

Session Number	Session Title	Speaker(s)
D-02	Rise of the Patient Voice in Sleep Medicine: The Role of Patient Advocacy Groups in Enhancing Sleep Care	Chair: Raman Malhotra, MD Speakers: Sabrina DeAngelis, Karla Dzienkowski, RN, Julie Flygare, JD, Gilles Frydman, Monica Gow, Rebecca King, Monica Mallampalli
D-04	Collaborating Across Communities to Achieve Better Sleep Health Care: A Call to Action	Chair: Matt Epstein, JD Speakers: Susan Redline, MD, Laura DeFelice, Susan Ellenberg, Mellanie Hills, Reena Mehra, MD, Susheel Patil, MD, PhD
D-05	Device Recall, Regulatory Oversight, and Advocacy - Impacts on Practice and Research in Sleep Medicine	Chair: Shannon Sullivan, MD Speakers: Jairo Barrantes Perez, MD, Raj Bhui, MD, Gautam Ganguly, MD, Muhammad Rishi, MBBS, Kathy Sexton-Radek, PhD, Abigail Strang, MD
D-06	The NIH Sleep Research Plan: Advancing the Science of Sleep and Circadian Research	Chair: Marishka Brown, PhD Speakers: Gabriel Haddad, MD, Judette Louis, MD, Thomas Scammell, MD, Wendy Troxel, PhD, Kenneth Wright, PhD
D-13	Wake Up and Learn: Implementation, Expansion, and Outcomes of a School-Based Sleep Education and Surveillance Program	Chair: Anne Morse, DO Speakers: Kristina Blessing, Denise Liscum, Sarah Zultevicz
F-01	Sleep Matters for Women's Health	
	The Role of Sleep During the Preconception Period	Sunni Mumford, PhD
	Racial/Ethnic Differences in Sleep and Health Among Women	Dayna Johnson, PhD
	Maternal Sleep and Perinatal Outcomes	Laura Sanapo, MD
	Sleep and Cardiometabolic Risk Among a Diverse Population of Women Across Various Life Stages	Brooke Aggarwal, EdD
I-01	Retiring our Procrustean Bed: Recognizing The Myriad Pathways That Sleep Apnea Increases Cardiovascular Disease Risk	Susan Redline, MD
I-02	Re-Imagining The Diagnosis of Obstructive Sleep Apnea	Sanjay Patel, MD
I-04	Childhood OSA: Challenges and Opportunities	Ronald Chervin, MD
I-05	The Neurobiology of Narcolepsy: What Sleepy Mice Can Teach Us About Sleepy People	Thomas Scammell, MD
I-06	Sleeping Too Much: The Challenges of Idiopathic Hypersomnia	Isabelle Arnulf, MD
I-07	Enhancing Sleep Literacy Among College Students Through a General Education Course	Charles Czeisler, MD, PhD
I-09	Sleep and Neurodegeneration	Yo-El Ju, MD
I-10	Social Determinants of Sleep Health	Lauren Hale, PhD
LBA	Late-Breaking Abstracts	
LBA001	Reduced Slow Wave Activity in Unmedicated Adolescents with Major Depressive Disorder	Leila Tarokh
LBA002	Partial Sleep Deprivation Associated with Increased Perivascular Space Volume Fraction	Rachel Custer
LBA003	Different Simultaneous Sleep States in the Hippocampus and Neocortex of Human Subjects	Rockelle Guthrie
LBA004	Incidence and Progression of Coronary Calcium Scores in Patients with Symptomatic Obstructive Sleep Apnea: the ELSA-Brasil Study	Diego Mazzotti
O-01	New Insights into the Cell and Molecular Biology of Sleep Regulation	
0024	ARC Genotype Modulates EEG Spectral Power Following Total Sleep Deprivation	Briann Satterfield
0131	Theta Oscillations During REM Sleep Synchronize Behavior and Neural Activity in the Developing Motor System	Jimmy Dooley
0025	Circadian Dysregulation of Human DNA Repair Genes and Elevated DNA Damage in Simulated Night Shift Schedule	Hans Van Dongen
0029	Developing a Pipeline for Translating GenomeWide Association Signals to Behavioral Correlates of Sleep Dysfunction	Amber Zimmerman
0032	Objective and Subjective Measures of Sleep Initiation are Differentially Associated with DNA Methylation in Adolescents	Michael Larsen
0031	Sleep Regularity is Associated with DNA Methylation in Cognitive, Cardiovascular and Mood-Related Genes: A GWAS-informed Study in Adolescents	Michael Larsen
0030	Development and Validation of a Metabolomic Risk Score for Obstructive Sleep Apnea Across Race/Ethnicities	Ying Zhang
O-02	Sleep and Circadian Factors in Physical and Cognitive Performance	
0005	Bidirectional Associations of Sleep and Alcohol use Within and Between Regularly Drinking Young Adults	David Reichenberger
