



Sleep Research Society Presents Virtual Sessions: Trainee Symposia Series and Trainee Networking Development Suite August 3 – 14, 2020



	Monday, August 3	Tuesday, August 4	Wednesday, August 5	Thursday, August 6	Friday, August 7
8:00 am, PT	Crash Course on Chronotypes	Importance of Mealtimes	Sleep and Public Advocacy	Sleep in the Aging Brain	Big Data in Sleep
9:00 am, MT	<i>Till Roenneberg, PhD</i>	<i>Marie-Pierre St-Onge, PhD</i>	<i>Danny Lewin, PhD</i> <i>Judith Owens, MD</i> <i>Terra Ziporyn Snider, PhD</i>	<i>Brendan Lucey, MD</i>	<i>Nicola Bragazzi, MD, PhD</i> <i>Tamar Sofer, PhD</i> <i>Emerson Wickwire, PhD</i>
10:00 am, CT	An introduction on chronotype, including methods of measurement, biological and psychological underpinnings, and implications for sleep.	Overview of the current literature on meal timing and metabolic outcomes from time restricted eating/feeding studies.	Advocating for sleep issues generally, with school start times as a case study.	An overview of how sleep changes across the lifespan, focusing on differential effects on sleep for cognitively normal aging and dementia/neurodegeneration.	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.
11:00 am, ET					
10:00 am, PT	Elevator Pitch Practice	Using Social Media	Tips for making a stellar CV	Balance - Work/Life, Research/Teaching, Research/Clinical	Conceptualizing Post-Traumatic Stress Disorder as a Sleep Disorder
11:00 am, MT	<i>Ketema Paul, PhD</i> <i>David Plante, MD, PhD</i> <i>Phyllis Zee, MD, PhD</i>	<i>Christian Benedict, MSc, PhD</i> <i>Michael Grandner, PhD</i> <i>Rebecca Robbins, PhD</i>	<i>Lynn Marie Trotti, MD</i>	<i>Christine McCrae, PhD</i> <i>Sairam Parthasarathy, MD</i>	<i>Anne Germain, PhD</i>
12:00 pm, CT	How to successfully sell your science in less than 2 minutes.	Propel your career and improve your science.	Guidance on construction of a standout CV.	Learn the best practices for maintaining balance in your life and career.	An in-depth discussion of PTSD and the role that sleep plays in the cause and maintenance of this disorder.
1:00 pm, ET					
12:00 pm, PT	Sleep and Health Disparities Across the Lifespan	Hypocretin/Orexin: What is it and What is its Function?	A Deep Dive into Slow Waves: What are they? What do they do?	Unique Aspects of Sleep in the Military Community	How to Write an Article with Less Pain - Don't Get Stuck in Your Writing
1:00 pm, MT	<i>Carmela Alcantara, PhD</i> <i>Dayna Johnson, PhD</i> <i>Rebecca Robbins, PhD</i>	<i>Thomas Kilduff, PhD</i>	<i>Brady Riedner, PhD</i>	<i>Allison Brager, PhD</i> <i>Janna Mantua, PhD</i> <i>Kristi Pruiksma, PhD</i>	<i>Orfeu Buxton, PhD</i> <i>Michael Grandner, PhD</i> <i>Neomi Shah, MD</i>
2:00 pm, CT	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.	An overview of orexin/hypocretin in sleep neurobiology including narcolepsy and beyond.	Learn about the neurobiology underlying the generation of slow waves as well as their purpose across Sleep-and-Wake.	Gain an understanding of unique challenges seen in the military and Veteran communities throughout training, services, transitioning home, discharge, and civilian life.	Common issues when writing a journal article and how to push through them.
3:00 pm, ET					



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	Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
8:00 am, PT		Sleep and Circadian Regulation of Metabolism <i>Jonathan Cedernaes, MD, PhD</i>	Sleep Health Scores, What Are They and How They Are Calculated? <i>Meredith Wallace, PhD</i>	Sleep in the LGBTQ community <i>Chandra Jackson, PhD</i> <i>Charlotte Patterson, PhD</i> <i>Emma Potter, PhD</i>	Social Hour with TM@L <i>Jessee Dietch, PhD</i> <i>Jesse Cook, MS</i> <i>Marissa Bowman, MS</i>
9:00 am, MT					
10:00 am, CT		Learn how metabolic processes are regulated across the sleep/wake cycle, drawing from animal literature and clinical studies.	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.	An overview of current research examining sexual and gender minority sleep, including potential future directions and opportunities to expand research in this area.	Meet the immediate past, current, and incumbent TM@Ls. An opportunity to discuss the coming year and provide suggestions for SRS Trainee direction.
11:00 am, ET					
10:00 am, PT	Being the Sleep and Circadian Science Expert: How to Form Productive Transdisciplinary Collaborations <i>Martica Hall, PhD</i> <i>Brant Hasler, PhD</i> <i>Aric Prather, PhD</i>	Current and Future Role of Consumer Sleep Trackers: From Both a Research and Clinical Perspective <i>Daniel Forger, PhD</i> <i>Cathy Goldstein, MD</i> <i>Massimiliano de Zambotti, PhD</i>	Specific Aims for the NIH Trainee Grant Competition <i>Adam Spira, PhD</i> <i>Michael Twery, PhD</i> <i>Marian Tzuang, MSW</i>	Problems and Pitfalls During the Journal Submission Process <i>Nancy Collop, MD</i> <i>Lauren Hale, PhD</i> <i>Ron Szymusiak, PhD</i>	Meet-and-Greet with Current SRS President <i>Craig Heller, PhD</i>
11:00 am, MT		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.	Panel discussion explaining tips and tricks on how to write well for smaller grants F and K awards, foundations, and smaller grants.	Panel discussion about the issues that could arise during the entire process from submission though publishing.	A 50/50 split between a presentation on nontraditional hypotheses about function of sleep and circadian rhythms and "Ask me Anything with current SRS President."
12:00 pm, CT					
1:00 pm, ET					
12:00 pm, PT	Cannabis and Sleep <i>Kimberly Babson, PhD</i>	High Suicide Risk Within Sleep Disordered Patients <i>Vaughn McCall, MD</i>	Manipulating Circadian Rhythms <i>Jamie Zeitzer, PhD</i>		Transitioning to and Establishing a Career in Research, Clinic, and Industry with Past TM@Ls <i>Jen Goldschmied, PhD</i> <i>Megan Petrov, PhD</i> <i>Allison Brager, PhD</i> <i>Janna Mantua, PhD</i> <i>Tony Cunningham, PhD</i> <i>Olga Tkachenko, PhD</i>
1:00 pm, MT					
2:00 pm, CT	Overview of state of the literature on the effects of cannabis on sleep.	Panel Discussion about risk for suicide attempt and death associated with various sleep disorders.	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.		
3:00 pm, ET					