sleep, sleep disorders and sleep technology. She has numerous publications in scientific journals and textbooks. Dr. Keenan teaches nationally and internationally, writes and serves on editorial boards.



SATURDAY MORNING KEYNOTE

Saturday, September 7
8:00 a.m. – 9:30 a.m.

Henry Klar Yaggi, MD, MPH

Dr. Klar Yaggi is board certified in Pulmonary, Critical Care, and

Sleep Medicine. He serve as the Director of the Yale Centers for Sleep Medicine. His research has focused on conducting epidemiologic studies aimed at understanding the health outcomes of sleep disorders and the phenotypic expression of sleep disorders, and examining the impact of interventions, targeting sleep disturbances and disorders, that may help to improve subclinical markers of disease and health outcomes.



SATURDAY DISTINGUISHED LECTURE

Improving the Sleep of School-Age Children: at Home and in the Lab

Saturday, September 7
2:10 p.m. – 3:10 p.m.

Lynelle Schneeberg, PsyD

Dr. Schneeberg is a sleep psychologist and an Assistant Professor at the Yale School of Medicine. She treats adults with insomnia at the Yale Center for Sleep Medicine and she treats children with insomnia at Connecticut Children's Medical Center.



SUNDAY MORNING KEYNOTE

Economic and Social Costs of Obstructive Sleep Apnea

Sunday, September 8
8:00 a.m. - 9:00 a.m.

Teofilo Lee-Chiong, MD

Teofilo L. Lee-Chiong Jr., is a Professor of Medicine at the University of Colorado Denver School of Medicine. He has authored or edited 20 textbooks in sleep medicine and pulmonary medicine. In addition, he developed and serves as the consulting editor of Sleep Medicine Clinics, and is a member of the editorial board and reviewer of several medical journals and publications.



CLOSING KEYNOTE

What's New in Sleep Disordered Breathing

Sunday, September 8
12:15 p.m. – 1:15 p.m.

Atul Malhotra, MD

Atul Malhotra, MD, is a board-certified pulmonologist, intensivist and Vice Chief of Research, Pulmonary, Critical Care and Sleep Medicine at UC San Diego School of Medicine. He is active clinically in pulmonary, critical care and sleep medicine. He is president of the American Thoracic Society and has taught and presented his research on sleep-related disorders locally, regionally, nationally and internationally.

