

Sample SLEEP 2010 Itinerary

Sleep Deprivation Focus

Saturday, June 5, 2010

8:00am – 12:00pm Choose from 6 Courses

Sunday, June 6, 2010

8:00am – 12:00pm Postgraduate Course: Challenging Cases: Patients Beyond the Practice Parameters
12:00pm – 1:00pm Lunch on Your Own
1:00pm – 3:00pm Scientific Oral Presentations: Human Sleep Deprivation: Mechanisms and Outcomes
3:15pm – 5:15pm Choose from 3 Sessions
6:00pm – 7:30pm *Welcome to San Antonio* Networking and Fundraising Reception

Monday, June 7, 2010

8:00am – 10:15am Plenary Session and Keynote Address: Sleep and Circadian Rhythms – Closer Together Again
10:15am – 10:30am Refreshment Break in the Exhibit Hall
10:30am – 12:30pm Scientific Poster Viewing
12:30pm – 1:30pm Lunch and Learn Session: Predicting Fatigue in the Real World: Ready for Prime Time?
1:45pm – 2:45pm Scientific Oral Presentations: Sleep and Metabolism
2:45pm – 3:00pm Refreshment Break in the Exhibit Hall
3:00pm – 5:00pm Choose from 6 Sessions

Tuesday, June 8, 2010

8:00am – 9:00am Plenary Session: Childhood Antecedents for the Chronic Health Conditions: The Role of Sleep Disorders
9:00am – 10:00am Scientific Oral Presentations: Instrumentation: Measuring Sleep Loss Outside the Lab
10:00am – 10:15am Refreshment Break in the Exhibit Hall
10:15am – 12:15pm Symposium: Research on Candidate Genes Involved in Responses to Sleep Deprivation in Healthy Adults: What are the Virtues and Vagaries?
12:30pm – 1:30pm Choose from 9 Sessions or Lunch on Your Own
1:30pm – 2:30pm Scientific Oral Presentations: Epidemiological Correlates of Normal and Abnormal Sleep
2:30pm – 2:45pm Refreshment Break in the Exhibit Hall
2:45pm – 4:45pm Discussion Group: Sleep and Alertness: How to Improve Driving Safety

Wednesday, June 9, 2010

8:00am – 9:00am Plenary Session: New Adventures in Sleep Quality
9:00am – 10:00am Scientific Oral Presentations: Sleep Architecture, Sleep Quality and Mood
10:00am – 10:15am Refreshment Break in the Exhibit Hall
10:15am – 12:15pm Symposium: Sleep Homeostasis: Current Advances and Future Directions
12:30pm – 1:30pm Meet the Professor Session: Sleepiness: Impact on Motor Vehicle Crash Risk
1:30pm – 2:30pm Invited Lecturer Presentation: Brain Structure and Function in Sleep Pathophysiology
2:30pm – 2:45pm Refreshment Break
2:45pm – 4:45pm Choose from 6 Sessions