

22nd Annual Trainee Symposia Series - Saturday, June 3 & Sunday, June 4 - Boston



Saturday, June 3
Leadership Workshop
Application Required

Trainee Symposia Workshop 1
Sunday, June 4
8:00 AM- 9:00 AM

1	Conducting Multidisciplinary Sleep Research	Discussion of sleep research that spans multiple disciplines (e.g., psychiatry, neurology, nursing, internal medicine) and assembling effective research teams of individuals with differing backgrounds	Philip Gehrman, PhD Terri Weaver, PhD, RN Reut Gruber, PhD
2	How to Get a Postdoc and Make the Most of It	Panel discussion on getting a post doc, making the most of a post doc, and transitioning out of post doc	Sairam Parthasarathy, MD Melynda Casement, PhD Michael Scullin, PhD
3	Ways of Analyzing Actigraphy: From Summary Statistics to Applications to Circadian and Sleep Research	This session will focus on (i) choosing statistical tools for analyzing actigraphy and (ii) using actigraphy data in studies of sleep and circadian rhythm.	Elizabeth Klerman, MD, PhD
4	Sleep in the Digital Media Age	Discuss the newest research about the impacts of media use and light-emitting devices on sleep and how to address them during childhood through adulthood	Anne-Marie Chang, PhD
5	Sleep, Circadian Rhythms, and Neurodegeneration	Discussion on the current understandings of the bi-directional relationship between sleep/circadian disruption and neurodegenerative disorders	Aleksandar Videnovic, MD
6	Efficient and Productive Writing	Discuss how to be efficient and productive with writing	Jessica Payne, PhD
7	New Methods for Characterizing Sleep and Arousal Circuit Elements in the Behaving Animal	Discussion of newer genetic-based tools and approaches that have permitted the interrogation of discrete circuit elements (transmitters, pathways, cell populations) controlling sleep-wake in behaving animals. This will include, but not be limited to, discussion of chemo genetics, optogenetics and photometry.	Patrick Fuller, PhD
8	Shift work and cardiovascular health	Discuss the impact of rotating schedules and shift work on health and performance	Anne Fink, PhD

1	Effects of Light Therapy on Sleep, Cognition and Behavior in Older Adults with Dementia	The talk will discuss how using a tailored lighting intervention that maximally stimulates the circadian system can help improve sleep and behavior in patients with dementia.	Mariana Figueiro, PhD
2	Sleep and Stress	Discussion about how daily stressors affect our sleep both in the short term and in the long term? What factors would cause our sleep be to vulnerable to stressors?	Christopher Drake, PhD
3	Nightmares Among Military Service Members	Discuss frequency and prevalence of nightmares in this population; discuss current treatment; discuss comorbidities of nightmares and other psychological and medical conditions	Kristi Pruiksma, PhD
4	The Era of Big Data	Broad based overview of big data, including accessing currently publically available big datasets, how to ask and answer questions with big data, metrics, etc.	Susan Redline, MD
5	Genetic and Genomics Approaches to Understand Sleep	Discussion on the leading edge of genetic and genomics research on sleep as well as insights gained from those studies about sleep functions and regulatory mechanisms	Paul Franken, PhD
6	Building a Career in Sleep Research	Panel discussion on establishing a career in sleep research	Mary A. Carskadon, PhD Anne Germain, PhD Sanjay R. Patel, MD
7	Patient-Reported Outcomes in Sleep Medicine: Principles, Pitfalls, and Practicalities	Give insight as to how one or more of the most widely used scales in sleep research were developed.	Daniel J. Buysse, MD
8	Sleep and Attention in Children and Adolescents	Discussion on the role of sleep on children's attention, especially as it relates to ADHD and to the waking function of otherwise healthy children and adolescents.	Dean Beebe, PhD

1	Sleep and Performance in Elite Athletes: From the Lab to the Athletic Field	Athletes at all levels often face sleep and circadian disruption challenges. This session will cover the role of sleep on athletic performance, common sleep challenges at the professional and collegiate level, and future direction of sleep in athletes from the lab to the athletic field.	Cheri D. Mah, MS
2	School Start Times	Panel discussion on how we can work to translate research to policy	Judy Owens, MD Kyla Wahlstrom, PhD Amy Wolfson, PhD
3	Light Exposure and Circadian Rhythms	Discuss how light exposure affects sleep, circadian timing, metabolism, and feeding behavior	Kenneth P. Wright Jr., PhD
4	Research into Practice	Discussion on how to integrate research findings into clinical practice and strategies for conducting applied research within clinical practice settings	Kelly Byars, PsyD Bill Wohlgenuth, PhD
5	CDA/K-Development and Submittal	Panel discussion on developing and submitting a K award/career development award	Michael Grandner, PhD Jason Ong, PhD Phyllis Zee, MD, PhD
6	How to Conduct Systematic Reviews and Meta-Analyses	Discuss practical approaches for conducting systematic reviews and meta-analyses with scientific rigor	Nathaniel Marshall, PhD
7	Sleep and Addiction	Discussion on the role of sleep in the onset and maintenance of substance use	Subhajit (Babi) Chakravorty, MD
8	Judgment and Decision Making During Sleep Loss	Discuss the effects of sleep loss on judgment and decision making, and the measurement of these decrements.	William Scott Killgore, PhD

1	Sleep and Learning in Infants, Toddlers, and Preschoolers	Discussion of how sleep in infants, toddlers, and children impacts learning	Rebecca Gomez, PhD Rebecca Spencer, PhD
2	Phenotypic Vulnerability to the Effects of Sleep Loss	An overview of what is known about the stability and variability in trait-like inter-individual differences in behavioral and biological responses to sleep loss.	David Dinges, PhD
3	Alternate Career Pathways	Panel discussion exploring alternate career paths for academics, including science policy, government, teaching, industry, and consulting positions.	Joseph R. Owens, PhD Allison Brager, PhD Fiona Baker, PhD Jodi Mindell, PhD
4	Quantitative EEG/PSG Analysis	Overview of spectral analysis, including how variables are determined and practical applications	Ian Campbell, PhD
5	Sleep, Circadian Rhythms, and the Gut Microbiota	Discussion of the basics about gut microbiota and its interactions with sleep and circadian rhythms	Fred Turek, PhD
6	Focus on Grantsmanship: Specific Aims	Panelists will highlight the strengths and weaknesses of different approaches and styles to writing specific aims for the purpose of a grant competition. Trainees are encouraged to submit their working specific aims 2 weeks prior to the workshop for presentation, feedback, and discussion.	Michael Twery, PhD Danny Lewin, PhD Katie Sharkey, MD, PhD
7	Local Use-Dependent Sleep	Latest research in local use dependent sleep and synaptic homeostasis theory (SHY), and considerations in measuring local vs global sleep, manipulations of slow wave sleep	Christoph Nissen, MD
8	Sleep and Memory	A discussion of recent advances in understanding learning and memory as it relates to sleep and if there are ways of enhancing the effect of sleep on learning	Robert Stickgold, PhD