

## KEYNOTE ADDRESS



### **Derk-Jan Dijk, PhD** **Sleep and Circadian Rhythms - Closer Together Again**

Monday, June 7, 2010  
8:00am – 10:15am

*Dr. Dijk's lecture is during the plenary session and will immediately follow the welcome address and AASM and SRS presentations.*

Dr. Dijk received his BSc and MSc in

biology and his PhD in medical sciences from the University of Groningen in The Netherlands. He completed his postdoctoral fellowship at the Institute of Pharmacology, University of Zürich, in Switzerland and was an assistant professor in medicine (neuroscience) at Harvard Medical School.

He joined the faculty of Health and Medical Sciences at the University of Surrey (Guildford, UK) in 1999 where he is a professor of sleep and physiology and director of the Surrey Sleep Research Centre (SSRC).

Dr. Dijk has 25 years of sleep research experience. His research interests include regulation of sleep and circadian rhythms in humans; the role of sleep homeostasis and circadian rhythms in the regulation of waking performance; monitoring of alertness and performance; age-related changes in sleep timing, structure and quality; effects of hypnotics, melatonin and light on the spectral composition of the electroencephalogram (EEG), sleep and performance. His recent research uses a multidisciplinary approach in the study of the role of clock genes in the regulation of sleep and cognition.

Dr. Dijk is a member of the British Sleep Society, European Sleep Research Society, the Sleep Research Society, the Society for Biological Rhythms and the Society for Neuroscience. He is also a member of the Executive Committee of the British Sleep Society and has served as chair of the Scientific Committee of the European Sleep Research Society and as a member of the Scientific Committee of the World Sleep Federation.

He currently serves as a reviewer for many sleep and general science journals and on advisory boards in the area of hypnotics, sleep physiology and insomnia for various pharmaceutical companies. He has served as deputy editor of *SLEEP* and will take up the position of editor in chief of the *Journal of Sleep Research* in 2010. He has published more than 100 original reports, numerous reviews and book chapters. Dr. Dijk is also a frequent speaker in symposia and a keynote lecturer at national and international meetings.

Dr. Dijk's research is supported by the Wellcome Trust, the Biotechnology and Biological Sciences Research Council and The Air Force Office of Scientific Research, USA.

## PLENARY SPEAKERS



### **Daniel Buysse, MD** **New Adventures in Sleep Quality**

Tuesday, June 8, 2010  
8:00am - 9:00am

Dr. Buysse received his medical degree from the University of Michigan and completed residency training in psychiatry and a postdoctoral clinical research training

fellowship at the University of Pittsburgh. His fellowship also included clinical training in sleep medicine. He has received board certification from the American Board of Psychiatry and Neurology and the American Board of Sleep Medicine.

He has been on the faculty of the University of Pittsburgh School of Medicine since 1988, where he holds the title of professor of psychiatry and clinical and translational science. He is program director of the Neuroscience Clinical and Translational Research Center. He has authored over 200 peer-reviewed publications and 81 invited publications on clinical sleep research topics and is a frequent lecturer on topics pertaining to insomnia and sleep in depression.

Dr. Buysse's research interests focus on insomnia, sleep in aging and sleep in psychiatric disorders, particularly sleep in depression. This work includes publications relating to the assessment, diagnostic reliability and pharmacologic treatment of insomnia; circadian aspects of age-related sleep changes; and sleep correlates of treatment outcome in depression. His research has been supported by grants from the National Institute of Mental Health, the National Institute of Aging, the National Aeronautics and Space Administration, the MacArthur Foundation, the National Heart, Lung and Blood Institute and the National Institute for Arthritis and Musculoskeletal Disorders.

Dr. Buysse practices clinical sleep medicine, focusing on the interface between sleep and psychiatric disorders. His particular clinical interest is the assessment and treatment of insomnia. Dr. Buysse is co-director of the University of Pittsburgh Medical Center (UPMC) Sleep Medicine Center. He is also co-director of a sleep medicine fellowship training program. Dr. Buysse is a past president of the American Academy of Sleep Medicine, the largest professional organization representing sleep medicine clinicians and researchers.

