



## **14<sup>th</sup> ANNUAL TRAINEE SYMPOSIA SERIES**

SHERATON SEATTLE – LEVEL 2 and 3

June 7, 2009

### **Welcome and Keynote Address**

Grand Ballroom C

8:00am – 9:45am

Welcome – Michael Vitiello, PhD - SRS President

Introductory comments and orientation

### **Keynote Address:**

*Training for Translation: From Sleep Models to Sleep Genes and Sleep Society*

Derk-Jan Dijk, PhD

### **Workshop 1: 10:00am – 10:55am**

*Getting your NIH Postdoctoral Grant Funded: F-31/F-32 Mechanisms Part 1*

**Presented by: Alan Pack, Ph.D & multiple faculty**

Ballard

*This extended session will focus on obtaining funding through the NIH postdoctoral mechanisms. Activities will include didactics and interactive exercises designed to help trainees interested in applying for postdoctoral funding.*

*Getting your NIH Career Development Award Funded: K-award Mechanisms Part 1*

**Jennifer Martin, PhD**

Queen Anne

*This extended session will focus on obtaining funding through the NIH K-award mechanisms. Activities will include didactics and interactive exercises designed to help trainees interested in applying for postdoctoral funding.*

*Sleep Apnea and Cardiovascular Health: Epidemiological Approaches to Understanding Causation, Prevention, Subgroup Vulnerability and Treatment*

**Susan Redline, MD**

Capitol Hill

*A review of the epidemiological methods as applied to understanding the link between sleep apnea and cardiovascular disease.*

*Assessment of Human Sleep: Objective and Subjective Methods in Research*

**Mary Carskadon, PhD**

Admiral

*An overview of methods for human sleep research, including a summary of advantages and disadvantages of various methods, as well as a discussion of fitting a research question to a research tool.*

***What's EEG Got to Do with It?***

**Michael Perlis, PhD**

Ravenna

*An orientation to polysomnography, from a historical perspective.*

***Human Circadian Rhythms***

**Charmane Eastman, PhD**

Wallingford

*This workshop will describe the basic principles of phase shifting circadian rhythms using bright light and melatonin with relevance to night shift work and jet lag.*

***Sleep and Development: Adulthood to Old Age***

**Sonia Ancoli-Israel, PhD**

Greenwood

*This workshop will explore the normal and pathological changes in sleep with age.*

***Pharmacotherapy for Sleep Disorders: Where Are We and Where Are We Going?***

**Thomas Roth, PhD**

Issaquah

*Current pharmacotherapy for sleep disorders with an emphasis on insomnia and new therapeutic targets and endpoints will be discussed.*

**Workshop 2: 11:10am – 12:05pm**

***Getting your NIH Postdoctoral Grant Funded: F-31/F-32 Mechanisms Part 2***

**Presented by: Alan Pack, Ph.D and multiple faculty**

Ballard

*This extended session will focus on obtaining funding through the NIH postdoctoral mechanisms. Activities will include didactics and interactive exercises designed to help trainees interested in applying for postdoctoral funding.*

***Getting your NIH Career Development Award Funded: K-award Mechanisms Part 2***

**Jennifer Martin, PhD**

Queen Anne

*This extended session will focus on obtaining funding through the NIH K-award mechanisms. Activities will include didactics and interactive exercises designed to help trainees interested in applying for postdoctoral funding*

***How Do We Define Insomnia?***

**Kenneth Lichstein, PhD**

Wallingford

*Compare similarities and distinguishing characteristics of five insomnia definition approaches: DSM-IV, ICSD-II, RDC, quantitative criteria and subjective global appraisal.*

***Transient Insomnia - An Acute Stress Response or Something More?***

**Jason Ellis, PhD**

Greenwood

*Examine existing literature regarding transient insomnia to answer questions relating to its definition, diagnostic criteria, course and treatment and the extent to which transient insomnia is an acute stress disorder.*

***Women and Sleep***

**Barbara Phillips, MD**

Issaquah

*Review the pathophysiology and presentation of sleep related breathing disorders in women, changes in sleep across a woman's lifespan and sleep problems specific to women.*

***Research Methods in Sleep and Psychopathology***

**Steven Woodward, PhD**

Admiral

*Review old and new approaches to investigating the links between sleep and mental health.*

***Evolution of Sleep: A State of Adaptive Inactivity***

**Jerome Siegel, PhD**

Capitol Hill

*Discuss the diversity of sleep times and qualitative differences in sleep between animals in the context of viewing sleep as an adaptive behavior.*

***REM Behavior Disorder: What We Learn from Basic Science***

**Michel Cramer Bornemann, MD**

Ravenna

*Discuss possible social and legal implications of recent neuroscientific advances and other relevant topics.*

**Discussion Lunches: 12:15pm – 1:45pm**

***Getting your NIH Postdoctoral Grant Funded: F-31/F-32 Mechanisms Part 3***

**Presented by: Alan Pack, Ph.D and multiple faculty**

Ballard

*This extended session will focus on obtaining funding through the NIH postdoctoral mechanisms. Activities will include didactics and interactive exercises designed to help trainees interested in applying for postdoctoral funding.*

***Getting your NIH Career Development Award Funded: K-award Mechanisms Part 3***

**Jennifer Martin, PhD**

Queen Anne

*This extended session will focus on obtaining funding through the NIH K-award mechanisms. Activities will include didactics and interactive exercises designed to help trainees interested in applying for postdoctoral funding.*

