

Workshop Title	Speaker	Session Description Detail	Room	
Trainee Symposia Workshop 1 Sunday, June 12 8:00 AM-9:00 AM				
1	Sleep, Beta-amyloid, and Aging	Yo-El Ju, MD	This course will review the role of aging in changes in sleep and risk of sleep disorders, and the association of sleep disorders with neurodegenerative disease. Current research on the effect of sleep on beta-amyloid and other brain metabolites will be discussed in the context of a potential mechanism linking sleep and neurodegenerative processes.	105
2	Drosophila Models of Sleep Disorders	Amanda Freeman, PhD	We will examine the current efforts to understand genetic pathways and neural circuits regulating sleep using <i>Drosophila melanogaster</i> models. We will also discuss potential limitations of this model organism specific to sleep research.	107
3	Behavioral Circadian Rhythms Across the Lifespan	Natalie Dautovich, PhD	Overview of the assessment and correlates of behavioral circadian rhythms across the adult lifespan	108
4	Sleep in Children with Autism: Current Research and Future Directions	Kiran Maski, MD	In this session, we will review current research on the sleep phenotype of children with autism, influence of their sleep on daytime cognition and behaviors, and treatment trials for insomnia and children. We will discuss methodological challenges in performing experimental research in children with autism and management strategies. Last, we will discuss future directions in autism and sleep research.	109
5	The Development of Sleep-Dependent Learning and Emotional Regulation	Jared Saletin, PhD	Much of what we know about the cognitive neuroscience of sleep comes from studies in adults. What role does sleep play in shaping learning and emotional regulation in the developing adolescent brain?	110
6	Sleep in Extreme Environments	LCDR Christopher Steele, PhD Benita Middleton, PhD	Discuss effects on sleep observed in extreme environments such as space flight, underwater/submarines, and winter-over months in the Antarctic.	111
7	Building a Career in Sleep Research	Brant Hasler, PhD Katherine Sharkey, MD, PhD David Dinges, PhD	Panel discussion on the major steps taken in establishing a career in sleep research	112
8	How to Get the Most Out of Existing Datasets	Michelle Garrison, PhD	Examples of existing datasets available to study sleep and strategies to utilize existing data including developing ongoing collaborations	113
Trainee Symposia Workshop 2 Sunday, June 12 9:10 AM-10:10 AM				
1	Sleep and the Immune System	Norah Simpson, PhD	Learn about the bi-directional relationship between sleep quality, quantity and the immune system	105
2	Introduction to Research Methods in Circadian Rhythms	Kenneth Wright, PhD	Discuss basic techniques for assessing circadian rhythms in humans (forced desynchrony, constant routines, etc)	107
3	Factors Affecting Sleep Patterns Across Early Adolescent Development	Mary Carskadon, PhD	Discussion of the ontogeny of human sleep timing and length at the transition from late childhood into adolescence and comment on how this data informs policy-level debates on school schedules.	108
4	Sleep Across Adulthood	Jeanne Duffy, MBA, PhD	Describe sleep regulation in young adults, and how sleep timing, structure, and consolidation change with healthy aging.	109
5	The Role of Sleep in Motor Skill Learning Across Development	Rebecca Spencer, PhD	Discussing the importance of motor skill learning and how this process is impacted by sleep	110
6	Alternative Career Pathways for Sleep Researchers	Christine Acebo, PhD Erin Flynn-Evans, PhD, RPSGT Christopher Winrow, PhD	Not all grad students go on to become academics. A panel of speakers now working in industry will provide advice as to how to build a career outside of academia.	111
7	Responding to Reviewer's Comments	Judith Owens, MD Kingman Strohl, MD Ronald Szymusiak, PhD	Learn how to write response letters to reviewers such as some stock professional courtesies and how to address criticism. Sometimes reviewers provide feedback that are not applicable to your study, or it's not possible to do what they proposed. How should you respond?	112
8	Innovations in Insomnia Research: An Ideas Blitz	Jason Ong, PhD Michael Perlis, PhD Donn Poser, PhD Jason Ellis, PhD	This panel discussion will follow a "data-blitz" format by introducing a series of new areas of research and innovations in insomnia followed by a brief panel discussion and audience questions.	113

