

# SRS TRAINEE SYMPOSIA

Saturday, June 5, 2010

## WELCOME AND KEYNOTE ADDRESS

Room: 206AB  
8:00am – 9:45am

### Welcome

Clifford Saper, MD, PhD – SRS President – 8:00am

### SRS 50th Meeting Celebration

Mary Carskadon, PhD – 8:15am – 8:45am

*A review of the history of the SRS and its progress and impact on career choices over the years.*

### Keynote Address: Sleep, Memory and Emotion

Matthew Walker, PhD – 8:45am – 9:45am

*Dr. Walker will discuss his own professional trajectory.*

## WORKSHOP 1

10:00am – 10:55am

### Current Theories on the Function of Sleep: Why Sleep? (Beginner)

H. Craig Heller, PhD

Room: 209

*Discuss the function of sleep and the role of sleep.*

### Sleep and Synaptic Plasticity (Advanced)

Marcos Frank, PhD

Room: 210A

*Introduce the synaptic homeostasis hypothesis. Discuss the changes that occur during sleep at the synaptic level and what these changes indicate.*

### The Social Rhythm Model in Mood Disorders (Intermediate/All)

Patricia Haynes, PhD

Room: 210B

*Review the role of daily, habitual behaviors in mood disturbance and related implications for treatment.*

### Sleep and Public Policy: Evidence-based Rulemaking (Intermediate)

Eric A. Nofzinger, MD

Room: 211

*Public policy is often developed before being informed by empirical research. Discuss hours of service regulations for various 24 hour operations.*

***This program is for trainees who registered by April 21, 2010. On-site registration is not available.***

***The SRS Trainee Symposia sessions are on the second floor of the Henry B. Gonzalez Convention Center. The reception is on the river level of the convention center.***

### Sleep and Soldiers (Intermediate/All)

Nancy Wesensten, PhD

Room: 212A

*Review the role of sleep in maintaining combat effectiveness and potentially preventing combat stress-related illnesses.*

### Emerging Adulthood: Sleep Among College Students (Intermediate/All)

Amy Wolfson, PhD

Room: 212B

*Developmental researchers now refer to the college years as part of emerging adulthood. This workshop will discuss what is known and remains puzzling regarding sleep and daytime functioning over the transition from adolescence to early adulthood - sometimes the college years.*

### Sleep and Aging (Intermediate/All)

Michael Vitiello, PhD

Room: 213A

*Review the recent findings that help better describe the impact of the aging process on sleep.*

### Careers in Sleep Research (Career Topic)

Mark Aloia, PhD, and Thomas Roth, PhD

Room: 213B

*Discuss various methods of practicing sleep research including, academic relationships with industry, combined academic/industry positions and working solely in industry.*

## WORKSHOP 2

11:10am – 12:05pm

### Neuroimaging in Sleep, Sleep Deprivation and Sleep Disorders (Beginner)

Sean Drummond, PhD

Room: 209

*Provide an introduction to neuroimaging methods, what we can and cannot answer with neuroimaging and a brief overview of the data.*

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## What the Bible Tells Us About Sleep (All levels)

**Sonia Ancoli-Israel, PhD**

Room: 210A

*Review what the Bible teaches us about sleep – Is there anything new under the sun?*

## State of the Science on Sleep and Psychiatric Disorders: Cause or Correlation? (Advanced)

**Allison Harvey, PhD**

Room: 210B

*Sleep disturbance is highly comorbid with psychiatric disorders. The sleep disturbance is typically assumed to be a bi-product of the so called 'primary disorder'. What's the state of the science?*

## Hypothalamic-Brainstem Interactions and the Regulation of Sleep and Arousal (Intermediate/All)

**Ronald Szymusiak, PhD**

Room: 211

*Review both fundamental and novel neural circuits of sleep/wake regulation and how disruptions of these brain systems may underlie neurobiological manifestations of sleep/wake disorders.*

## Culture, Sleep and Development (Intermediate/All)

**Tamar Shochat, DSC**

Room: 212A

*Discuss how culture and ethnicity modify sleep behaviors, patterns and vulnerabilities to sleep disorders across the lifespan.*

## PTSD: The Sleep Beast (All Levels)

**Anne Germain, MD**

Room: 212B

*Discuss nightmares, insomnia and other sleep disorders in posttraumatic stress disorder.*

## CV Development: What Do You Need and How to Get It? (All Levels)

**Michael Perlis, PhD**

Room: 213A

*Reveal how a CV is both a chronicle of one's academic history and a road map to academic achievement.*

## The New NIH Application and Review Process (All Levels)

**Michael Twery, PhD; and NIH personnel**

Room: 213B

## DISCUSSION LUNCHEES

12:15pm – 1:45pm

### Trainee Presentations: Basic Sleep Research I

**Moderator: Marcos Frank, PhD**

Room: 209

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

### Trainee Presentations: Basic Sleep Research II

**Moderator: Allan Pack, PhD, MBChB**

Room: 210A

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

### Trainee Presentations: Circadian Rhythms Research I

**Moderator: Derk-Jan Dijk, PhD**

Room: 210B

*Review scientific abstracts related to circadian rhythms with feedback and discussion.*