0008	University-Wide Chronotyping Shows LateType Students Have Lower Grades, Shorter Sleep, and More Absenteeism	Joshua Gooley
0218	N2 and Wakefulness Drive Subjective Sleep Satisfaction in Adults	Renske Lok
0017	Murder on the Midnight Express: Nocturnal Wakefulness and Homicide Risk	Catherine Holt
0006	An At-Home Evaluation of a Light Intervention to Mitigate Sleep Inertia Symptoms	Cassie Hilditch

Session Number	Session Title	Speaker(s)
O-03	Obstructive Sleep Apnea	
0754	Effects of Atomoxetine plus a Hypnotic on Obstructive Sleep Apnea (OSA) Severity in Patients with a Moderately Collapsible Pharyngeal Airway	Bruce Corser
0744	A Comparison of Visual and Physiologic Assessments of Upper Airway Collapse during Drug-Induced Sleep Endoscopy (DISE)	Everett Seay
0785	Cardiovascular Outcomes For Obstructive Sleep Apnea With HGNS Therapy	Akshay Tangutur
O-04	Sleep and Sleep Function in Adolescents	
0105	Sleep Timing and Consistency are Associated with the Standardised Test Performance of Icelandic Adolescents	Runa Stefansdottir
0121	Sleep Facilitates Memory, but not Navigation Across the Pubertal Transition in the Novel Minecraft Memory and Navigation Task	Katharine Simon
0064	Youth Sleep-Wake Experience in Juvenile Justice Facilities: A Descriptive Analysis	Kelsey Woodward
O-05	Insomnia: Pathophysiology, Epidemiology, and Comorbidity	
0427	Having Insomnia vs. Identifying as an "Insomniac": What is the Role of Insomnia Severity?	Julia Boyle
0421	The Pupillary Light Reflex Detects Hyperarousal and Discriminates Between Adults with Nil Versus Modest Insomnia Symptoms	William Vaughn McCall
0432	Insomnia is Associated with Endothelial Dysfunction in Young Adulthood: the Penn State Child Cohort	Julio Fernandez-Mendoza
0686	Cognitive Behavioral Therapy for Insomnia to Reduce Cannabis Use: Results from a Pilot Randomized Controlled Trial	J. Todd Arendt
0325	A Comprehensive Evaluation of Sleep Disorders in Male and Female U.S. Military Personnel	Vincent Mysliwicz
0435	The Relationship Between Pathogen Avoidance and Insomnia Symptoms: Results from a Longitudinal Study Conducted During the COVID-19 Pandemic	Jamie Walker
0604	Depression, Anxiety and Coping-Avoidance Behaviors Associated with Long-Term Insomnia Symptoms During the Pandemic	Sara Nowakowski
O-06	Pediatrics: Sleepless Children	
0488	Trajectories of Insomnia Symptoms Since Childhood Associated with Treatment of Internalizing Disorders in Adulthood	Rupsha Singh
0503	The Relationships between the Impact of COVID-19 Pandemic, Parent Insomnia, Infant Temperament, and Infant Sleep: a Path Analysis	Nana Jiao
0484	Trouble Sleeping Predicts Future Decreased Quality of Life in Young Children with Fontan Circulation	Daniel Combs
0599	Sleep Duration Across the Lifespan in Type 1 Diabetes and Association with Cardiometabolic Risk	Stacey Simon
0532	Defining Sleep Architecture in Pediatric Patients with Prader Willi Syndrome	Neha Patel
0483	Clinical Model of Community-Based Sleep Education Intervention for Children with IDD	Kasey Fitzpatrick
0506	Clinical Efficacy of Intravenous Ferric Carboxymaltose for Restless Legs Symptoms and Low Serum Ferritin in Children with Autism Spectrum Disorder	Lourdes DelRosso
O-07	Novel Approaches and Facilitators in Cognitive-Behavioral Treatment for Insomnia	
0473	The Impact on Treatment Adherence of Adding a Bedpartner to CBT-I: Preliminary Findings from a Randomised Controlled Trial (Project REST)	Sean Drummond
0457	Development and Utility of a Mobile Health Application Integrated with the Electronic Health Record for Treatment of Chronic Insomnia Disorder	Bhanu Kolla
0443	Life Values Expressed by Female Veterans Engaged in an Acceptance and Commitment-Based Behavioral Therapy for Primary Insomnia	Kathryn Saldaña
O-08	Sleep and COVID-19	
0569	COVID-19 and Fatigue: Does Fatigue Persist Beyond Diagnosis?	Alexandria Muench