EDUCATION SCHEDULE

FRIDAY, SEPTEMBER 6			
7:45 a.m. – 12:15 p.m.	PRE-MEETING SESSION		
	Scoring, TC02 and ECG: Fundamentals All Techs Should Know <i>William R. Beauchamp, RRT, RPSGT; Kristina Weaver, RPSGT, EMT-P; Pamela N. Deyoung, BS, RPSGT</i>		
7:30 a.m. – 5:30 p.m.	CCSH Workshop Program Director: <i>Rita Brooks, MEd., RPSGT, REEG/EPT, FFAST</i> Facilitator/Moderator: <i>Daniel Lane, BS, RPSGT, CCSH</i> Instructors: <i>Marietta Bibbs, BA, RPSGT, CCSH; Rita Brooks, MEd., RPSGT, REEG/EPT, FFAST; Brendan Duffy, RPSGT, CCSH; Laree Fordyce, RST, RPSGT, CCSH, CCRP; Joel Porquez, BS, RPSGT, RST, CCSH</i>		
12:15 p.m. – 1:15 p.m.	Break and Lunch on Own		
1:15 p.m. – 2:15 p.m.	OPENING KEYNOTE <i>Frank A.J.L. Scheer, PhD</i>		
2:15 p.m. – 3:15 p.m.	Featured Session <i>Sharon A. Keenan, PhD, R. EEG T., RPSGT</i>		
3:25 p.m. – 4:55 p.m.	BREAKOUT SESSIONS		
	OSA Sleep Therapies Panel <i>Kevin Adley, RPSGT, CCSH; Sue Hoefs, RST, RPSGT, CCSH; Elise Maher, MA, RPSGT</i>	Parasomnias <i>Jon W. Atkinson, RPSGT, CCSH, FFAST</i>	
5:00 p.m. – 5:30 p.m.	AAST Awards Ceremony		
5:30 p.m. – 6:00 p.m.	Past President and Prestige Partner Reception		
6:00 p.m. – 7:30 p.m.	Opening Reception in Exhibit Hall <i>Sponsored by: Philips Respironics</i>		
SATURDAY, SEPTEMBER 7			
8:00 a.m. – 9:30 a.m.	SATURDAY MORNING KEYNOTE <i>Henry Klar Yaggi, MD, MPH</i>		
9:45 a.m. – 10:45 a.m.	BREAKOUT SESSIONS		
	The Impact of Telemedicine on the Provision of Sleep Medicine <i>Jayme R. Matchinski, JD</i>	Integrated Care: How One Lab Maximizes the CCSH Credential <i>Sarah L Brennecka, RPSGT; Denise Langlois, CRT; Cheryl Memmini, RRT, RPSGT, CCSH; Andrea Ramberg, BA, RPSGT, CCSH</i>	Eliminate Confusion of Oral Appliance Titration Studies <i>Kevin F. Postol, DDS, ABDSM</i>
10:45 a.m. – 1:15 p.m.	Exhibit Hall Open/Lunch on Own/Bite Size Learning Theater Presentations		
1:15 p.m. – 2:15 p.m.	BREAKOUT SESSIONS		
	FACEing the Future: The Mental-Dental Connection in Patients with Sleep Related Breathing Disorders (AACCP) <i>Angela Lynn Tenholder, DMD, FAACP, DABCDMSM</i>	Nasal vs Oronasal Masks in the Treatment of Obstructive Sleep Apnea <i>Paula K. Schweitzer, PhD</i>	Optimizing In-Lab Testing <i>Shannon Dean, BS, RPSGT, CCSH; Penny Grunder, AAS, BS, CSE, RPSGT</i>
2:15 p.m. – 3:15 p.m.	DISTINGUISHED LECTURE Improving the Sleep of School-Age Children: at Home and in the Lab <i>Lynelle Schneeberg, PsyD</i>		

Please note, schedule is subject to change.

EDUCATION SCHEDULE

SATURDAY, SEPTEMBER 7 CONTINUED		
3:15 p.m. – 4:45 p.m.	Networking Break in the Exhibit Hall/Bite Size Learning Theater Presentations	
4:45 p.m. – 6:15 p.m.	PANEL SESSIONS	
	Women's Sleep Panel <i>Andrea Ramberg, BA, RPSGT, CCSH; Alex Perkins</i>	Normal Sleep in School Aged Children and Later School Starts: AAST's Position Statement <i>Laree Fordyce, RST, RPSGT, CCSH, CCRP; Joel Porquez, BS, RST, RPSGT, CCSH</i>
8:00 p.m. – 12:00 a.m.	AAST Night	
SUNDAY, SEPTEMBER 8		
7:30 a.m. – 8:00 a.m.	EARLY BIRD SHORT TOPIC Transform Your Patient's Sleep Experience <i>Michael Frith, DDS</i>	
8:00 a.m. – 9:00 a.m.	KEYNOTE SESSION	
	Economic and Social Costs of Obstructive Sleep Apnea <i>Teofilo Lee-Chiong, MD</i>	
9:15 a.m. – 10:45 a.m.	PANEL SESSIONS	
	OSA Sleep Therapies (Encore) <i>Sue Hoefs, RST, RPSGT, CCSH; Elise Maher, MA, RPSGT</i>	Pro/Con Debate: Are Patients Really More Sick and Complex in the Sleep Laboratory <i>Daniel L. Herold, RPSGT; Laura Linley, CRT, RPSGT, FFAST</i>
11:00 a.m. – 12:00 p.m.	CASE STUDIES AND BREAKOUT SESSIONS	
	Share PAP Therapy "Positive Side Effects" to Motivate Patients <i>Sheryl Wookey, Lic Ac</i>	Advocating for Patients, Policy and Position <i>Teresa Barnes, BA</i>
	The Right Thing to Do- Encouraging and Facilitating a Cohesive Team <i>William R. Beauchamp, RRT, RPSGT</i>	
12:15 p.m. – 1:15 p.m.	CLOSING KEYNOTE What's New in Sleep Disordered Breathing <i>Atul Malhotra, MD</i>	

