



**Sleep
Research
Society®**

24th Annual Trainee Symposia Series

Sunday, June 9, 2019

San Antonio, Texas

Workshop 1

8:00-9:00 AM

1	Gut Microbiome & Circadian Misalignment: Health Implications	Look at the relationships between the gut microbiome and circadian misalignment as well as consequences of misalignment on health issues such as diabetes, obesity etc.	Kenneth P. Wright, PhD
2	Techniques for Missing Data	Hands on workshop reviewing methods to impute missing data.	Wei Wang, PhD
3	The Mystery of Sleep and Dreaming	An in-depth look at the purpose of dreaming through looking at research on the common emotional themes reported in dreams and nightmares as well as the content of the dreams and nightmares.	Robert Stickgold, PhD
4	Sleep and Human Development: The First Two Decades	Compare and contrast sleep studies conducted in varying age groups of children and adolescents.	Mary A. Carskadon, PhD
5	Circadian Genes and Susceptibility to Sleep Disorders	The state of science regarding the role of circadian-relevant genes for the vulnerability to sleep/circadian disorders and the future of genetic research into sleep and circadian disorders.	TBD
6	Impact of Disrupted Sleep and Circadian Rhythms on Neurodegenerative and Alzheimer Disease Pathogenesis	Providing an update on putative mechanisms that underlie the association between disrupted sleep-wake rhythms and risk of developing Alzheimer's disease, both from a mechanistic (primarily preclinical/genetic) as well as a clinical / epidemiological perspective.	Brendan P. Lucey, MD



**Sleep
Research
Society®**

24th Annual Trainee Symposia Series

Sunday, June 9, 2019

San Antonio, Texas

Workshop 2

9:10-10:10 AM

1	Basics of Circadian Rhythm Research	Lecture on the underpinnings of circadian biology, including the link between endocrinology, light, and temperature. Also including brief discussion on disorders and treatment.	Helen J. Burgess, PhD
2	Quick Course on How to do a Systematic Review and Meta-Analysis	Lecture on how to do a systematic review and meta-analysis.	Sanjay R. Patel, MD
3	Sleep and Psychiatric Disorders: Cause or Consequence	Determine whether sleep is cause, consequence, or both of psychiatric disorders; discuss the role that psychotropic drugs may have on sleep; or evaluate whether sleep should be treated first in outpatient clinics, regardless of diagnosis.	Ruth M. Benca, MD, PhD, FAASM
4	Sleep As We Age: Perspectives Across the Lifespan	Compare and contrast sleep studies conducted in varying age groups of adults and older adults.	Sonia Ancoli-Israel, PhD, FAASM Katie L. Stone, PhD Michael V. Vitiello, PhD
5	Sleep as a Potential Contributor to Disparities in Health	Learn about the underlying mechanisms contributing to sleep deficiencies in the context of health disparities.	Chandra L. Jackson, PhD
6	Industry or Academia: Sleep & Circadian Science	Discuss the opportunities in sleep & circadian science in industry positions and also the route for those interested in academia.	Jed Black, MD, FAASM Larry P. Carter, PhD Thomas Roth, PhD, FAASM



**Sleep
Research
Society®**

24th Annual Trainee Symposia Series

Sunday, June 9, 2019

San Antonio, Texas

Workshop 3

10:20-11:20 AM

1	Assessing Sleep and Circadian Rhythms - New Tools and Important Considerations	This lecture will review recent advances in new methods to measure circadian rhythms.	Phyllis C. Zee, MD, PhD, FAASM
2	Finding the Needle in a Haystack: How to Analyze Large Datasets	A primer on how to analyze epidemiological data regarding sleep & circadian rhythms; how to get access (or start collecting) and utilize existing cohort datasets; how to handle missing data, or data collected across several timepoints (e.g. spanning several years); and what to consider from both sleep and circadian perspectives for interpreting the parsed data.	Dayna A. Johnson, PhD, MPH, MSW, MS Susan Redline, MD
3	Specific Aims for the NIH Grant Competition: Start to Finish	This session will focus on the process of writing and polishing Specific Aims for F or K applications. Trainees at all levels are encouraged to attend.	Michael Twery
4	Sleep in Autism Spectrum Disorder Across the Lifespan	Discussion on sleep difficulties in individuals with ASD across the lifespan, including what we know about prevalence and type from early childhood to adulthood. Discussion would also include treatment for various sleep problems across the lifespan.	Beth A. Malow, MD, FAASM
5	Designing Culturally Tailored Interventions	A look at the nuances of treating sleep disorders within minority populations, especially those with comorbid medical conditions.	Natasha J. Williams, PhD
6	Developing a Program of Research in Sleep	How to develop a program of research in sleep early in your career: tips and tricks.	Daniel J. Buysse, MD, FAASM Michael Scullin, PhD



**Sleep
Research
Society®**

**24th Annual Trainee Symposia Series
Sunday, June 9, 2019
San Antonio, Texas
Workshop 4
11:30 AM-12:30 PM**

1	How to Talk About Sleep So People Will Listen	Discussion on how to convey science about sleep and new findings to the public through journalists, who may not have any insight into how sleep works, but are rather interested in creating catchy headlines.	Christian Benedict, PhD Michael A. Grandner, PhD, MTR, DBSM, FAASM Wendy Troxel, PhD
2	Advice from Editors on Writing and Submitting Scientific Papers	Learn about the factors involved in choosing a journal to submit your work, and learn how to avoid common mistakes.	Nancy A. Collup, MD, FAASM Judith A. Owens, MD, FAASM Ronald S. Szymusiak, PhD, FAASM
3	Sleep and Genomics - Where We Are and Where We Are Going	Review of current research in sleep and genomics.	Richa Saxena, PhD
4	Stress, Sleep, and Morbidity: A Vicious Circle	Discuss research linking stress and early adversity to sleep, mental and physical health outcomes.	Martica Hall, PhD
5	CBT-I Research: Fundamentals and Future Directions	A primer for the beginning clinical researcher on the fundamentals and future directions of clinical trials of cognitive behavioral therapy for insomnia	Daniel J. Taylor, PhD
6	Translational Research from Animal Models to Humans	Learn about how researchers bridge animal models to human diseases.	Sigrid C. Veasey, MD