



#BEYONDSLEEPY SATELLITE

Together in Philadelphia

SAT SEPTEMBER 23 2023

M - Main Programming

V - Virtual

- 9:00 AM** **Breakfast**
- 10:00 AM** **Opening Remarks** M V
Claire Wylde-Wright *Hypersomnia Foundation*
- 10:15 AM** **Live, Love, Laugh... Without Limits** M V
Dr. Anne Marie Morse *Janet Weis Children's Hospital*
- 11:05 AM** **Rising Voices: My Story of Living with IH** M V
Caitlin Kindberg *Patient Advocate*
- 11:40 AM** **Getting the 'Idiopathic' out of Idiopathic
Hypersomnia (and Narcolepsy type 2): How our
Community Funds Research** M V
Rebecca King *Hypersomnia Foundation*
- 12:00 PM** **Lunch**
- 1:00 PM** **Optimizing your Medical Journey: Getting the
most from your healthcare and doctor's visits** M V
Dr. John S. Khoury *Abington Memorial Hospital Sleep Disorders Center*
- 1:50 PM** **Panel - Self-Care for those with IH and their
Supporters: Avoiding Burnout** M V
Dr. John S. Khoury *Abington Memorial Hospital Sleep Disorders Center*
Dr. Anne Marie Morse *Janet Weis Children's Hospital*
Caitlin Kindberg *Patient Advocate*
Michael Sparace *Hypersomnia Foundation*
- 2:40 PM** **Closing Remarks** M V
Claire Wylde-Wright *Hypersomnia Foundation*
- 2:45 PM** **Breakout: Self-Care for those with IH and their
Supporters: Avoiding Burnout** M V