## PLENARY SPEAKERS



**Susan Redline, MD**  
**Childhood Antecedents for Chronic Health Conditions: The Role of Sleep Disorders**

Wednesday, June 9, 2010  
8:00am - 9:00am

Dr. Redline is a professor of medicine, pediatrics, and epidemiology and biostatistics at Case Western Reserve University

School of Medicine and academic program director of the Center for Clinical Investigation. She is the director of the Case Sleep and Epidemiology Research Center, which serves as a national sleep research center for a number of large-scale NIH funded studies, including the Sleep Heart Health Study and Hispanic Community Health Study. Her research addresses the epidemiology of sleep disorders across the age spectrum, with a focus on etiological (genetic and environmental) factors and outcomes of sleep apnea, and clinical trials assessing the impact of sleep disorders treatment on cardiovascular, metabolic and functional outcomes. She has published over 200 peer-reviewed articles on sleep and health and has held leadership roles in national professional societies, including as a member of the board of directors of the Sleep Research Society, scientific advisor for the Francis B. Parker Foundation, member of the Scientific Advisory Council for the American Thoracic Society, member of the National Center for Sleep Research Advisory Board, member of the Sleep Committee of the Institute of Medicine, associate editor for the *American Journal of Respiratory and Critical Care Medicine* and deputy editor for *SLEEP*. She received BS and MD degrees from Boston University; an MPH degree from Harvard School of Public Health; completed internal medicine and pulmonary and critical care medicine training at Case Western Reserve University; and a research fellowship in respiratory epidemiology at Harvard Medical School.

## INVITED LECTURERS



**Marcos Frank, PhD**  
**Sleep and Brain Plasticity: Past, Present and Future**

Tuesday, June 8, 2010  
1:30pm - 2:30pm

Dr. Frank received his PhD in neuroscience at Stanford University in 1997, where he worked in the laboratory of H. Craig Heller, PhD, studying the ontogenesis of

sleep and sleep regulation in rodents. He then conducted postdoctoral research in the laboratory of Michael P. Stryker, PhD, at the University of California, San Francisco demonstrating a role for sleep in a canonical form of in vivo cortical synaptic plasticity, originally described by David Hubel and Torsten Wiesel. He has continued this line of research as an associate professor at the University of Pennsylvania since 2003. Findings from Dr. Frank's research have revealed several cellular and molecular mechanisms governing sleep-dependent cortical plasticity and a role for astrocytes in sleep regulation.

## INVITED LECTURERS



**Ronald Harper, PhD**  
**Brain Structure and Function in Sleep Pathophysiology**

Wednesday, June 9, 2010  
1:30pm - 2:30pm

Dr. Harper was born in New Brunswick, Canada and received his undergraduate degree at Dalhousie University in Halifax, Nova Scotia, his master's degree at Tufts

University in Boston and his doctoral degree at McMaster University in Hamilton, Ontario. He is currently a distinguished professor in the department of neurobiology, David Geffen School of Medicine at the University of California at Los Angeles, a member of the UCLA Brain Research Institute and a past president of the Sleep Research Society. Dr. Harper's principal interests lie in neural mechanisms underlying control of breathing and cardiovascular action during sleep. He studies infants who are at risk for the sudden infant death syndrome, children who are unable to sustain ventilation during sleep (congenital central hypoventilation syndrome) and adults with obstructive sleep apnea and heart failure, principally using structural and functional magnetic resonance imaging procedures. He has also used animal models to examine basic neural processes regulating breathing and autonomic function.



**Kathryn Lee, PhD, RN**  
**When it Comes to Sleep, Are Women Really so Different from Men?**

Tuesday, June 8, 2010  
1:30pm - 2:30pm

Dr. Lee is a professor of nursing in the department of Family Health Care Nursing at the University of California, San Francisco. She completed her PhD training at

University of Washington in 1986 and was a Robert Wood Johnson Clinical Nurse Scholar from 1986-1988. She is the associate dean for research in the School of Nursing at UCSF and holds the James and Marjorie Livingston Endowed Chair in Nursing. She is certified in behavioral sleep medicine (CBSM) and an elected fellow of the American Academy of Nursing (FAAN). She is a past member of the Sleep Research Advisory Board of the National Heart, Lung and Blood Institute at the National Institutes of Health, and is currently on the editorial board of the journal *Behavioral Sleep Medicine*. She has authored over 100 research publications related to sleep and women's health and in addition to many book chapters and editorials, she is section editor for four chapters on women and sleep in the fifth edition of *Principles and Practice of Sleep Medicine*.

Dr. Lee has received funding from the National Institute of Nursing Research for descriptive studies of changes in sleep during pregnancy and post-partum and intervention studies to help new parents sleep better after the birth of their first child. She has also been funded by the National Institute of Mental Health for research on biological and genetic markers of sleep disturbance in men and women living with HIV/AIDS. NIH and a supplement from the Office of Women's Health also funded Dr. Lee for a longitudinal study of sleep and health during menopausal transition. She has been the director of an NIH T32 Research Training Grant in symptom management for over 15 years, and currently serves as co-leader for the Career Mentor Development Core within the Clinical and Translational Science Award (CTSA) at UCSF. She currently serves as chair of the Families and Children study section at NIH.

