



Sleep Medicine Board Review 2025

Publication date: August 26, 2025
Product expiration date: August 26, 2026



Title: Sleep Medicine Board Review 2025

Chair: Carolyn D'Ambrosio, MD, FCCP

Vice-Chair: Bernardo Selim, MD, FCCP

Date: August 26-28, 2025

Location: Glenview, IL

Agenda

Tuesday, August 26, 2025

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|---------------------|---|
| 7:30 AM – 7:40 AM | Welcome and Introduction
<i>Carolyn M. D'Ambrosio, MD, FCCP</i>
<i>Bernardo Selim, MD, FCCP</i> |
| 7:40 AM – 8:25 AM | Circadian Rhythm Sleep-Wake Disorders and Insomnia
<i>Bhanu Kolla, MD</i> |
| 8:25 AM – 9:10 AM | Technical Aspects of Sleep Testing: Indications, Scoring, Artifacts, and Beyond
<i>David A. Schulman, MD, MPH, FCCP</i> |
| 9:10 AM – 9:55 AM | Sleep Neurophysiology and Neuroanatomy
<i>Bhanu Kolla, MD</i> |
| 9:55 AM – 10:05 AM | BREAK |
| 10:05 AM – 10:50 AM | Normal Pediatric Sleep: Sleep Structure, Function, Physiology, and PSG Interpretation
<i>Eliot Katz, MD</i> |
| 10:50 AM – 11:35 AM | Other Tests Related to Sleep: MSLT, MWT, PVT, Actigraphy, and Others
<i>David A. Schulman, MD, MPH, FCCP</i> |
| 11:35 AM – 12:20 PM | Pediatric Sleep-Disordered Breathing
<i>Eliot Katz, MD</i> |
| 12:20 PM – 1:35 PM | LUNCH |
| 1:35 PM – 2:20 PM | Sleep-Related Movement Disorders
<i>Lynne M. Trotti, MD</i> |
| 2:20 PM – 3:05 PM | Medications and Sleep
<i>David A. Schulman, MD, MPH, FCCP</i> |
| 3:05 PM – 3:50 PM | Hypersomnias of Central Origin and Therapies
<i>Lynne M. Trotti, MD</i> |
| 3:50 PM – 4:00 PM | BREAK |

4:00 PM – 4:45 PM	Pharmacological Management of Sleep-Related Breathing Disorders and Insomnia <i>Bahu Kolla, MD</i>
4:45 PM - 5:30 PM	The Bottom Line: Movement Disorders <i>Lynne M. Trotti, MD</i>

Wednesday, August 27, 2025

7:15 AM – 7:45 AM	SEEK Teasers (Optional/Bonus) <i>Carolyn M. D'Ambrosio, MD, FCCP</i> <i>Bernardo Selim, MD, FCCP</i>
7:45 AM – 8:30 AM	Sleep Differences Across Age and Gender <i>Kannan Ramar, MBBS, FCCP</i>
8:30 AM – 9:15 AM	Changes of Endocrine and Gastroenterology System in Sleep <i>Carolyn M. D'Ambrosio, MD, FCCP</i>
9:15 AM – 10:00 AM	Insomnia Epidemiology <i>Kannan Ramar, MBBS, FCCP</i>
10:00 AM – 10:10 AM	BREAK
10:10 AM – 10:55 AM	The Bottom Line: Pediatrics for the Boards <i>Eliot Katz, MD</i>
10:55 AM – 11:40 AM	Sleep Testing Unknowns <i>Aneesa M. Das, MD, FCCP</i>
11:40 AM – 12:25 PM	Pharmacologic Treatment of Insomnia <i>Kannan Ramar, MBBS, FCCP</i>
12:25 PM – 1:40 PM	LUNCH
1:40 PM – 2:25 PM	Obstructive Sleep Apnea <i>H. Klar Yaggi, MD, MPH</i>
2:25 PM – 3:10 PM	Sleep and the Respiratory System: Physiology and Changes With Obstructive and Restrictive Disease <i>Aneesa M. Das, MD, FCCP</i>
3:10 PM – 3:55 PM	Sleep and the Cardiovascular System <i>H. Klar Yaggi, MD, MPH</i>
3:55 PM – 4:05 PM	BREAK
4:05 PM – 4:50 PM	The Bottom Line: Non-Respiratory Adult Sleep

Aneesa M. Das, MD, FCCP

4:50 PM – 5:35 PM

The Bottom Line: Sleep-Disordered Breathing Board Review Questions

H. Klar Yaggi, MD, MPH

Thursday, August 28, 2023

7:15 AM – 7:45 AM

SEEK Teasers (Optional/Bonus)