0578	Clinical Patterns of Obstructive Sleep Apnea Patients in COVID 19	Ashesha Mechineni
0735	Sleep Disturbances in Post-Acute Sequelae of COVID-19 (PASC)	Cynthia Pena Orbea
O-09	Healthcare Delivery and Education	
0356	Does Unconscious Socioeconomic Bias Influence Tele-evaluation of Obstructive Sleep Apnea? A Tele-Equity Exploratory Analysis	Michael Yurcheshen
0363	Perceptions of the Need for Perioperative OSA Education: An Interdisciplinary and Multi-Institutional Survey	M. Melanie Lyons
0373	Developing an Online Sleep Education Training- Lessons Learned and Future Directions	Christine Spadola
0361	PennPALS: An Innovative, Bidirectional Text Messaging System Using PAP Usage Data to Increase Patient Adherence with PAP Therapy	David Jimenez
O-10	Sleep Disruptions and Potential Biomarkers Linked to Risk of Neurodegeneration	
0282	Elevated levels of Extracellular Vesicle Cytokines are Associated with Poor Sleep Quality in Warfighters with Chronic Mild TBI	Kent Werner
0264	Sleepiness in Cognitively Unimpaired Older Adults is Associated with CSF Biomarkers of Inflammation and Axonal Integrity	Diego Carvalho
0273	Sleep Disorders as a Potential Risk Factor for Dementia in Elderly Adults	Cassandra Kuhler
0278	Isolated REM Sleep Behavior Disorder is Associated with 24-hour Rhythm Disruption	Joseph Winer
O-11	Sleep Considerations in Hypertension, Arrhythmias, and More	
0608	Characterization of Sleep in Emerging Adults with Cystic Fibrosis on CFTR Modulator Therapy	Lisa Meltzer
0571	Associations Between Sleep Problems and Cardiovascular Disease and All-Cause Mortality in Asthma-COPD Overlap	Faith Luyster

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0609	Sleep Stabilization in Prehypertensive/Hypertensive Patients	Alicia Stokes
0560	Rest-Activity Rhythms are Associated with Prevalent Cardiovascular Disease, Hypertension, Obesity, and Central Adiposity in a Nationally Representative Sample of US Adults	Nour Makarem
0614	Polysomnographic Measures of Sleep Architectural Disruption and Incident Atrial Fibrillation and Stroke in a Large Clinical Cohort	Catherine Heininger
0575	Characterization of the Prevalence of Sleep Disturbances in Cardiovascular and Neurological Patients from the Rush Heart Center for Women	Namni Goel
0568	Multidimensional Sleep Health and Mortality: The Multi-Ethnic Study of Atherosclerosis	Joon Chung
O-12	New Insights into Sleep's Role in Cognitive Functions	
0112	Classification of Reconstructed Depth Profiles Shows Global and Non-Global Slow Oscillations Differentiate in the Hippocampus and Thalamus	Paola Malerba
0118	Performance on a Computerized Threat Elimination Task in an Animated Environment during Total Sleep Deprivation	Emily Moslener
0125	Fluid Intelligence Does Not Mediate Cognitive Throughput Deficits during Total Sleep Deprivation	Kimberly Honn
O-13	Sleep and Neurology	
0639	Polysomnographic Biomarkers of Sleep Disruption and Sleep Disordered Breathing in Migraine: a Large Matched Case Control Clinical Registry-Based Study	Eric Gruenthal
0634	Symptoms of Insomnia and Depression Among Individuals with Multiple Sclerosis Before and During the COVID-19 – Results from a Prospective Longitudinal Study	Dena Sadeghi-Bahmani
0645	Associations of Objective Sleep Parameters and Gray Matter Microstructure in Community Dwelling Cognitive Normal Older Adults	Omonigho Bubuo
0644	Longitudinal Sleep Instability Contributes to Cognitive Decline and Alzheimer's Pathology: Findings from the Seattle Longitudinal Study	Samantha Kiel
O-14	How the COVID-19 Pandemic and Related Stressors Changed Sleep	
0052	A Mixed-Methods Examination of Perceived Challenges During the COVID-19 Pandemic: Associations with Sleep Health and Nightmares Among Healthcare Workers	Ronald Franzen
0243	Relationships Between Pre-Pandemic Trauma and Stress with Sleep During the COVID-19 Pandemic in Young Adults	Karen Jakubowski
0049	Screen Time and Sleep in Young Adolescents Before and Across the First Year of the COVID-19 Pandemic	Orsolya Kiss
