

## LETTER FROM THE PRESIDENT

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It was great to see so many of you and a number of first-time attendees at the MDSS Business Meeting in February. The evening included an interactive discussion led by Dr. Teofilo Lee-Chiong. Attendees also enjoyed excellent and timely updates on Carefirst Sleep Guidelines, Medicare Document Requirements for Oral Appliance Benefits, and how to incorporate the role of the Clinical Sleep Health Educator. If you were unable to join us, relevant documents are available in the members'-only area of the website.

A special thanks to our sponsors for this meeting -- Novasom, Resmed and Philips Respironics -- as we could not have put the meeting together without them.

**Our Annual Conference is April 29 and 30.** This year's speaker lineup is truly outstanding, and we will have a special emphasis on Drowsy Driving. This is a great opportunity to engage with others in the sleep community as well as to fulfill your continuing education.

Looking forward to seeing you there!

Emerson

**THE SEVENTH ANNUAL  
EDUCATIONAL CONFERENCE****APRIL 29-30, 2016**Conference Center  
at Sheppard PrattSee pages 2 and 3  
for more details...**Thank you to our  
Winter Business Meeting  
Sponsors****EARLY BIRD  
DISCOUNT**-----  
**REGISTER THIS  
WEEK  
TO SAVE \$50****REGISTER FOR  
CONFERENCE NOW****CLICK [HERE](#) FOR MORE CONFERENCE DETAILS**

## 7TH ANNUAL EDUCATIONAL CONFERENCE

Enjoy Wonderful Speakers...Network within the Sleep Community... Fulfill all of your Continuing Education Credits.....

**APRIL 29-30, 2016**

**Conference Center at Sheppard Pratt  
Towson, Maryland**

The Conference is a two-day event...full day Friday and half day Saturday.....and includes interesting topics presented by exceptional speakers:

**CHARLES A. CZEISLER, PhD, MD, FRCP**

*Sleep Deficiency and Motor Vehicle Crashes*

**CAROL ASH, DO, MBA, FAASM**

*Population Health and Wellness Model for Sleep Services—Understanding the Next Wave*

**R. NISHA AURORA, MD, MHS**

*Implementing Quality Metrics to Improve Patient Outcomes in Obstructive Sleep Apnea: Dream or Nightmare?*

**CHRISTOPHER DRAKE, PhD**

*Shift Work Disorder: Pathophysiology, Morbidity and Treatment*

**CLARK J. LEE, JD, MPH, CPH**

*Addressing Sleep Health and Safety through Law and Public Policy*

**GHOLAM MOTAMEDI, MD**

*Neurophysiology of Sleep*

**STEVEN C. SCHERR, DDS**

*The Latest and Greatest in Dental Sleep Medicine*

**LAURA STERNI, MD**

*The Role of the Pediatric Sleep Laboratory in the Management of Children with Neuromuscular Disease*

**SCOTT G. WILLIAMS, MD, FACP, FAPA, AASM**

*Sleep and Athletic Performance*

**OMAR MESARWI, MD & SRIHARSHA VAJJALA, MD**

*Literature Review in Sleep: Highlights of 2015*

*Members who pay their 2015 dues enjoy a discount on Conference Registration*

**\*\* REGISTER BY FRIDAY, APRIL 8TH FOR A \$50 DISCOUNT \*\***

## LEGISLATIVE UPDATES

**Federal Motor Carrier Safety Association Considering Mandatory Apnea Screenings:** The comment period opened 3/8/16 and runs for 90 days. We encourage advocates to make their voices heard. <https://www.fmcsa.dot.gov/newsroom/us-dot-seeks-input-screening-and-treating-commercial-motor-vehicle-drivers-and-rail-workers>

**Current Drowsy Driving Laws:** There are currently nine states with various laws on the books. Statutory language ranges from forming commissions to study the risks and impacts to increased criminal penalties for drowsy driving. This is a hot topic and we expect more states to add such laws in the year to come. A list of current activity can be found [here](#).

**School Start Times:** Four states have passed legislation on this topic, although most simply authorize studies on the subject. A Washington State bill recently passed the senate which requires schools to start one hour later. Most of the action on this issue tends to be in the localities/individual school districts. Supporters remain some of the most impassioned advocates for sleep. <http://www.startschoollater.net/legislation.html>

**Sleep Tech Licensure:** States requiring licensure for sleep technologists have held steady at 12 (California, Delaware, Louisiana, Maryland, New Jersey, New Mexico, New York, North Carolina, Oregon, Tennessee, Virginia and Washington D.C). The BRPT legislative committee is currently reviewing guidelines for CEUs to assure that the CSTE is a recognized CEU program for various states. The BRPT has recently testified in Maryland to this effect.

## CALL FOR ABSTRACTS

You are invited to submit an abstract for the **Maryland Sleep Society 7th Annual Conference**, which will be held on April 29, 2016, at the Conference Center at Sheppard Pratt in Towson, Maryland. Abstracts will be accepted for poster presentations only. Posters for completed research, research in progress, and practice innovations will be considered.

Abstracts should be no more than 300 words. Research abstracts should contain sections for introduction, methods, results and conclusions. No references, tables or figures should appear in the abstract or be submitted with it.

Please email submissions to [Dr. Valerie Rogers](#) with the e-mail heading 'MDSS Abstract'. The due date for submission is April 15, 2016. Abstracts will be peer reviewed, and notification of acceptance will be by email no later than April 20, 2016.

Posters should measure no more than 4'x4', and should be clear and organized for viewing. The poster will be presented at the end of the scientific session on that day. During this hour, the author should be physically present to discuss the content and answer questions. Abstract presenters are expected to register for the meeting and be present at the poster session.

Prizes will be awarded.