



Department of Otolaryngology — Head and Neck Surgery
University of California, San Francisco • School of Medicine

31st ANNUAL

Advances in Diagnosis and Treatment of Sleep Apnea and Snoring 2026

Friday-Saturday

February 13-14, 2026

HOTEL NIKKO
SAN FRANCISCO, CA

<https://sleepapnea.ucsf.edu>



Penn Medicine
Sleep Center

COURSE DIRECTORS

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Advances in Diagnosis and Treatment of Sleep Apnea and Snoring

2026

This multidisciplinary course has been coordinated through the University of California, San Francisco Department of Otolaryngology–Head and Neck Surgery and the Penn Center for Sleep Disorders at the University of Pennsylvania. The program is designed to provide a comprehensive review and update on new approaches for and recent advances in sleep apnea and snoring. Leaders in the field from Pulmonary and Critical Care Medicine, Otolaryngology–Head and Neck Surgery, Dentistry, Oral and Maxillofacial Surgery, Bariatric Surgery, Neurology, and Obesity Research will share their medical and surgical expertise in didactic sessions, case presentations, and workshops with the intent to close practice gaps.

- A special breakout for Advanced Practice Providers will highlight issues specific to this group and provide a primer for those starting in sleep care.
- An electronic course syllabus, complete with program outline and up-to-date references, will be provided to each participant. Please bring your laptop or tablet if you would like to view the syllabus during the didactic sessions.

TARGET AUDIENCE

This continuing medical education activity is intended for the physician in Sleep Medicine, Otolaryngology–Head and Neck Surgery, Pulmonary Medicine, Oral and Maxillofacial Surgery, Dentistry, Family Practice, Internal Medicine, Cardiology, Neurology, Psychiatry, Anesthesia, and Geriatrics. Nurse practitioners, physician assistants, sleep respiratory therapy technologists and nurses will also find practical value by attending this program.

OBJECTIVES

Upon completion of this course, participants will be able to:

- Apply new developments in the pathogenesis, diagnosis, and management of patients with sleep disorders and sleep disordered breathing;
- Assess new, alternative, and established medical and surgical treatments for sleep apnea and snoring;
- Determine candidacy for hypoglossal nerve stimulation and identify steps in titration and management of implants;
- Assess the cognitive and neurological consequences of sleep apnea and sleep deprivation;
- Assess future developments in medical technology and how they will impact their practice;
- Improve patient assessment of sleep apnea and snoring using imaging;
- Provide new information to patients regarding the association between obesity and obstructive sleep apnea and the outcomes of medical and surgical treatment of obesity.



ACCREDITATION

In support of improving patient care, the University of California, San Francisco is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians and Advanced Practice Providers UCSF designates this live activity for a maximum of 13.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly, Bill 1195, continuing education and cultural and linguistic competency.

Nurses For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit*[™] issued by organizations accredited by the ACCME.

Physician Assistants AAPA accepts category 1 credit from AOACCME, prescribed credit from AAFP, and *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME.

Pharmacists The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit*[™].

Dentists UCSF designates this activity for 13.00 continuing education credits. Concerns or complaints about a CE provider may be directed to the provider, or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

American Board of Internal Medicine (ABIM) MOC Successful completion of this CME activity enables the participant to earn up to 13.00 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points. Attendees must complete the course evaluation within 30 days of the activity completion in order to receive MOC credit.

American Board of Otolaryngology–Head and Neck Surgery MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn their required annual part II self-assessment credit in the American Board of Otolaryngology–Head and Neck Surgery's Continuing Certification program (formerly known as MOC). It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of recognizing participation.

Friday, February 13, 2026

7:00 AM	<i>Registration and Continental Breakfast</i>	
7:55	Introduction	Andrew N. Goldberg, MD, MSCE
8:00	Overview of Sleep Disorders 2026	Richard J. Schwab, MD
8:30	Dementia and Sleep: Does Glymph Matter?	Liza Ashbrook, MD
8:50	Understanding OSA in the Elderly	Nalaka S. Gooneratne, MD
9:10	OSA in Women	Megan Durr, MD
9:30	Lightning Rounds! OSA Interactions	
	Neck Position in OSA	Richard J. Schwab, MD
	Atrial Fibrillation	Katherine Malcolm, MD, MPH
	Disparities in OSA Management	Robson Capasso, MD
	Restless Leg Syndrome	Rochelle Zak, MD
10:00	<i>Break</i>	
10:30	Gut Check: Microbiome and OSA	Andrew N. Goldberg, MD, MSCE
10:50	KEYNOTE: Sleep Metrics: Is Hypoxic Burden the New AHI?	Atul Malhotra, MD
11:10	Evaluating OSA Outcomes: CPAP, Surgery, GLP1 Agonists	Edward M. Weaver, MD, MPH
11:30	Physical Exam and Anatomy in OSA	Robson Capasso, MD
11:45	DISE: How and Why?	Eric J. Kezirian, MD, MPH
12:00 PM	<i>Lunch: Product Theater</i>	
1:30	Oral Appliance Therapy for OSA: An Effective Alternative to CPAP?	Peter Cistulli, MBA, PhD, FRACP
2:00	KEYNOTE: GLPs, BRI vs BMI vs % Body Fat	Diana Thiara, MD
2:30	Fat Loss – How Does it Modify the Upper Airway Structures?	Richard J. Schwab, MD
2:45	When to Refer for Surgery?	Edward M. Weaver, MD, MPH
3:00	<i>Break</i>	
3:30–5:00	MEDICAL TRACK	
	How to Manage a Sleep Medicine Practice: PAP Troubleshooting, Non-Invasive Ventilation, Inpatient Consult Services	Moderators: Richard J. Schwab, MD, David M. Claman, MD Panelists: Atul Malhotra, MD, Katherine Malcolm, MD, MPH, Liza Ashbrook, MD, Alexander Gomez, MD, Nalaka S. Gooneratne, MD
3:30–5:00	SURGICAL TRACK	
	Surgical Techniques – How to... Panel: Which Procedure? How to Choose	Moderator: Andrew N. Goldberg, MD, MSCE Panelists: Jolie L. Chang, MD, Megan Durr, MD, Robson Capasso, MD, Eric J. Kezirian, MD, MPH, Edward M. Weaver, MD, MPH
3:30–5:00	ADVANCED PRACTICE PROVIDER TRACK	
	What to Expect as You Start in Sleep Medicine – A Primer for Advanced Practice Providers	Moderators: Ilene Rosen, MD, Kathleen Sarmiento, MD, MPH, Julianne Blythe, PA-C
5:00–6:00	<i>Networking Reception</i>	