O-15	New Developments in the Treatment of The Central Disorders of Hypersomnolence	
0418	Use of Actigraphy for the Optimization of the Diagnosis and Treatment of Hypersomnia	Brian Chen
0398	Is Increased Serum Prolactin Associated with Excessive Daytime Sleepiness? A Proof-of-Concept Analysis	Raffaele Ferri
0384	Clinical Utilization of a CSF Orexin Test: First Two Years of Data from Mayo Clinic	Chad Ruoff
O-16	Abnormal Movements: RLS to RBD	
647	DSM-V Diagnosed Post-traumatic Stress Disorder (PTSD) is Associated with Reported Dream Enactment Independently from Gender, Race or Education in a Psychiatric Outpatient Population	Donald Bliwise
551	Movement Parasomnias in a Community Sample: Associations with Sleep Health and Mental Health	Isadora Thesz
O-17	Sleep-Disordered Breathing Through Differing Demographics	
0713	Longitudinal Sleep Position Patterns and Breathing Parameters in Pregnancy	Juliana Katz
0710	Validation of the Predictive Utility of the Multivariable Apnea Index for Obstructive Sleep Apnea in Women	Staci Orbell
0725	Five-year Transitions of Symptom Subtypes in Untreated Obstructive Sleep Apnea	Jonna Morris
0617	Association Between Green, Blue, and Open Spaces and Sleep Health in a Black Population: An Analysis of the MetSO Dataset	Jesse Moore
0700	Prospective and Cross-Sectional Associations Between Sleep Apnea and Disease in a Phenome-Wide Analysis of a Clinical Biobank	Brian Cade
0706	Older Age Is a Strong Risk Factor for Supine-Position Dependent Obstructive Sleep Apnea	Lydia Ann
O-18	New Insights into Sleep and Aging	
0316	Actigraphy-Derived Sleep Health Profiles and Mortality in Older Men and Women	Meredith Wallace
0324	Sleep Duration and Brain MRI Biomarkers: Results from SOL-INCA MRI Study	Kevin Golzalez
0321	Poor Agreement Among Self-Reported and Objective Sleep Deficiency Assessments in Older Persons	Brienne Miner
O-19	Sleep and Mental Health	
0692	Physical Activity and Sleep Patterns Before and During the COVID-19 Pandemic – Results From a Cross-Sectional and Retrospective Study	Dena Sadeghi-Bahmani
0651	Daily Associations Between Insomnia and Depression: Emotion Regulation as a Mediator	Helen Tsz Ching Tsui
0653	Poor Sleep Quality is Associated with Burnout in Emergency Medicine Healthcare Workers	Ari Shechter
0656	Demographic and Clinical Features of Nocturnal Suicide	Sabrina Arevalo
O-20	Sleep and Circadian Biomarkers: What Can We Learn from Them?	
0198	Remote Saliva Sample Collection for Dim Light Melatonin Onset (DLMO) Measurement in Urban Children with Asthma During the COVID-19 Pandemic	Mary Carskadon
0194	Sources of Variation in the Spectral Slope of the Sleep EEG	Natalia Kozhemiako
0195	Integrated Actigraphy-Based Biomarker for the Risk of Alzheimer's Dementia	Hui-Wen Yang
O-21	Sleep Health Disparities Across the Lifespan: Determinants, Consequences, and Intervention	
0069	Trajectories of Sleep Characteristics in Black and White Women During the First Year Postpartum	Erin Kishman
0077	Exploring Psychological and Behavioral Factors with Sleep Health in Latinx Children	Selena Nguyen-Rodriguez
0055	Bidirectional Associations Between Sleep and Daily Behaviors in Urban American Indian/Alaska Native (AI/AN) Youth	Lu Dong

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0062	Race/Ethnicity, Sleep Duration, and All-cause Mortality Risk in the United States	Paul Whitney
0079	Feasibility, Appropriateness, and Acceptability of a Mobile Wellness Meditation Intervention to Improve Sleep Quality Among a Racially/Ethnically Diverse Population	Lauren Barber
O-23	First-Line Treatments in Insomnia: Understanding Hypnotic Use to Disseminate Cognitive-Behavioral Treatment	
0474	Three-Arm Randomised Controlled Trial of Cognitive Behavioural Therapy for Insomnia, a Responsive Bassinet, and Sleep Hygiene for Preventing Postpartum Insomnia: Preliminary Findings on Maternal Insomnia and Sleep Outcomes (Study for Mother-Infant Sleep)	Jessica Dietch
