8AM-5PM PST
Saturday, Apr 25th 2026

# 18th Annual Sleep Medicine Virtual CME Course Faculty

Virtual CME

## Course Director

**Alon Y. Avidan MD, MPH**

Professor, UCLA Department of Neurology, UCLA Sleep Medicine Program, David Geffen School of Medicine at UCLA, University of California, Los Angeles

## Sleepless in the 21st Century: Rethinking Chronic Insomnia Care

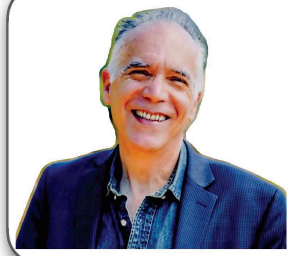
**Colin A Espie PhD**

Professor of Sleep Medicine, Nuffield Department of Clinical Neurosciences
Department of Psychiatry
University of Oxford
Oxford, UK

## Circadian and sleep strategies to Optimize Health, performance and safety

**Charles A. Czeisler, MD, PhD**

Chief Division of Sleep and Circadian Disorders, Director, Sleep Matters Initiative, Frank Baldino, Jr., Ph.D. Professor of Sleep Medicine, Professor of Medicine, Harvard Medical, School
Boston, MA



## The History and Discovery of Sleep

**Kenneth Miller**

Author, Mapping the Darkness
www.kennethmiller.net

## Modern Strategies for Managing Sleep Apnea

**Atul Malhotra, MD**

Vice Chair of Medicine for Research and Research
Chief of pulmonary, critical care, and sleep medicine, and physiology
University of California, San Diego Medical School
San Diego, CA

## Unrest at Rest: Innovations in Managing Restless Legs Syndrome

**Michael Silber, M.B. Ch.B.**
Elliott and Marlys Badzin
Neuro-Degenerative Sleep Disorder
Professor
Professor of Neurology
Center for Sleep Medicine
Mayo Clinic College of Medicine and Science
Rochester, MN

## Pediatric Sleep Medicine

**Judith Owens, MD**

Professor of Neurology
Department of Neurology
Harvard Medical School
Center for Pediatric Sleep Disorders
Children's Hospital Boston
Boston, MA

## The Evaluation and Management of Narcolepsy

**Kiran Maski, MD MPH**

Assistant Professor, Neurology
Harvard Medical School
Boston Children's Hospital

## Sleep in Older Age & People with Dementia

**Sonia Ancoli-Israel, PhD**

Professor Emeritus
Department of Psychiatry
University of California
San Diego, CA