### Trainee Presentations: Circadian Rhythms Research II

**Moderator: Frank Scheer, PhD**

Room: 211

*Review scientific abstracts related to circadian rhythms with feedback and discussion.*

### Trainee Presentations: Sleep Disorders Research I

**Moderator: Ann Rogers, PhD**

Room: 212A

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

### Trainee Presentations: Sleep Disorders Research II

**Moderator: Donald Bliwise, PhD**

Room: 212B

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

### Trainee Presentations: Sleep and Behavior Research I

**Moderator: Michael Bonnet, PhD**

Room: 213A

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

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

**Moderator: Rachel Manber, PhD**

Room: 213B

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

## **WORKSHOP 3**

1:55pm – 2:50pm

### **Introduction to Consequences of Sleep Loss (Beginner)**

**Gregory Belenky, MD**

Room: 209

*Describe how sleep loss, adverse circadian phase and workload interact to degrade human performance and how this interaction can be managed to sustain performance.*

### **Local versus Global Sleep (Advanced)**

**Jonathan Wisor, PhD**

Room: 210A

*Discuss local use-dependent sleep, mechanisms and why this paradigm shift is necessary to make sense of sleep regulation and pathologies.*

### **Central Control of Peripheral Oscillators: Who is Conducting the Circadian Orchestra? (Advanced)**

**Michael Menaker, PhD**

Room: 210B

*Describe how the suprachiasmatic nucleus of the hypothalamus (SCN) and other, at present unidentified, circadian oscillators in the brain control circadian behavior and the physiology of peripheral organs in ways that require further elucidation.*

### **Application of Spectral Analysis of the EEG to Sleep Research (Intermediate)**

**Derk-Jan Dijk, PhD**

Room: 211

*Describe how spectral analysis can be used to answer questions about physiological and pharmacological aspects of sleep regulation.*

### **Clock Genes (Intermediate/All)**

**Cara Constance, PhD**

Room: 212A

*This workshop will focus on the conserved and divergent characteristics of the molecular clock mechanism through evolutionary time.*

### **Dreaming: The Elephant in the Room of Sleep Research (Intermediate/All)**

**Robert Stickgold, PhD**

Room: 212B

*Discuss how new paradigms for the study of dreaming are beginning to demonstrate that dreams can be used as probes into emotional and cognitive processing that occurs during sleep, and is a "biomarker" of successful sleep-dependent memory processing.*

### **Infant Sleep (Intermediate/All)**

**Hawley Montgomery-Downs, PhD**

Room: 213A

*Describe the good (normative sleep), the bad (sleep related breathing disorders), and the ugly (effects of second-hand tobacco smoke).*

### **Publications: The Roles of the Author and the Reviewer (Career Topic)**

**Kenneth Lichstein, PhD**

Room: 213B

*Discuss what authors and reviewers can do to be most effective in their respective roles and most successful in advancing their careers.*

## **WORKSHOP 4**

3:05pm – 4:00pm

### **Methods for Assessing Human Sleep – Are Any Truly Objective? (Beginner)**

**Martica Hall, PhD**

Room: 209

*Explore different methods for assessing human sleep, examining in particular the pros and cons of various "subjective" and "objective" measurement tools.*

### **Individual Differences in Vulnerability to Sleep Deprivation (Advanced)**

**Namni Goel, PhD**

Room: 210A

*Understand individual differences in resilience and vulnerability to the neurobehavioral effects of sleep deprivation and discuss possible predictive factors of such differences.*

### **Sleep and Chronic Pain: Implications and Treatments (Intermediate/All)**

**Harvey Moldofsky, MD**

Room: 210B

*Review the relationship between sleep and chronic pain and the efficacy of various treatments.*

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## **The Emerging Role of Inflammatory Processes in Sleep Disruption (Intermediate/All)**

**Janet Mullington, PhD**

Room: 211

*Focus on recent research in the role of inflammatory markers/processes in insufficient/inadequate sleep and clinical implications of these findings.*

## **The Genomic Revolution and Sleep Disorder: The Example of Narcolepsy (Intermediate/All)**

**Emmanuel Mignot, MD, PhD**

Room: 212A

*The field of genomics and human genetics is currently exploding. Using the example of narcolepsy, we will review current progress and perspectives for further discoveries in sleep disorders medicine using emerging technologies in this area.*

## **Sleep and Metabolism (Intermediate/All)**

**Kristen Knutson, PhD**

Room: 212B

*Review evidence from both laboratory and epidemiologic studies that have examined the association between metabolism and sleep duration and quality. Discuss potential mechanisms underlying these associations as well as limitations to the various studies.*

## **Neurochemistry of Sleep (Beginner)**

**Thomas Kilduff, PhD**

Room: 213A

*Review the current state of research of the neurochemical underpinnings of sleep and its composite stages.*

## **Postdocs: How to Get One and Make the Most of It (Career Topic)**

**Terri Weaver, PhD, RN**

Room: 213B

*Discuss key objectives and activities that will result in a successful postdoctoral fellowship as well as strategies for implementation.*

## **TRAINEE RECEPTION & CAREER DEVELOPMENT FAIR**

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

Room: 007ABC