Trainee Symposia Workshop 3

Sunday, June 12

10:20 AM-11:20 AM

1	Sleep, Circadian System, and Metabolism	Frank Scheer, PhD	This session will review and discuss recent insights into the effects of sleep, the circadian system and their disturbances on metabolism, focusing on the effects in humans	105
2	Beyond vigilance: Sleep deprivation effects on cognitive flexibility and situational awareness.	Hans Van Dongen, PhD		107
3	Developing Leadership Skills: The Value of Becoming Involved at the Local and National Level	Sean Drummond, PhD	Learn about diverse ways to gain leadership experience and how leadership skills can advance your career	108
4	Tips on Writing Manuscripts	Michael Grandner, PhD	Published papers are the currency of our profession. Still, many researchers struggle to take an idea all the way to a published manuscript. This presentation will discuss ways to streamline this process and get papers out quickly and efficiently. Also, we will discuss strategies for maximizing the number of publications in your CV.	109
5	Actigraphy for Sleep and Circadian Research Across Development	Hawley Montgomery-Downs, PhD Stephanie Crowley, PhD	Learn about issues (e.g., different devices, validity) and best practice recommendations in using actigraphy in sleep and circadian rhythms research with different populations	110
6	Sleep and Cannabis	Kimberly Babson, PhD	The session will provide an overview of the current state of the literature on the interrelations between sleep and cannabis. Primary learning objectives will include: (1) an understanding of the primary cannabinoids contained within the cannabis plant, (2) a grasp of the different reasons that an individual may use cannabis, (3) knowledge of the existing empirical work highlighting bi-directional relations between cannabis use and sleep, and (4) patient-centered cannabis and sleep treatment implications	111
7	Cross-Cultural Differences in Pediatric Sleep	Jodi Mindell, PhD	Cross cultural differences as context for behavioral and developmental norms of sleep in young children	112
8	Drowsy Driving	Torbjörn Åkerstedt, PhD	This session will discuss causes and consequences of drowsiness for automobile driving, how this affects personal and public safety, and what we can do about it.	113

Trainee Symposia Workshop 4

Sunday, June 12

11:30 AM-12:30 PM

1	Neural Mechanisms of Narcolepsy	Thomas Scammell, MD	Dr. Scammell will review current models explaining how loss of the orexin/hypocretin neurons results in chronic sleepiness, cataplexy and other symptoms of narcolepsy, and how these symptoms are improved by medications	105
2	The NIH Peer Reviewed Grant Competition: A Program Officer's Perspective	Michael Twery, PhD	A discussion of weaknesses commonly encountered in NIH grant applications from early career investigators. Specific challenges will be used to highlight specific steps in developing the strongest scientific proposal for peer review and the NIH grant competition.	107
3	Translational Sleep Science: Integrated Workplace Interventions	Orfeu Buxton, PhD	This presentation will describe the relationship of occupational and workplace-related factors with sleep. Discussion will include principles of design for integrated interventions, and optimizing sleep and other outcome assessments.	108
4	Social Determinants of Sleep Health	Lauren Hale, PhD	In this talk, Dr. Hale will review population-based studies that reveal the social patterning of adult sleep. Specifically, she will describe how sleep varies across the population by race/ethnicity, education background, neighborhood characteristics, marital status, and national origin. Further she will discuss how differences begin to emerge in early childhood and adolescence, thus setting children on divergent sleep and health trajectories.	109
5	Sleep and Traumatic Brain Injury	Kris Weymann, PhD, RN	Learn about qEEG approaches to dissecting the sleep phenotype following mild to severe TBI	110
6	Goals and Strategies of the Society for Women's Health Research Sleep Network: Promoting Focus on Sex and Gender In Sleep and Circadian Research	Susan Redline, MD Phyllis Zee, MD, PhD Jessica Mong, PhD	The session will review the impetus behind the Society for Women's Health Roundtable's initiative on sleep and goals of this Network. It will identify multiple stakeholders, the generation of "fact sheets" aimed at the stakeholders; the use of popular press; CME activities; and partnerships, such as with a patient centered sleep network. Challenges in communication, funding, evaluation and sustainability will be addressed. Opportunities for trainees to contribute to this effort will be discussed.	111
7	Napping Across the Lifespan	Monique LeBourgeois, PhD Sara Mednick, PhD Christina McCrae, PhD	Overview of napping behaviors across the lifespan with emphasis on healthy vs. detrimental napping and how these change with age	112
8	Sleep, Circadian Rhythms, & Neurodegeneration	Aleksander Videnovic, MD	Sleep and circadian disruption are common, yet under-recognized manifestations of neurodegenerative disorders. Recent emerging evidence points to a bi-directional relationship between sleep/circadian dysfunction and neurodegeneration. This program will center on the review of recent discoveries related to the interface of sleep, circadian biology and most common neurodegenerative disorders, including Parkinson's, Huntington's and Alzheimer's diseases	113

Updated 5/26/16

