

Atrium Health & Wake Forest Baptist Clinical Sleep Symposium 2025

February 28, 2025

7:30 AM – 8:05 AM	Registration & Breakfast
8:05 AM – 8:15 AM	Introduction & Sleep Medicine in NC
	<i>Douglas Kirsch, MD & Andrew Namen, MD</i>
8:15 AM – 9:00 AM	PTSD and Nightmares
	<i>Gray Bullard, MD</i>
9:00 AM – 9:45 AM	Out of the Box: Atypical Ways of Behaviorally Managing Sleep Disorders
	<i>Kristin Daley, PhD</i>
9:45 AM – 10:30 AM	Managing Complex PAP Devices in the Clinic
	<i>Aneesa Das, MD</i>
10:30 AM – 11:00 AM	QUESTIONS & BREAK
11:00 AM – 11:45 AM	Sleep Medicine Trends - Hypoglossal Nerve Stimulation: Opportunities and Challenges
	<i>Andrew Namen, MD</i>
11:45 AM – 12:30 PM	Updates in RLS 2025
	<i>Andrew Spector, MD</i>
12:30 PM – 1:15 PM	LUNCH & VISIT EXHIBITS
1:15 PM – 2:00 PM <i>*This topic will be presented via a recorded presentation*</i>	Addressing Obstructive Sleep Apnea in Commercial Truck Drivers: An Overview for Sleep Clinicians
	<i>Indira Gurubhagavatula, MD</i>
2:00 PM – 2:45 PM	Hot Topics in Pediatric Sleep Medicine
	<i>Dominic Gault, MD</i>
2:45 PM – 3:15 PM	QUESTIONS & BREAK
3:15 PM – 4:00 PM	Update on Circadian Rhythm Disorders
	<i>Clark Pinyan, MD</i>
4:00 PM – 4:45 PM	High Acuity Patients in Sleep Labs: Ensuring Patient Safety
	<i>Douglas Kirsch, MD</i>
4:45 PM – 5:00 PM	Q&A and Closing Remarks
	<i>Douglas Kirsch, MD & Andrew Namen, MD</i>

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Speakers

Gray Bullard, MD

Atrium Health Wake Forest Baptist

Kristin Daley, PhD

Atrium Health

Aneesa Das, MD

Ohio State University Wexler Medical Center

Dominic Gault, MD

Prisma Health

Indira Gurubhagavatula, MD

Penn Medicine at University of Pennsylvania

Doulgas Kirsch, MD

Atrium Health

Andrew Namem, MD

Atrium Health Wake Forest Baptist

Clark Pinyan, MD

Atrium Health Wake Forest Baptist

Andrew Spector, MD

Duke Health