

SRS TRAINEE SYMPOSIA: SHERATON SEATTLE – LEVELS 2 AND 3

Sunday, June 7, 2009

WELCOME AND KEYNOTE ADDRESS

Grand Ballroom C
8:00am – 9:45am

Welcome

Michael Vitiello, 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: Allan Pack, PhD, MBChB and other faculty
Room: 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

Room: 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

Room: 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

Room: 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

Room: Ravenna

An orientation to polysomnography, from a historical perspective.

The SRS Trainee Symposia Sessions are located at the Sheraton Seattle, next to the Washington State Convention and Trade Center. The sessions are located on the 2nd and 3rd levels of the hotel.

Sheraton Seattle
1400 Sixth Avenue,
Seattle, Washington 98101

Human Circadian Rhythms

Charmaine Eastman, PhD

Room: 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

Room: 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

Room: 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: Allan Pack, PhD, MBChB and other faculty
Room: Ballard

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

Jennifer Martin, PhD

Room: Queen Anne

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How Do We Define Insomnia?

Kenneth Lichstein, PhD

Room: Wallingford

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

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Transient Insomnia - An Acute Stress Response or Something More?

Jason Ellis, PhD

Room: 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

Room: 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

Room: 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

Room: 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

Room: 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: Allan Pack, PhD, MBChB and other faculty

Room: Ballard

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

Daniel Buysse, MD and Jennifer Martin, PhD

Room: 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

Room: 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

Room: 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

Room: 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

Room: Wallingford

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

Trainee Presentations: Sleep Disorders Research

Jason Ellis, PhD

Room: 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; Thomas Roth, PhD

Moderator: Tracy Rupp, PhD

Room: 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

Room: 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.

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Sleep and Public Policy

Charles Czeisler, MD, PhD

Room: Issaquah

Sleep and Inflammation

Alexandros Vgontzas, MD

Room: 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

Room: 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

Room: 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, PhD

Room: 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

Room: 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

Room: 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

Room: 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

Room: Queen Anne

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

Advanced Graduate Students

David Rector, PhD

Room: Ballard

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

Strategies for a Productive Postdoctoral Training

Valerie Crabtree, PhD, CBSM and

Hawley Montgomery-Downs, PhD

Room: 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

Room: 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

Room: 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

Room: 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

Room: 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