

7th Annual Sleep Symposium

Friday, December 5, 2025

Conference Room 3

Presentation	Speaker	Time
Coffee & Hot Breakfast with Exhibitors	Atrium	7:30 – 8:00 a.m.
Opening Remarks	Eric Sklar, MD (Inova) Conference Room 3	8:00 – 8:05 a.m.
Central Sleep Apnea	Soumendra Goswami, MD (VA Heart)	8:05 – 8:40 a.m.
Adverse Effects of Sedative Hypnotics and Other Sleep Drugs	Alan Tesson, MD	8:40 – 9:15 a.m.
Insomnia in the Psychiatric Patient	Abdel Meguid, MD	9:15 – 9:50 a.m.
AM Break with Exhibitors	Atrium	9:50 – 10:20 a.m.
KEYNOTE SPEAKER: Sleep Wearables	Chris Winter, MD	10:20 – 11:20 a.m.
Approach to CBT-1 Patient	Andrew Colsky, LPC (National Sleep Center)	11:20 – 11:55 p.m.
Closing Remarks	Eric Sklar, MD (Inova)	11:55 – 12:00 p.m.