***Trainee Presentations: Basic Sleep Research***

**Gina Poe, PhD**

Admiral

*Review scientific abstracts related to basic sleep research with feedback and discussion moderated by the Section Head of the SRS Basic Sleep Research Section.*

***Trainee Presentations: Circadian Rhythms Research***

**Kenneth Wright, PhD**

Greenwood

*Review scientific abstracts related to circadian rhythms with feedback and discussion moderated by the Section Head of the SRS Circadian Rhythms Research Section.*

***Trainee Presentations: Developmental Research***

**Melissa Burnham, PhD**

Capitol Hill

*Review scientific abstracts related to developmental research with feedback and discussion moderated by the Section Head of the SRS Developmental Research Section.*

***Trainee Presentations: Sleep and Behavior Research***

**Martica Hall, PhD**

Wallingford

*Review scientific abstracts related to sleep disorders research with feedback and discussion.*

***Trainee Presentations: Sleep Disorders Research***

**Jason Ellis, Ph.D**

Ravenna

*Learn about getting involved with SRS activities, including planning the Trainee Symposia Series, sitting in on committees and other activities.*

***Beyond Academia: Career Pathways in Industry***

**Panel: James Walsh, PhD; Mark Aloia, PhD; David White, MD; Tom Roth, PhD**

**Moderator: Tracy Rupp, PhD**

Issaquah

*This moderated panel will discuss multiple career pathways in sleep outside of traditional academic settings and will address questions from trainees related to this topic.*

**Workshop 3: 1:55pm – 2:50pm**

***Sleep and Substance Abuse in Adolescents: Using the Findings from Sleep Research to Develop New Therapies***

**Richard Bootzin, PhD**

Capitol Hill

*Discuss how evidence of causal pathways between sleep disturbances and substance abuse in teens was used to develop an effective multi-component sleep disturbance treatment in which short and long-term consequences of improved sleep could be identified.*

***Sleep and Public Policy***

**Charles Czeisler, MD, PhD**

Issaquah

***Sleep and Inflammation***

**Alexandros Vgontzas, MD**

Queen Anne

*Review the effects of sleep loss on inflammation in healthy subjects and the role of inflammation in the pathogenesis of sleep disorders (i.e. sleep apnea).*

***Impact of Sleep Loss on Glucose Metabolism and Appetite Regulation***

**Rachel Leproult, PhD**

Wallingford

*Discuss the effects of short sleep duration and altered sleep quality on diabetes risk (glucose metabolism) and obesity risk (appetite regulation).*

***Sleep, Memory and Plasticity***

**Matthew Walker, PhD**

Ravenna

*Discuss the benefit of sleep and the impact of sleep loss on human memory processing and underlying brain plasticity.*

***Culture, Sleep and Development***

**Deidre Conroy, Ph.D**

Ballard

*Discuss how developmental factors can affect sleep in children; review how sleep disturbance can be a pathway to psychiatric disorders; discuss interventions.*

***Genetics in Sleep Research***

**Chiara Cirelli, MD, PhD**

Admiral

*Discuss genetic factors that impact how we sleep and how we perform when sleep deprived. Review clues about sleep regulation and functions from the perspective of sleep genetics.*

***Circadian Rhythms - Genetic Analysis***

**Amita Sehgal, PhD**

Greenwood

*Review how genetic analysis has led to our current understanding of how a circadian clock is generated.*

**Workshop 4: 3:05pm – 4:00pm**

***Undergraduates***

**Amy Wolfson, PhD**

Greenwood

*An overview of various career paths in sleep research for undergraduates. In an interactive format, participants will begin to chart out their own early-career decisions.*

***Graduate School***

**Sean Drummond, PhD**

Queen Anne

*This session will discuss how to survive the early years of graduate school*

***Advanced Graduate Students***

**David Rector, PhD**

Ballard

*This session will discuss how to successfully complete graduate training and advance to postdoctoral positions.*

***Strategies for a Productive Postdoctoral Training***

**Valerie Crabtree, Ph.D and Hawley Montgomery-Downs**

Admiral

*This interactive workshop will focus on how to have a productive postdoctoral training experience, including negotiations with mentors, writing manuscripts, planning studies, and submitting grant applications.*

***Physician Trainees: How to Get the Most Out of Your Fellowship***

**Ruth Benca, MD, PhD**

Capitol Hill

*This session will target physician trainees in sleep, including discussion of how to prepare for academic and clinical careers.*

**Neural Mechanisms of Sleep**

**Clifford Saper, MD, PhD**

Issaquah

*The transitions from wake to sleep and between NREM and REM sleep occur relatively abruptly. This session will explore the switching mechanisms in the brain that allow this to occur.*

***Sleep and Neurodevelopmental Disorders***

**Beth Malow, MD**

Ravenna

*Individuals with neurodevelopmental disorders are at risk for a variety of sleep disturbances. This discussion will focus on treating these sleep disturbances and the opportunities to improve daytime functioning.*

***Sleep and Development: Birth to Adolescence***

**Monique LeBourgeois, PhD**

Wallingford

*Review current findings on sleep in infants, children and adolescents, with an emphasis on interactions between social/familial demands and biologically based factors regulating sleep.*

**Trainee Reception & Career Development Fair**

4:00pm - 6:00pm (Trainee Day Attendees)

Grand Ballroom C