0469	The Apnea and Insomnia Research (AIR) Trial: An Interim Report	Jack Edinger
0456	Comparative Safety and Efficacy of Hypnotics: A Quantitative Risk-Benefit Analysis	Janet Cheung
0479	Prescribing Patterns for Hypnotic Medication Among Adults Seeking CBTI Treatment: A Preliminary Report from the RESTING Study	Norah Simpson
0472	Dynamic Features of the Treatment Process Predict Different Outcomes for Patients Undergoing Cognitive Behavioral Therapy for Insomnia	Fiona Barwick
0307	Is Poor Sleep Associated with Use of Multiple Benzodiazepine Receptor Agonists in Older Veterans?	Sara Ghadimi
0462	Baseline Sleep Disturbance and Inability to Discontinue Chronic Hypnotic Use	Timothy Roehrs
O-24	The Impact of Emotion and Stress on Sleep	
0263	Slow-Wave Disruption Improves Irritability in Males with Major Depression: Potential Implications for	Jennifer Goldschmied
0261	Pre-Sleep Arousal Predicts Subsequent Night's REM Frontal Theta Power in a Naturalistic Context	Maia ten Brink
0234	Salivary α -Amylase Response to Repeated Exposure to Acute Stressors Is Altered by Sleep Deprivation	Kirsie Lundholm
0245	When do Emotions Impact Sleep? A State of the Evidence	Zlatan Krizan
0251	The Role of Parental Absence and Parental Conflict on Child and Adolescent Sleep	Odalia Garcia
O-25	Roles of Sleep, Circadian, and Behavioral Cycles in Cardiometabolic and Psychological Health	
0214	Effects of Simulated Night-Shiftwork Induced Circadian Misalignment on the Human Plasma Metabolome	Michelle Kubicki
0003	On the Same Wavelength? Quantifying the Associations between Eating Timing and Rest-Activity Rhythms in Free-Living Adults	Elissa Hoopes
0226	Circadian Influence on Food Intake Among Adolescents with Overweight and Healthy Weight	Mary Carskadon
0219	Interplay of School Days and Free Days with Sleep Midpoint on the Association of Visceral Adiposity with Blood Pressure in Adolescents	Natasha Morales-Ghinaglia
0228	Using Blue Light Therapy to Facilitate Recovery of Sleep and Psychological Functioning in PTSD	William Kilgore
O-26	Sleep and Cardiopulmonary Disease	
0774	Positive Airway Pressure Utilization, Major Adverse Cardiovascular Events Incidence Risk and Mortality in Medicare Beneficiaries with Obstructive Sleep Apnea	Diego Mazzotti
0698	Genetic Susceptibility to Elevated C-Reactive Protein and Risk of Obstructive Sleep Apnea in US Men and Women	Tianyi Huang
0696	The Application of a QTC Risk Score in Patients with Obstructive Sleep Apnea	Salma Patel
0745	Sleep-Related Hypoxemia Association with Incident Atrial Fibrillation in a Clinic-Based Cohort	Cathetine Heinzinger
0717	Obstructive Sleep Apnea Symptom Subtype Transitions over Five Years are Associated with Increased Cardiovascular Disease Incidence Risk	Diego Mazzotti
0716	Risk for Heart Failure with Preserved Ejection Fraction in Patients With or Without Obstructive Sleep Apnea	Sonja Schuetz
0724	Age-Related AHI Cut-Offs Associated with Cardiovascular and Cerebrovascular Disorders: Clinical Implications	Alexandros Vgontzas
O-28	Sleep and Neurologic Disorders	
0627	The Effects of Insomnia Therapy on Depression, Anxiety, and Daily Functioning in Individuals with Insomnia and Mild Cognitive Impairment	Allison Morehouse
0637	Associations between Alzheimer's Disease Pathology and the Psychomotor Vigilance Task in Cognitively Unimpaired Adults with and without Obstructive Sleep Apnea	David Plante
0581	Sleep Patterns and "OFF"-Time in Patients with Parkinson's Disease and Motor Fluctuations	Eric Jen
0632	Early Sleep-Disordered Breathing in Moderate-to-Severe Traumatic Brain Injury (TBI) is Linked with Chronic Pain Status at Long-Term Follow-Up: A TBI Model Systems Study	Aaron Martin
O-29	Pediatrics: Sleepy Children	
0505	Maintenance of Wakefulness Test Characteristics In Pediatric Populations With Central Hypersomnia	Benjamin Wisniewski
0410	Utility of the Urine Drug Screen in Maintenance of Wakefulness Testing Interpretation - A Single-Center, Retrospective Analysis in Pediatric Patients	Rochelle Witt
