

MDS-AOS Dysautonomia and Sleep in Movement Disorders Online Course

DAY 1: Friday, December 11, 2026 *13:00 – 16:45 GMT*	
TIME	**ACTIVITY**
13:00 – 13:05	**Welcome & Opening Remarks** *Amaal AlDakheel & Shivam Mittal*
13:05 – 13:30	**My patient feels dizzy when they stand up: a step-by-step clinical approach to orthostatic hypotension** *Yih-Ru Wu*
13:30 – 13:55	**Treating orthostatic hypotension in Parkinson's: what to do first, second, and when drugs are unavoidable** *Elizabeth Coon*
13:55 – 14:20	**Is this Parkinson's or MSA? Using autonomic features to guide your diagnosis** *Jinwoo Park*
14:20 – 14:35	**Interactive Q&A Panel Discussion (Block 1)** *Moderated by Course Directors*
14:35 – 14:50	Break
14:50 – 15:15	**Bladder, drooling and sweating problems in Parkinson's: how to ask, what to do** *Jinwoo Park*
15:15 – 15:40	**My patient's medications aren't working: could the gut be to blame? Gastroparesis and constipation in Parkinsonism** *Beomseok Jeon*
15:40 – 16:05	**Autonomic testing in clinical practice: which tests are worth ordering and how to interpret them** *Forrest Sturgill*
16:05 – 16:30	**Future directions in the treatment of dysautonomia: what's in the pipeline and what's almost here** *Ravi Yadav*
16:30 – 16:45	**Interactive Q&A Panel Discussion (Block 2)** *Moderated by Course Directors*
16:45	**Close of Day 1** *Amaal AlDakheel & Shivam Mittal*



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DAY 2: Saturday, December 12, 2026 *13:00 – 16:45 GMT*	
TIME	**ACTIVITY**
13:00 – 13:25	**Summary of dysautonomia: what we have learnt so far** *Amaal AlDakheel & Shivam Mittal*
13:25 – 13:50	**Understanding sleep and overview of sleep disorders in Parkinson's: what every movement disorder clinician needs to know** *Shivam Mittal*
13:50 – 14:15	**Managing insomnia and daytime sleepiness in Parkinson's: time to wake up!** *Ravi Yadav*
14:15 – 14:40	**My patient acts out their dreams at night: how to diagnose and counsel REM sleep behavior disorder, and hallucinations** *Ronald Postuma*
14:40 – 14:55	**Interactive Q&A Panel Discussion (Block 1)** *Moderated by Course Directors*
14:55 – 15:10	Break
15:10 – 15:35	**The silent burden: unrecognized pain throughout the day and night in PD** *Yih-Ru Wu*
15:35 – 16:00	**Restless legs syndrome, periodic limb movements and pain: recognizing a treatable cause of insomnia in your clinic** *Amaal AlDakheel*
16:00 – 16:25	**Getting the dose right at night: the good, the bad, and how to adjust night-time dosing in Parkinson's** *Ronald Postuma*
16:25 – 16:40	**Interactive Q&A Panel Discussion (Block 2)** *Moderated by Course Directors*
16:40	**Closing Remarks & Adjournment** *Amaal AlDakheel & Shivam Om Mittal*