



The 13<sup>th</sup> Annual –  
**Utah Sleep  
Society Conference**

**FRIDAY, FEBRUARY 24<sup>TH</sup>, 2023**

7:30 a.m. - 5:00 p.m.

Doty Family Education Center | 5131 Cottonwood Street, Murray UT

Virtual viewing available same day only.

*Recordings are not available.*



**REGISTER NOW**



**TARGET AUDIENCE**

Advanced practice providers, dentists, electroencephalogram techs, nurses, physicians, respiratory therapists, and registered and non-registered sleep techs.



**CONFERENCE PURPOSE**

Join us for the opportunity to expand your sleep medicine knowledge in order to improve your patient care. Current trends and issues in sleep medicine will be discussed as well as evidence-based research to improve outcomes.



**COURSE DIRECTORS**

A. Reauelle King, MD and Nikki Benson, BS, RPSGT, RST



## REGISTRATION

To register please visit:  
[intermountain.cloud-cme.com/sleep2023](http://intermountain.cloud-cme.com/sleep2023)



If registration assistance is needed please call IPCE at 801-507-8470  
or toll-free 800-910-7262

### REGISTRATION FEES:

- Utah Sleep Society Members: \$55 (\$30 discount with membership number)
- Non-Members: \$85
- Method of payment: credit card or journal entries only

### Cancellation and Reimbursement Policy

Full (100%) registration reimbursement for cancellation more than 14 days prior to the beginning of the activity. Half (50%) registration reimbursement for cancellation between four (4) and fourteen (14) days prior to the beginning of the activity. No reimbursement for cancellation three (3) days or less prior to the beginning of the activity.

### Exceptions

Exceptions may be allowed only under extenuating circumstances and with approval from the IPCE Director, IPCE Medical Director, and AVP for IPCE.

## AGENDA

Time	Speakers and Topics
7:45 AM	Welcome
8:00 AM	Melatonin for Insomnia: Does it Work?   <i>Steven E. Carlson, MS</i>
9:00 AM	One Nightcap Too Many: Sleep Quality and Autonomic Control Following Binge Drinking   <i>Ian Greenlund, PhD</i>
10:00 AM	Break
10:15 AM	The Power of the CCSH: CPAP Adherence and Beyond   <i>Andrea Ramberg, MS, CCSH, RPSGT</i>
11:00 AM	Making the Case for Permanent Standard Time   <i>Karin G. Johnson, MD, FAAN, FAASM</i>
12:00 PM	Lunch
12:45 PM	<ul style="list-style-type: none"> <li>• Provider Break Out - Pediatric and Adult Sleep Cases   <i>Melissa A. Maloney, MD and A. Reauelle King, MD</i></li> <li>• Tech Break Out - EKG and Sleep   <i>Daniel Reeves, AS, RPSGT</i></li> </ul>
1:30 PM	<ul style="list-style-type: none"> <li>• Provider Break Out - Updates in Narcolepsy Diagnosis and Management   <i>Kevin A. Walker, MD</i></li> <li>• Tech Break Out – Pediatric Studies From a Tech Perspective   <i>Emma L. Trujillo, RPSGT</i></li> </ul>
2:15 PM	Break
2:30 PM	Common Sleep Problems in Pregnancy   <i>Nicholas R. Anderson, MD</i>
3:30 PM	History Workup and Physical Exam Details and Why They Are Important   <i>Sanjay Kaji, MD</i>
4:30 PM	Conclusion and Adourn

## ACCREDITATION



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Intermountain Healthcare and Utah Sleep Society. Intermountain Healthcare is accredited by the ACCME to provide continuing medical education for physicians.

### AMA PRA Credit

Intermountain Healthcare designates this live activity for a maximum of 7.25\* AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

\*Credit hours are subject to change and are based on actual learning hours and at the discretion of IPCE.