0504	Identifying Risk Factors for Developing Sleep Disorders	Amanda Johnson
0493	Daytime Sleepiness in Children with Asthma: Is it really the lungs?	Abigail Strang
O-30	Non-PAP Treatment for Sleep Apnea	
0764	Evaluation of Cloud-Connected Home Sensors of Apnea-Hypopnea Index Versus Polysomnography and Home Sleep Apnea Test During Upper Airway Stimulation Home Titration	Phillip Huyett
0708	Stage-Dependent Differences in Central Sleep Apnea (CSA) Predominate in Remedē System Pivotal Trial Participants	Alan Schwartz
0730	Validation Studies for Scoring Polysomnograms and Home Sleep Apnea Tests with Artificial Intelligence: Sleep Stage Probabilities (Hypnodensity) Derived from Neurological or Cardiorespiratory Signals	Peter Anderer
0766	Group Trajectories Demonstrate Robust Effects of Targeted Hypoglossal Nerve Stimulation in the THN3 Randomized, Controlled Trial	Alan Schwartz
0768	A Million Dreams: Improving Compliance and Treatment of Obstructive Sleep Apnea via Upper Airway Stimulation Therapy. Real-World Outcomes	Deborah Goss

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0765	Enhanced Response to Targeted Hypoglossal Nerve Stimulation in Patients with Normal Sleep Efficiency: A THN3 Post-Hoc Analysis	Alan Schwartz
0788	The Effect of CPAP on Quality of Life in Females with Mild OSA: Post Hoc Analysis from the MERGE Randomised Trial	Alison Wimms
O-31	Implementing, Tailoring, and Predicting Insomnia Therapies	
0570	Does CBT-I Dose effect Sleep Duration and Fatigue in Breast and Prostate Cancer Patients?	Alexandria Muench
0477	Comparison of a Non-Contact Sleep Monitoring Device with Wrist Actigraphy in a Sample of Individuals with Chronic Insomnia	Naomi Teeter
0662	Comparative Efficacy of Digital CBT-I Versus Stepped-Care CBT-I to Prevent Depression	Philip Cheng
0442	Improved Resilience Following Cognitive Behavioral Therapy for Insomnia Mediates Treatment Outcomes and Protects Against Long-Term Insomnia and Depression	Philip Cheng
0470	Pre-Treatment Objective Short Sleep is Associated with Poor Treatment Response in Patients with Insomnia and Major Depression: A Report from the TRIAD Study	Jack Edinger
0452	Lemborexant Treatment of Older Adults with Insomnia and Objective Short Sleep: Rates of Response and Remission	Jack Edinger
S-01	Too Little Too Late: Consequences of Sleep Restriction During Development	
	Impact of Sleep on Brain Development in Mice	Chiara Cirelli, MD, PhD
	Sleep, Sleep Homeostasis, and Brain Maturation in Adolescence	Leila Tarokh, PhD
	Adolescent Sleepiness: Interaction of Sleep and Circadian Timing	Mary Carskadon, PhD
S-02	The Mind After Midnight: Nocturnal Wakefulness, Behavioral Dysregulation, and Psychopathology	
	Introduction	Elizabeth Klerman, MD, PhD
	Nocturnal Wakefulness and Suicide: The Black Box of the Mind After Midnight	Fabian-Xosé Fernandez, PhD
	The Role of Hyperarousal in Sleep Disturbance and Cognitive Dysfunction - Risk Factors for Suicide	William Vaughn McCall, MD
	Impact of Sleep Loss on Alcohol Craving in Alcohol Use Disorder	Subhajit Chakravorty, MD
	The Impact of Sleep Loss on Specific Components of Decision Making	Sean Drummond, PhD
S-03	More Than Mindfulness: Addressing Sleep, Fatigue, and Burnout in Sleep Medicine Professionals	
	The Burnout Crisis: Sleep and Sleep Disorders as Potential Mediators	Indira Gurubhagavatula, MD
	Fatigue Risk Management in Healthcare	Charles Samuels, MD
	Potential Evidence-Based Countermeasures to Address Fatigue and Burnout in Healthcare Workers	Erin Flynn-Evans, PhD
	Achieving Consensus and Implementing Practical Solutions to Address Burnout	Hans Van Dongen, PhD
S-04	Utilizing Models of Restless Legs Syndrome to Understand Brain Iron Dysregulation and it's Consequence	
	Introduction	Christopher Earley, PhD, MBBCh
	Validation of the Dietary Iron-Deficiency Rodent Model as a Model for RLS Pathology	Christopher Earley, PhD, MBBCh
