



Date / Time	Conference Line A	Conference Line B
<p>Monday, May 24, 2021</p> <p>11:00 am, PT 12:00 pm, MT 1:00 pm, CT 2:00 pm, ET</p>	<p>Training and Careers in Behavioral Sleep Medicine <i>Anne Bartolucci, PhD, DBSM; Brant P. Hasler, PhD, DBSM; Erin Koffel, PhD; Spencer Dawson, PhD, HSPP; Jade Wu, PhD, DBSM</i></p> <p>It is well-known that there is a shortage of BSM providers. What training is needed to become a BSM clinician? What careers allow clinicians to provide patient care and supervision in BSM?</p>	<p>Mechanisms of Sleep Health Disparities <i>Sanjay R. Patel, MD; Azizi Seixas, PhD; Chandra L. Jackson, PhD, MS</i></p> <p>Learn about the contributors of racial/ethnic disparities in sleep health</p>
<p>Join your colleagues between sessions in the virtual hallway!</p>	<p>“Ask me anything” with Drs. Jade Wu, PhD, DBSM, Anne Bartolucci, PhD, DBSM, Spencer Dawson, PhD, HSPP, and Brant P. Hasler, PhD, DBSM</p> <p>Conference Line C</p>	
<p>Monday, May 24, 2021</p> <p>1:00 pm, PT 2:00 pm, MT 3:00 pm, CT 4:00 pm, ET</p>	<p>Sleep and Emotion <i>Patrick H. Finan, PhD; Allison G. Harvey, PhD, CBSM, DBSM</i></p> <p>Learn about the relation between sleep and emotion and how that relates to mental health disorders.</p>	<p>Mechanisms of Sleep and Inflammation <i>Mark R. Opp, PhD; Janet Mullington, PhD</i></p> <p>Learn about the role of sleep in systemic and neuroinflammation, from basic mechanisms to bidirectional relationships in health and disease.</p>
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<p>Monday, May 24, 2021</p> <p>3:00 pm, PT 4:00 pm, MT 5:00 pm, CT 6:00 pm, ET</p>	<p>Sleep and Pain <i>Margeaux M. Schade, PhD; Monika Haack</i></p> <p>Learn the fundamentals of the bidirectional relationship between sleep and pain.</p>	<p>Neuropharmacology of New Sleep and Wake Medications <i>Thomas Scammell, PhD</i></p> <p>An overview of sleep neuroanatomy with a focus on the newer pharmacological agents; the dual orexin antagonists and pitolisant.</p>



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<p>Tuesday, May 25, 2021</p> <p>11:00 am, PT 12:00 pm, MT 1:00 pm, CT 2:00 pm, ET</p>	<p>Career Options After a PhD <i>Wendy Troxel, PhD; Janna Mantua, PhD; Samantha M. Riedy, PhD, RPSGT</i></p> <p>Explore different career options after a PhD.</p>	<p>Sleep Across the Lifecourse: A Neurobehavioral Perspective <i>Katharine Simon, PhD; Adam P. Spira, PhD; Stephanie J. Crowley, PhD</i></p> <p>How does sleep change from infancy to older adulthood?</p>
<p>Join your colleagues between sessions in the virtual hallway!</p>	<p>“Ask me anything” with Drs. Wendy Troxel, PhD, Janna Mantua, PhD, and Samantha M. Riedy, PhD, RPSGT</p> <p>Conference Line C</p>	
<p>Tuesday, May 25, 2021</p> <p>1:00 pm, PT 2:00 pm, MT 3:00 pm, CT 4:00 pm, ET</p>	<p>The Glymphatic System: Sleep and Circadian Regulation <i>Laura Lewis, PhD</i></p> <p>Learn about the role of sleep and circadian rhythms in glymphatic regulation and cutting-edge research from mice to humans.</p>	<p>Applying Sleep and Circadian Science as a Consultant in Sports and Performance <i>Meeta Singh, MD; Lindsay Shaw EdD; Amy M. Bender, MS, PhD</i></p> <p>Learn to consult athletes and teams on how to incorporate sleep and circadian science to enhance performance.</p>
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<p>Tuesday, May 25, 2021</p> <p>3:00 pm, PT 4:00 pm, MT 5:00 pm, CT 6:00 pm, ET</p>	<p>Sleep and Neurodegeneration <i>Brendan P. Lucey, MD, MSCI</i></p> <p>Learn about the relationship between sleep and neurodegenerative diseases like Alzheimer's disease.</p>	<p>Respiratory Physiology for the Non-Pulmonologist <i>Kingman P. Strohl, MD</i></p> <p>An overview of respiratory physiology underlying obstructive sleep apnea for sleep researchers without a pulmonology background.</p>



