



**The 9th Annual
Sleep and Circadian Science
Research Day
November 12, 2024**

Schedule of Activities (subject to change)

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| 8:15 am – 9:00 am | Registration/Breakfast |
| 9:00 am – 9:20 am <i>WPU Ballroom</i> | Introduction: Daniel Buysse, MD Distinguished Professor of Psychiatry, Medicine, and Clinical and Translational Science UPMC Endowed Chair in Sleep Medicine Jonna Morris, PhD, RN Assistant Professor of Health and Community Systems University of Pittsburgh School of Nursing |
| 9:20 am – 10:25 am <i>WPU Ballroom</i> | Clinical Symposium HOT TOPICS IN TREATMENT OF SLEEP APNEA Chair: Mark Thomas, PhD Advanced Postdoctoral Fellow Mental Illness Research, Education, and Clinical Center (MIRECC) VA Pittsburgh Healthcare System Panelists: Mark Thomas, PhD Advanced Postdoctoral Fellow Mental Illness Research, Education, and Clinical Center (MIRECC) VA Pittsburgh Healthcare System COMISA: What is it, and how do we treat? Charles Atwood, MD, FCCP, FAASM Associate Professor of Medicine Pulmonary, Allergy and Critical Care Medicine Chief, Sleep Medicine Division, VA Pittsburgh Healthcare System Alternative Treatment to CPAP: Medications Thomas Kaffenberger, MD Assistant Professor Department of Otolaryngology-Head and Neck Surgery Alternative Treatment to CPAP: Devices |
| 10:25 am – 10:45 am | Break Sponsored by Idorsia Pharmaceuticals |
| 10:45 am – 11:45 am <i>WPU Ballroom</i> | DAVID J. KUPFER KEYNOTE LECTURE Keynote Lecturer: Wendy Troxel, PhD Senior Behavioral and Social Scientist RAND Corporation The Social Side of Sleep: How Relationships, Communities, and Policies Shape Our Sleep |
| 11:45 am – 12:45 pm <i>Assembly Room</i> | Lunch |
| 12:45 pm – 2:00 pm <i>WPU Ballroom</i> | Panel Discussion SCHOOL START TIMES Chair: Michelle Stepan, PhD |

Assistant Professor of Psychiatry

Panelists:

Wendy Troxel, PhD

Senior Behavioral and Social Scientist
RAND Corporation

Joanna Fong-Isariyawongse, MD

Associate Professor of Neurology

Michael Loughead, PhD

Superintendent
Hampton Township School District

Wendy Robison, MSN, CRNP, NCSN

Certified School Nurse

Deanna Philpott, MA

School Wellness Consultant

2:00 pm – 2:20 pm

Break

Sponsored by Jazz Pharmaceuticals

2:20 pm – 3:00 pm

WPU Ballroom

TICA HALL DATA BLITZ

Chair:

H. Matthew Lehrer, PhD

Assistant Professor of Psychiatry

3:00 pm – 4:30 pm

Kurtzman Room

Poster Session/Networking Reception

4:30 pm – 4:45 pm

Kurtzman Room

Awards & Closing Remarks

Presenter:

Jonna Morris, PhD, RN

Assistant Professor of Health and Community Systems
University of Pittsburgh
School of Nursing