	BXD RI Mouse Model - Exploring Factors that Define Brain Iron Homeostasis and Their Relevance of RLS	Byron Jones, PhD
	Dietary Iron-Deficiency Rodent Model – Exploring the Consequence on Non-Dopaminergic Systems	Sergi Ferré, MD, PhD
	Blood-Brain-Barrier Model – What Can it Tell Us About Brain Iron Dysregulation in RLS	James Connor, PhD
S-05	Polysomnographic Findings in Children Taking Antidepressants	
	Clinical and PSG Characteristics of Children Taking Antidepressants	Lourdes DelRosso, MD
	Leg Movements During Sleep in Children Taking Antidepressants and in Children with RLS	Raffaele Ferri, MD
	Sleep EMG Atonia in Children Taking Trazodone and in Narcolepsy Type 1	Carlos Schenck, MD
	Polysomnographic Findings in Children Taking Trazodone or Bupropion vs. SSRIs	Paola Mogavero, MD
S-06	Phenotyping of Insomnia: A Realistic Prospect or Chimaera	
	Hypersomnia and its Utility in Phenotyping Insomnia	Alexandros Vgontzas, MD
	Utility and Limitations of Subjective and Objective Measures in the Evaluation of Insomnia	Julio Fernandez-Mendoza, PhD
	Psychotherapy and Phenotyping: What Do We Know, What Do We Need to Learn?	Jack Edinger, PhD
	Pharmacotherapy and Phenotyping: What Do We Know, What Do We Need to Learn?	Daniel Buysse, MD
S-08	The Place of Digital Interventions in the Stepped Care Model for Insomnia Management: Who Should Take	
	Stepped Care Management of Insomnia Co-Occurring with Sleep Apnea	Jack Edinger, PhD
	Predictors of Response to Digital CBTI Among Individuals with Obstructive Sleep Apnea and Among Middle Aged and Older Adults	Niki Gumport, PhD
	Triaged Stepped Care: Testing the RESTING Study Triage Checklist	Rachel Manber, PhD
S-09	The Preoptic Area in Sleep And Arousal	
	Introduction	Clifford Saper, MD, PhD
	Preoptic Circuitry Regulating Sleep Homeostasis	William Wisden, PhD
	Median Preoptic GABA vs. Glutamate Neurons Exert Differential Control over Sleep Behavior	Natalia Machado, PhD
	Preoptic Glutamatergic Neurons Promote Wakefulness, Suppress REM Sleep, and Reduce Body Temperature	Giancarlo Vanini, MD
	Galanin Neurons in the Ventrolateral Preoptic Area Regulate Sleep and Wakefulness	Daniel Kroeger, PhD
	Orexin Promotes Arousal by Inhibiting the Sleep-Promoting Neurons of the Ventrolateral Proptic Nucleus	Roberto De Luca, PhD
S-10	Sleep, Glymphatic Exchange, and Potential Clinical Implications	
	Use of Near Infrared Light Spectroscopy to Assess Fluid Dynamics During Sleep in Healthy Humans	KentWerner, MD, PhD
	Structural MRI Markers of CSF Exchange During Sleep in Veterans with TBI	Miranda Lim, MD, PhD
	Defining Sleep-Active Glymphatic Function in the Human Brain – Current Understanding and Future Directions	Jeff Iliff, PhD

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S-11	Novel Directions in Youth Sleep and Circadian Interventions	
	Can an Evening Chronotype be Modified in Adolescents? A Comparison of TranS-C and Psychoeducation	Allison Harvey, PhD
	brightMobile: a Digital Health Solution for Improving Sleep and Mood Among Adolescents	Lauren Asarnow, PhD
	Passive Phototherapy to Treat Delayed Sleep in Teens	Jaime Zietzer, PhD
S-12	Alternatives to the Conventional Methods and Assumptions in Human Sleep Neuroscience	
	Nap Sigma Activity Topography Is Affected By Hippocampal And Cortical Activation During Learning	Kyle Kainec
	Learning About REM Sleep From Real-Time Conversations With Dreamers	Karen Konkoly
	An All-Night Functional Magnetic Resonance Imaging Sleep Study With Auditory Arousal Thresholds	Dante Picchioni, PhD
S-13	Preventing Depression with CBT For Insomnia: Evidence in Adults, Older Adults, and Perinatal Women	
	Depression Prevention via Digital CBT for Insomnia	Philip Cheng, PhD
	Digital Cognitive Behavioral Therapy for Insomnia for the Prevention of Perinatal Depression	Jennifer Felder, PhD
	Prevention of Incident and Recurrent Major Depression in Older Adults with Insomnia: A Randomized Controlled Trial	Michael Irwin, MD