REGISTRATION INFORMATION

Physicians/Dentists/Oral Surgeons
Advanced Practice Providers
Physicians in Training

Early Bird by 1/8/26

\$695
\$495
\$395

Regular Fee begins 1/9/26

\$745
\$545
\$445

REGISTER NOW Payment can be made by Visa, MasterCard, AmEx or check.

ONLINE sleepapnea.ucsf.edu

PHONE To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at 415.476.5808 or submit a help ticket at tiny.ucsf.edu/cmehelp



Saturday, February 14, 2026

7:00 AM	<i>Continental Breakfast</i>	
8:00	KEYNOTE: Hot Topics in OSA 2026	Edward M. Weaver, MD, MPH
8:30	Artificial Intelligence in Sleep Medicine: It's Here!	Kathleen Sarmiento, MD, MPH
8:50	Insomnia, COMISA, and Use of Hypnotics	Nalaka S. Gooneratne, MD
9:10	Lightning Rounds: Myths and Questions	
	Does Taping Your Mouth Shut Improve Snoring?	Christopher Gouveia, MD
	Blue Light, Screens, and Sleep	Alexander Gomez, MD
	Best Practice for Power Naps	Ilene Rosen, MD
	Sleep Regularity vs. Duration: What Wins?	David M. Claman, MD
	OSA in Children with Down Syndrome	Kara Brodie, MD
9:50	<i>Break</i>	
10:20	Cancer Risk and OSA	Atul Malhotra, MD
10:40	Lightning Rounds! Medications/Substances that Affect Sleep	
	Cannabis	David M. Claman, MD
	Acetazolamide	Alexander Gomez, MD
	Doxepin and Antihistamines	Liza Ashbrook, MD
	Orexin Receptor Agonists	Katherine Malcolm, MD, MPH
	AD109	Ilene Rosen, MD
11:20	Modified Palatopharyngoplasty: Not the Same as UPPP	Jolie L. Chang, MD
11:40	Pediatric OSA – T&A and Then What?	Kara Brodie, MD
12:00	<i>Lunch: Product Theater</i>	
1:30	Updates on Maxillomandibular Advancement	Pedro Martins Gomes de Oliveira, MD
1:50	Procedure Shorts: Interventions & Outcomes	
	Nasal Surgery	Andrew N. Goldberg, MD, MSCE
	Snoring: Office-Based Options	Christopher Gouveia, MD
	Maxillary Expansion	Pedro Martins Gomes de Oliveira, MD
	Dental Candidacy for MAD	Kamal Al-Eryani, DDS, PhD
	Epiglottis Surgery	Eric J. Kezirian, MD, MPH
	Postop Pain Control	Andrew N. Goldberg, MD, MSCE
2:40	<i>Break</i>	
3:00	HNS: Predictors for Success & New Options	Megan Durr, MD
3:20	HNS: Managing Titration and Stimulation– It Is Not Always the Same	Jolie L. Chang, MD
3:40	Hypoglossal Nerve Stimulation Panel: Who, When, and How?	Moderator: Eric J. Kezirian, MD, MPH Panelists: Robson Capasso, MD, Jolie L. Chang, MD, Megan Durr, MD, Katherine Malcolm, MD, MPH, Richard J. Schwab, MD
4:20	Apps, Nearables and Wearables	Jolie L. Chang, MD
4:40	What is on the Horizon?	Eric J. Kezirian, MD, MPH
5:00	<i>Adjourn</i>	

CANCELLATION POLICY

Cancellations received in writing at least 30 days before the conference start date will receive a refund of registration fees minus a 10% administrative fee. Requests received between 30 days and 14 days before the start date will receive a 50% refund. No refunds will be issued within 14 days of the start date. Please send cancellation requests here: <https://tiny.ucsf.edu/cmehelp>.

CONFERENCE LOCATION

Enjoy San Francisco's renowned attractions such as the historic cable cars, shopping in Union Square, or visit San Francisco's culinary hub at the Ferry Building. The Hotel Nikko is a luxury gem located in San Francisco's shopping, dining, and entertainment district. Experience the contemporary ambience of an Asian inspired boutique hotel in Union Square with sleek rooms and suites, meeting space, dining, and an indoor pool with skyline views.

A block of guestrooms has been reserved at the special UCSF conference rate of \$229/night. You are urged to make your reservations early. The cutoff date is January 15, 2026, or until the group room block is filled. After this point, rooms will be provided on a space-available basis only.

To make hotel reservations on-line, use the Room Block Reservations link on the course website. If you prefer to telephone in your reservation, call 800-248-3308, and please identify yourself as a member of this UCSF conference to receive the special rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

AIR TRANSPORTATION

UCSF has negotiated special fares with United Airlines. Please visit the Travel & Lodging section on the course webpage at SleepApnea.ucsf.edu for more information and discount codes.

COURSE CHAIRS

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