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<p>Wednesday, May 26, 2021</p> <p>11:00 am, PT 12:00 pm, MT 1:00 pm, CT 2:00 pm, ET</p>	<p>Neuroanatomy Underlying Sleep and Emotion <i>Jessica Payne, PhD; Sara E. Alger, PhD</i></p> <p>Overview of the neuroanatomy of sleep and emotion.</p>	<p>Impacts of Pandemics on Sleep <i>Tony Cunningham, PhD</i></p> <p>How has COVID-19 impacted sleep around the globe?</p>
<p>Join your colleagues between sessions in the virtual hallway!</p>	<p>“Ask me anything” with Drs. Jessica Payne, PhD, Sara E. Alger, PhD, and Tony Cunningham, PhD Conference Line C</p>	
<p>Wednesday, May 26, 2021</p> <p>1:00 pm, PT 2:00 pm, MT 3:00 pm, CT 4:00 pm, ET</p>	<p>Practical Strategies for Integrating a Disparities Perspective into Sleep Research <i>Dayna A. Johnson, PhD, MPH, MS; Carmela Alcántara, PhD</i></p> <p>Developing scientific questions, recruitment, how to analyze the research.</p>	
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<p>Wednesday, May 26, 2021</p> <p>3:00 pm, PT 4:00 pm, MT 5:00 pm, CT 6:00 pm, ET</p>	<p>Women in Sleep and Circadian Science <i>Mary A. Carskadon, PhD; Sonia Ancoli-Israel, PhD; Parisa Vidafar, PhD; Samira Naime, MD; Elias G. Karroum, MD; Ruth M. Benca, MD, PhD</i></p> <p>Learn about the past and current state of disparities related to Women in Sleep and Circadian Research, with attention to relevant, novel research findings as well as personal experiences from those who have navigated these challenges.</p>	



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<p>Thursday, May 27, 2021</p> <p>11:00 am, PT 12:00 pm, MT 1:00 pm, CT 2:00 pm, ET</p>	<p>Multisite Collaborations and the Import of Networking <i>Till Roenneberg; Katie Lee Stone, PhD; Susan Redline, MD, MPH</i></p> <p>Learn about all the procedures to perform collaborative studies. Steps and procedures.</p>	<p>New Frontiers on Dreaming Research: A Neuroscience View <i>Antonio Zadra, PhD; Martin Dresler, PhD</i></p> <p>Learn about the recent physiologic findings related to the neurophysiologic underpinnings of lucid dreaming, as well as the potential applications of lucid dreaming.</p>
<p>Join your colleagues between sessions in the virtual hallway!</p>	<p>“Ask me anything” with Drs. Mary A. Carskadon, PhD, Sonia Ancoli-Israel, PhD, Parisa Vidafar, PhD, Samira Naime, MD, Elias G. Karroum, MD, and Ruth M. Benca, MD, PhD</p> <p>Conference Line C</p>	
<p>Thursday, May 27, 2021</p> <p>1:00 pm, PT 2:00 pm, MT 3:00 pm, CT 4:00 pm, ET</p>	<p>Clinical Care of Hypersomnias: Present and future of assessment, classification, and treatment <i>David Plante, MD, PhD; Lynn Marie Trotti, MD, MSc; Jason Ong, PhD, DBSM</i></p> <p>Learn about the current and future state of clinical care for patients experiencing Hypersomnia Disorders.</p>	<p>Chronopharmacology: Treatment Efficacy is Dependent on Time of Administration <i>Jonathan Cedernaes, MD, PhD; Christian Benedict; John Hogenesch, PhD</i></p> <p>Learn about the growing field of chronopharmacology.</p>
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<p>Thursday, May 27, 2021</p> <p>3:00 pm, PT 4:00 pm, MT 5:00 pm, CT 6:00 pm, ET</p>	<p>Circadian Medicine <i>Kelly Baron, PhD; Phyllis Zee, MD, PhD; Frank A.J.L. Scheer, PhD</i></p> <p>Learn the fundamentals of circadian medicine and how to apply it in the medical practice.</p>	