	The Implications of CBT-I's Depression Prevention Effect for Understanding the Pathophysiology of Depression and Antidepressant Treatment Mechanisms	Andrew Krystal, MD
S-14	Addressing the Myths, Misconceptions, and Misused Science of Time Change Policy	
	Breaking Down the Myths and Misconceptions of Clock Change Policies	Karin Johnson, MD
	Impacts of Clock Change Policies on Children	Shannon Sullivan, MD
	Impact of Daylight Savings Time on Adolescents' Objectively Measured Sleep: Findings from the ABCD Dataset	Christina Chick, MD
	Clock Change Politics: Past, Present and Future	Jay Pea
S-15	Evaluation and Management of Sleep and Circadian Rhythm Disturbances to Improve Symptoms of	
	Impact of Obstructive Sleep Apnea on Alzheimer's Disease Risk: Examining Physiologic, Race, and Sex Specific Mechanisms	Omonigho Bubu, MD, PhD
	Impact and Management of Sleep Problems in Alzheimer's Disease Patients and Caregivers	Ruth Benca, MD, PhD
S-16	From Adaptation to Implementation: Leveraging Implementation Science to Promote Equity in Non-	
	Adapting Evidence-Based Early Childhood Insomnia Treatment with Downstream Implementation and Health Equity in Mind	Ariel Williamson, PhD
	Using Cultural Adaptation Models and Social Determinants of Health Frameworks to Adapt Digital Cognitive Behavioral Therapy for Insomnia for Spanish Speaking Latinx adults in Primary Care	Carmela Alcántara, PhD
	Adapting and Testing an Evidence-Based Digital Insomnia Treatment for the Black Women's Cohort: Key Lessons and Future Work	Eric Zhou, PhD
S-17	Disturbed Daily Activity Patterns and Alzheimer's Disease: Latest Updates and Future Questions	
	Introduction	Kun Hu, PhD
	Multidimensional Actigraphy Features: Link Between Circadian Rest Activity Rhythms and Alzheimer's Disease	Peng Li, PhD
	Mechanisms Linking Alzheimer's Disease with Chronic Fragmentation of the Daily Sleep-Wake Rhythm: Insights from Animal Models	Marilyn J. Dunca, PhD
S-18	Incorporating Actigraphy and Other Wearable Devices into Sleep Health Research: Methodological Challenges	
	Overview of Challenges and Opportunities when using Actigraphy and Other Wearable Devices in Sleep Health Research	Meredith Wallace, PhD
	Clustering to Reveal Actigraphy Sleep Health Phenotypes: Novel Methodological Advances and Findings in Older Adults	Meredith Wallace, PhD
	Rigorous Classification of Actigraphy and Multi-Sensor Wearables: Current Biases, New Approaches to Performance Evaluation, and Recommendations	Daniel Roberts, PhD
W-02	Case-Based Approach in the Evaluation And Management of Congenital Central Hypoventilation Syndrome	
	Clinical Presentations and Establishing the Diagnosis of CCHS	Ajay Kasi, MD
	General Ambulatory Management Strategies in CCHS	Maida Chen, MD
	Noninvasive Positive Pressure Ventilation in CCHS	Roberta Leu, MD
	Diaphragm Pacing by Phrenic Nerve Stimulation in CCHS	Iris Perez, MD
W-03	How To Implement and Manage Upper Airway Stimulation Therapy in Your Clinical Practice: The Real World	
	Introduction to HNS Therapy	Joyce Lee-Iannotti, MD
	Surgical Evaluation and Implantation Process	Glenn Rothman, DO
	Activation and Titration of HNS Therapy	Lawrence Chan, DO
	Management of Those Intolerant of HNS Therapy	Meena Khan, MD
W-04	Noninvasive Ventilation (NIV) For Sleep-Related Hypoventilation Syndromes: Navigating The Devices and	
	Executing the Guidelines for OHS	Sreelatha Naik, MD
	Executing the Guidelines for COPD	Michelle Cao, Do
W-05	Innovations in Behavioral Sleep Medicine: Interventions for Narcolepsy, Sleep Apnea, and REM Sleep Behavior	
	Psychological Optimization of Outcomes in Upper Airway Stimulation Therapy for Obstructive Sleep Apnea	Yelena Chernyak, PhD
	Development of a Novel Couples-Based Sleep Health Intervention for Patients with OSA and Their Partners	Kelly Baron, PhD
	The Impact of Imagery Rehearsal Therapy (IRT) on Dream Enactment in a Patient with REM-Sleep Behavior Disorder: A Case Study	Christina Pierpaoli Parker, PhD