Carolyn M. D'Ambrosio, MD, FCCP

Bernardo Selim, MD, FCCP

7:45 AM – 8:30 AM

Rare Sleep Conditions for the Boards

Carolyn M. D'Ambrosio, MD, FCCP

8:30 AM – 9:15 AM

Central Sleep Apnea

Bernardo Selim, MD, FCCP

9:15 AM – 10:00 AM

Neurology and Psychiatry and Sleep

Raman Malhotra, MD

10:00 AM – 10:10 AM

BREAK

10:10 AM – 10:55 AM

Epilepsy and Parasomnias

Raman Malhotra, MD

10:55 AM – 11:40 AM

CPAP Treatment

Bernardo Selim, MD, FCCP

11:40 AM – 1:00 PM

LUNCH

1:00 PM – 1:45 PM

Alveolar Hypoventilation and Advanced PAP Modes in Sleep

Bernardo Selim, MD, FCCP

1:45 PM – 2:30 PM

Non-PAP Treatment for OSA

Carolyn M. D'Ambrosio, MD, FCCP

2:30 PM – 3:15 PM

The Bottom Line: Sleep Related Neurologic Disorders

Raman Malhotra, MD

3:15 PM – 3:30 PM

Wrap-up

Carolyn M. D'Ambrosio, MD, FCCP

Bernardo Selim, MD, FCCP



Online material (video):

- 1- **Scoring And Staging:** Dr Cao
- 2- **Guidelines Review:** Dr Nancy Collop

Course Description

This premier course will review the information you should know for the ABIM Sleep Medicine Certification Examination. The exam tests your knowledge and clinical judgment in crucial areas of critical care medicine. Course content mirrors the content of the exam, as outlined by the ABIM. Whether you need to certify, recertify, or simply review, this course offers a thorough review you can put to the test with confidence.

Course Objectives

After participating in this educational activity, you should be able to:

- Evaluate real-life patient cases, diagnoses, and treatments in sleep medicine.
- Apply clinical judgment skills to the diagnosis and treatment of sleep patients.
- Differentiate between various rare and common clinical problems related to sleep medicine.

Passing Standard

In order to pass this course, participants will be required to complete a pre-test, pass the post exam with a score of 70% or higher, and complete a post evaluation form.

CHEST Learning Category(s)

Learning Category 1: Lecture-based

Maintenance of Licensure

Maintenance of Credit (MOC) offered in medical knowledge.

Scope of Practice – Pulmonary Education

FACULTY

Michelle T. Cao, DO, FCCP

Clinical Associate Professor
Division of Pulmonary, Allergy, and Critical Care Medicine
Stanford University
Palo Alto, CA

Nancy Collop, MD, Master FCCP

Professor of Medicine and Neurology
Director, Emory Sleep Center
Emory University
Atlanta, GA

Carolyn M. D'Ambrosio, MD, FCCP

Vice Chief for Fellowship Training and Education
Pulmonary, Critical Care, and Sleep Medicine
Associate Professor of Medicine
Yale School of Medicine



Aneesa Das, MD, FCCP

Professor of Medicine
Division of Pulmonary, Allergy, Critical Care and Sleep Medicine
Wexner Medical Center
The Ohio State University
Columbus, OH

Eliot Katz, MD

Director of Sleep Medicine
Johns Hopkins All Children's Hospital
501 6th Avenue South
St. Petersburg, FL 33701

Bhanu Prakash Kolla, M.B.B.S., M.D.

Professor of Psychiatry and Psychology
Mayo Clinic College of Medicine and Science
Rochester, MN

Raman K. Malhotra, MD

Professor of Neurology, Washington University Sleep Medicine Center
Program Director, Sleep Medicine Fellowship
Washington University in St. Louis
St. Louis, MO

Kannan Ramar, MD, FCCP

Professor of Medicine
Assistant Dean, Mayo Clinic School of Graduate Medical Education
Patient Safety and Mortality Officer
Division of Pulmonary and Critical Care Medicine, Center for Sleep Medicine
Mayo Clinic
Rochester, MN

David A. Schulman, MD, MPH, FCCP

Professor of Medicine
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Atlanta, GA

Bernardo J. Selim, MD, FCCP

Associate Professor of Medicine
Director of the Respiratory Care Unit
Division of Pulmonary, Critical Care and Sleep Medicine
Mayo Clinic School of Medicine
Rochester, MN

Lynn Marie Trotti, MD, MSc

Associate Professor of Neurology
Emory University School of Medicine
Atlanta, GA

H. Klar Yaggi, MD, MPH

Professor of Medicine



Yale School of Medicine
Director, Yale Centers for Sleep Medicine
Vice Chief Research
Section of Pulmonary, Critical Care, and Sleep Medicine
Investigator, Clinical Epidemiology Research Center
VA Connecticut Health Care System
New Haven, CT

