



## Fostering Sleep and Circadian Research for 25 Years

June 14, 2020

### Session 1: 8:00 – 9:00 AM

Session Title	Session Description	Session Speakers
Sleep and Health Disparities Across the Lifespan	Learn more about the role of sleep in health disparities across the lifespan. A panel discussion to provide an overview of the current sleep related strategies for combatting youth, young adult, and adult health disparities.	Carmela Alcantara, PhD Dayna Johnson, PhD Rebecca Robbins, PhD
Controversial Topics in Pediatric Sleep Medicine	This session will focus on a discussion of three current controversial topics pertaining to pediatric sleep: 1) melatonin use in children 2) the role of sleep coaches for infant and child sleep issues and 3) commercial wearables for monitoring sleep: a blessing or a curse?	Judith Owens, MD
A Neurobiological Overview of Sleep Architecture	A trainee crash course in sleep architecture: the neurobiological and psychological functions of slow wave sleep and REM sleep.	Patrick Fuller, PhD
Conceptualizing Post-Traumatic Stress Disorder as a Sleep Disorder	An in-depth discussion of PTSD and the role that sleep plays in the cause and maintenance of this disorder.	Anne Germain, PhD
Crash Course on Chronotypes	An introduction on chronotype, including methods of measurement, biological and psychological underpinnings, and implications for sleep.	Till Roenneberg
Hypocretin/Orexin: What is it and What is its Function?	An overview of orexin/hypocretin in sleep neurobiology including narcolepsy and beyond.	Thomas Kilduff, PhD
Sleep in the Aging Brain	An overview of how sleep changes across the lifespan, focusing on differential effects on sleep for cognitively normal aging and dementia/neurodegeneration.	Brendan Lucey, MD



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### Session 2: 9:10 – 10:10 AM

Session Title	Session Description	Session Speakers
Manipulating Circadian Rhythms	A presentation on how to manipulate circadian rhythms using light, melatonin, meals, and other factors as part of clinical practice or as a research approach.	Jamie Zeitzer, PhD
Sleep and Public Advocacy	Advocating for sleep issues generally, with school start times as a case study.	Danny Lewin, PhD Judith Owens, MD Terra Ziporyn Snider, PhD
Sleep Health in Cancer Survivors	This session will: 1. present the prevalence of sleep problems during and after cancer treatment, 2. describe the relationships between sleep problems and comorbid symptoms such as mood disturbance, fatigue, cognitive impairments etc., and 3. explore the efficacy of non-pharmacological treatments for sleep problems in cancer survivors.	Sheila Garland, PhD
Importance of Mealtimes	Overview of the current literature on meal timing and metabolic outcomes from time restricted eating/feeding studies.	Marie-Pierre St-Onge, PhD
Being the Sleep and Circadian Science Expert: How to Form Productive Transdisciplinary Collaborations	Panel discussion about how to market the utility of investigating sleep to potential collaborators.	Martica Hall, PhD Brant Hasler, PhD Aric Prather, PhD
Understanding a "Shift"-y Situation: Implications of Shift Work on Industry and Public Health	Learn more regarding the implications of shift work on industry workers and public health strategies.	Diane Boivin, MD, PhD
Partnering with Communities	A lecture on how to individualize efficacious sleep treatments to address the unique factors (e.g., acculturation, discrimination, sleep opportunity, etc.) impacting the sleep health of vulnerable low-income minority populations (e.g., race, sexual orientation, gender, etc.). Will include implications for both adult and youth populations.	Azizi Seixas, PhD



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### Session 3: 10:20 – 11:20 AM

Session Title	Session Description	Session Speakers
A Deep Dive into Slow Waves: What are they? What do they do?	Learn about the neurobiology underlying the generation of slow waves as well as their purpose across Sleep-and-Wake.	Brady Riedner, PhD
Nuts and Bolts of Actigraphy	A step-by-step workshop of how to use, score, and interpret actigraphy data for clinical or research purposes.	Lisa Meltzer, PhD
Specific Aims for the NIH Trainee Grant Competition	Panel discussion explaining tips and tricks on how to write well for smaller grants F and K awards, foundations, and smaller grants.	Adam Spira, PhD Michael Twery, PhD Marian Tzuan, MSW
Industry vs. Academia	Learn about the pros and cons of working in industry and academia.	Jed Black, MD Danielle Hyman, PhD
Current and Future Role of Consumer Sleep Trackers: From Both a Research and Clinical Perspective	Learn about the capabilities and shortcomings of consumer sleep trackers as a sleep estimating tool, as well as the best use of these devices for both clinical and research purposes.	Daniel Forger, PhD Cathy Goldstein, MD Massimiliano de Zambotti, PhD
Unique Aspects of Sleep in the Military Community	Gain an understanding of unique challenges seen in the military and Veteran communities throughout training, services, transitioning home, discharge, and civilian life.	Allison Brager, PhD Janna Mantua, PhD Kristi Pruiksma, PhD
High Suicide Risk Within Sleep Disordered Patients	Panel Discussion about risk for suicide attempt and death associated with various sleep disorders.	Vaughn McCall, MD Michael Perlis, PhD



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**Session 4: 11:20 AM – 12:20 PM**

<b>Session Title</b>	<b>Session Description</b>	<b>Session Speakers</b>
Sleep in the LGBTQ community	An overview of current research examining sexual and gender minority sleep, including potential future directions and opportunities to expand research in this area.	Chandra Jackson, PhD Charlotte Patterson, PhD Emma Potter, PhD
Problems and Pitfalls During the Journal Submission Process	Panel discussion about the issues that could arise during the entire process from submission though publishing.	Nancy Collop, MD Lauren Hale, PhD Ron Szymusiak, PhD
How to Write an Article with Less Pain - Don't Get Stuck in Your Writing	Common issues when writing a journal article and how to push through them.	Orfeu Buxton, PhD Michael Grandner, PhD Neomi Shah, MD
Cannabis and Sleep	Overview of state of the literature on the effects of cannabis on sleep.	Kimberly Babson, PhD
Experimental Sleep Manipulations	Learn about different ways to disrupt sleep in a laboratory setting.	Peter Franzen, PhD
Sleep Health Scores, What Are They and How They Are Calculated	Learn the different implementations of the sleep health construct. Learn measures that correspond to each domain and methods to aggregate and categorize good and poor sleep health accordingly.	Meredith Wallace, PhD
Big Data in Sleep	Learn about approaches to using "big data" to conduct sleep research, including how to formulate a research question, select and manage a data set, and some introductory information on statistical approaches.	Nicola Bragazzi, MD, PhD Tamar Sofer, PhD Emerson Wickwire, PhD