AAST 2019 CONFERENCE RECORDINGS PACKAGE

Maximize your conference experience: View sessions you missed in St. Louis and earn additional CECs and review the valuable information you gathered during the conference by purchasing online session recordings. The conference recordings package features all general sessions and educational breakout sessions.*

The full session recordings package is available for the special price of \$110 for AAST members and \$250 for non-members.** Registered attendees will be able to order the conference recordings through November 8, 2019, at the discounted rates of \$110/\$250, or following the conference at an increased rate.

The 2019 conference recordings package will be released for viewing no later than in January 2020.

Add-on the conference recordings package when you register for the Annual Meeting at www.aastweb.org/2019annualmeeting.

*With speaker approval

**Discounted package rates only available when purchased in conjunction with a conference registration.

REGISTRATION, HOTEL & TRAVEL INFORMATION



REGISTRATION INFORMATION

	Early Registration (On or Before July 18)	Regular Registration (After July 18)
AAST MEMBER FULL CONFERENCE	\$285	\$335
NON-MEMBER FULL CONFERENCE	\$440	\$490
CCSH WORKSHOP ADD-ON	AAST Member: \$80 Non-Member: \$125	
PRE-MEETING SESSION ADD-ON	AAST Member: \$50 Non-Member: \$85	
AAST MEMBER CCSH WORKSHOP ONLY		\$245
NON-MEMBER CCSH WORKSHOP ONLY		\$295
GUEST PASS (access to Opening Reception and AAST Night)		\$80



HOTEL INFORMATION

HYATT REGENCY ST. LOUIS AT THE ARCH

315 Chestnut Street, St. Louis, MO 63102

Room Rate: \$164.00 single/double, \$20 fee for additional guest in room

A limited number of rooms are reserved at this rate, complimentary Wi-Fi is included when rooms are booked in the conference room block. To make a reservation please click [here](#) or contact the Hyatt at 877-803-7534 and request the AAST rate.

A limited number of rooms are available at the discounted rate, and are expected to sell out. Reservations must be made by **Thursday, August 8**, or before the room block sells out, whichever comes first.



EXPLORE ST. LOUIS

Staying at Hyatt Regency St. Louis at The Arch provides access to downtown's most desirable attractions, including Busch Stadium, the Gateway Arch, and the Mississippi Riverfront—all located within walking distance.



AAST THANKS OUR SPONSORS AND EXHIBITORS

DIAMOND PRESTIGE PARTNERS



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EXHIBITORS

Our Exhibit Hall features a variety of companies and organizations eager to show you the latest products, services and technologies, including*:

- American Academy of Craniofacial Pain (AACP)
- Beep Sleep
- BJC Healthcare-St Louis Children's Hospital
- BRAEBON Medical Corporation
- Board of Registered Polysomnographic Technologists
- Cadwell Industries, Inc.
- Compumedics USA Inc.
- Dymedix Diagnostics, Inc
- Ensodata
- Fisher & Paykel Healthcare
- Inspire Medical (Inspire Sleep)
- Itamar Medical
- KEGO
- MVAP Medical Supplies, Inc.
- Natus Neurology Incorporated
- Neurovirtual
- Oregon Institute of Technology
- Philips Respronic/Philips Home Healthcare Solutions
- ResMed Corp
- S.L.P. Inc./SleepSense
- SOMNOmedics
- Somnoware Healthcare Systems
- UNC Charlotte | Extended Academic Programs
- Weaver and Co

*Exhibitor listing as of May 15, 2019