DISCLOSURE OF RELEVANT FINANCIAL RELATIONSHIPS

The mission and vision of CHEST include our commitment to providing accurate, balanced, evidence-based information to health care professionals participating in this educational activity. To guarantee our accredited continuing education is fair and balanced and that any clinical content presented supports safe, effective patient care, we require all planners, faculty, and others in control of educational content to complete and submit a disclosure form. This form is for disclosure of any relevant financial relationships with ineligible companies within the prior 24 months, that will create a conflict of interest. We value the contributions of those that are committed and passionate about pulmonary medicine and want to be a part of our educational activities; however, it is our commitment to our learners to have continuing education free of commercial bias and marketing.

The process for mitigation of all conflicts of interest is via a review by the educational activity course director/chair, the Education Committee, and/or the Professional Standards Committee to ensure that such situations are properly mitigated and, if necessary, resolved. CHEST educational standards pertaining to conflict of interest is intended to maintain the professional autonomy of the clinical experts inherent in promoting a balanced presentation of science. Through our review process, all CHEST CME activities are ensured of independent, objective, scientifically balanced presentations of information. Disclosure of any or no relevant financial relationships will be made available online in course materials and on-site during all educational activities.

The following faculty members of this activity have disclosed to CHEST that they have a relevant financial relationship with a commercial interest as it relates to the activity:

Name	Role	Disclosure
Collop, Nancy (MD, Master FCCP)	Faculty	Research support relationship with Huxley; 09/01/2021; Grant support relationship with Zoll; 9/1/2024 - 8/31/2028; Speaker/Speaker's Bureau relationship with Zoll; May 2025- current; Advisory Committee Member relationship with Apnimed; May 2025 to current
Dambrosio, Carolyn (MS, MD, FCCP)	Chair	Consultant relationship with Dynamed; 2020-present

The remaining faculty/planner members of this course that are not listed in the grid above have indicated to CHEST that they have no relevant financial relationships with any commercial interests.

Education Committee/Planners

Chair

Hans J. Lee, MD, FCCP

Research, Consultant: Veran Medical, Veracyte, Coridea, Intuitive, Cook Medical, Merit Medical; President: Association of Interventional Pulmonary Program Directors; Education: Intuitive; Focus Group: Cook Medical; Advisory Board: Veracyte.



Vice-Chair

Mark Lavercombe, MBBS, FCCP

No relevant financial disclosures

CHEST CME Staff Planners

The following staff members have no relevant financial relationships to disclose:

Lisa Alvarez

Carolyn M. Jones

Teresa Rodriguez-Aviles

Richard Schuch, Ed.D

CME/CE INFORMATION

CME/CE Claim Instructions

2024 Critical Care Medicine Board Review

To complete the Education Activity Evaluation for **2025 Critical Care Medicine Board Review** claim CME/CE credits and download CME/CE certificates and certificates of attendance (COA), please see the instructions below. **You must complete your evaluation and download your certificate prior to the product expiration date.**

1. Sign in and navigate to your "My Learning" account at education.chestnet.org.
2. Find the course or event in your list and complete all required post course work.
3. Claim credits when prompted.

Your certificate and transcript can be viewed at any time under Claimed Courses on the [Manage CME](#) page.

If you are claiming MOC points, please make sure that your full name, date of birth, and ABIM number listed in your CHEST account matches what is listed in your ABIM account. To prevent delays in receiving MOC points, please check that your ABIM account is current.

If you need help, contact the CHEST Accreditation Team at cme@chestnet.org. For faster assistance, outline the specific problem you are having, and provide your CHEST ID and contact information.

**YOU MUST COMPLETE THE POSTCOURSE ASSESSMENT AND EDUCATION ACTIVITY EVALUATION
PRIOR TO THE PRODUCT EXPIRATION DATE**

Physician Credit

The American College of Chest Physicians is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American College of Chest Physicians designates this enduring material for a maximum of **24 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Credit

Provider approved by the California Board of Registered Nursing, Provider Number 16433, for **24** contact hours.



Nurse Practitioners

The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines.

Physician Assistants

American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **24** Category 1 credits for completing this activity.

Maintenance of Certification Statement

Successful completion of this CME course enables the participant to earn up to 24 MOC Part 2 Medical Knowledge points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the course. It is the CME course provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

Upon successful completion of this course, CHEST will submit your completion data to ABIM via ACCME's Program and Course Reporting System (PARS) for MOC points. To prevent delay in receiving your ABIM points, please make sure that your ABIM number, birthdate and full name in your CHEST account matches your ABIM account. Please also make sure that your ABIM account is current. After claiming CME credits, please allow 3-5 business days after claiming for credits to show in your ABIM record.

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