## INVITED LECTURERS



### Jodi Mindell, PhD

**Infant and Toddler Sleep Disturbance:  
Helping Families Get a Good  
Nights Sleep**

Monday, June 7, 2010  
1:45pm - 2:45pm

Dr. Jodi Mindell is a professor of psychology at Saint Joseph's University and of pediatrics at the University of Pennsylvania

School of Medicine. In addition to teaching and research, she is associate director of the sleep center at The Children's Hospital of Philadelphia.

Dr. Mindell's research program focuses on the assessment and treatment of pediatric sleep disorders, primarily behaviorally-based sleep disturbances. She has published extensively on pediatric sleep, including peer-reviewed papers, chapters, and reviews, as well as author of a number of parenting and academic books, including *Sleeping through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* (HarperCollins, 1997, 2005) and co-author of *Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens* (Marlowe, 2005) and *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems* (Lippincott Williams & Wilkins, 2003, 2009).

Dr. Mindell currently serves on the editorial boards of *SLEEP* and *Behavioral Sleep Medicine*. She was a member of the board of directors of the Sleep Research Society and the National Sleep Foundation. She also chaired the National Sleep Foundation's Sleep in America 2004 poll which focused on sleep in children ages 10 and under, as well as their parents/caregivers, and co-chaired the Sleep in America 2006 poll that targeted adolescent sleep. Dr. Mindell has served as a scientific reviewer the National Institutes of Health and the Canadian Institutes of Health Research.



### Jacques Montplaisir, MD, PhD

**REM Sleep Behavior Disorder as a  
Neurodegenerative Disorder**

Wednesday, June 9, 2010  
1:30pm - 2:30pm

Dr. Montplaisir completed his medical training at the Université de Montréal where he also obtained his PhD in neuroscience. He then underwent a three-

year postdoctoral training at the California Institute of Technology and at Stanford University in California. Upon his return to Montreal, he completed a clinical training in psychiatry at McGill University and was appointed professor in psychiatry and in neuroscience at the Université de Montréal and director of the sleep disorders center at the Sacré-Coeur Hospital of Montreal. This center now has eleven full-time researchers and more than 25 research trainees (MSc, PhD and postdoctoral fellows). He published four books, 59 book chapters, 293 papers and 476 abstracts in peer-reviewed journals and has given more than 100 invited lectures in 20 different countries since 1995.

During his education and career as a researcher, he received numerous awards, including the Distinguished Scientist Award from the Sleep Research Society in June 2005. In 2007, he was the first recipient of the Career Award of the Canadian Sleep Society. The same year, he received the Wilder Penfield Award from the Québec Government for his exceptional contribution to medical sciences.

Since 2001, Dr. Montplaisir has served as chairman of the Canada Research Chair in Sleep Medicine. In 2006, he served as president of the 8th World Congress of Sleep Apnea held in Montréal, and he was recently awarded a major grant from the Canadian Innovation Funds for the creation of the Center for Advanced Research in Sleep Medicine, which is affiliated with the Université de Montréal.

## INVITED LECTURERS



**Matthew Walker, PhD**

**The Role of Sleep in Brain Function:  
Memory and Emotion**

Monday, June 7, 2010  
1:45pm - 2:45pm

Matthew Walker earned his PhD in neurophysiology from the Medical Research Council in London, UK, and subsequently became an assistant professor of psychology at Harvard Medical School in 2004. He is currently an assistant professor of psychology and neuroscience at the University of California, Berkeley, where he directs the sleep and neuroimaging laboratory. He is the recipient of funding awards from the National Science Foundation and the National Institutes of Health and, in 2006, became a Kavli Fellow of the National Academy of Sciences. His research examines the impact of sleep on human brain function with a particular focus on the role of sleep in memory processing, neural plasticity and emotional regulation.

# POOR SLEEP LEADS TO POOR PERFORMANCE



**CHOOSE  
MOTIONLOGGER ACTIGRAPH**

**WITH  
MOTIONLOGGER ActFAST  
ANALYSIS SOFTWARE**

**TO RECORD THE MOST ACCURATE  
OBJECTIVE ACTIGRAPHIC SLEEP  
ESTIMATES AVAILABLE AND ESTIMATE  
PERFORMANCE LEVELS BASED ON A  
SUBJECT'S SLEEP HISTORY**



**800.341.0066**

[www.ambulatory-monitoring.com](http://www.ambulatory-monitoring.com)

[info@ambulatory-monitoring.com](mailto:info@ambulatory-monitoring.com)

731 Saw Mill River Rd, Ardsley, NY 10502-0609