



The 8th Annual Sleep and Circadian Science Research Day November 2, 2023

8:15 am – 8:55 am

Registration

8:55 am – 9:00 am

Introduction:

WPU Ballroom

Adam Bramoweth, PhD

Research Health Scientist & Staff Psychologist
VA Pittsburgh Healthcare System

9:00 am – 10:20 am

Morning Symposium

WPU Ballroom

ROLE OF TECHNOLOGY IN THE ASSESSMENT AND TREATMENT OF SLEEP DISORDERS

Chair: Faith Luyster, PhD

Associate Professor of Health and Community Systems

Panelists: Adriane Soehner, PhD

Assistant Professor of Psychiatry

Wearable Sleep Recording Devices to Detect Sleep EEG Markers in Young People

Adam Bramoweth, PhD

Research Health Scientist & Staff Psychologist

A Combined Intervention to Improve the Reduction of Sleep Medications: Study Design and Preliminary Findings from the SEDATIVE trial

Patrick J. Strollo, MD

Professor of Medicine

Mandibular Movement Monitoring With Machine Learning Analysis for the Diagnosis of Obstructive Sleep Apnea

Vladimir Shusterman, MD, PhD

Research Associate Professor of Internal Medicine – Cardiovascular Medicine
University of Iowa Carver College of Medicine

Tracking Nighttime Dynamics of Cardiovascular Regulation

10:20 am – 10:40 am

Break

10:45 am – 11:45 am

DAVID J. KUPFER KEYNOTE LECTURE

WPU Ballroom

Keynote Marie-Pierre St-Onge, PhD

Lecturer: Associate Professor of Nutritional Medicine

Director, Center of Excellence for Sleep & Circadian Research
Columbia University Medical Center

Role of Sleep in Cardiometabolic Health: From Life's Simple 7 to Life's Essential 8

11:45 am – 12:45 pm

Lunch

Assembly Room

12:45 pm – 1:45 pm
WPU Ballroom

Debates

CURRENT CONVERSATIONS IN SLEEP HEALTH

Chairs: **Marquis Hawkins, PhD**
Assistant Professor of Public Health

Jonna Morris, PhD, RN
Assistant Professor of Health and Community Systems

People With Poor Sleep Health Should Receive Interventions to Improve Their Sleep Health

Panelists: **Daniel J. Buysse, MD**
Distinguished Professor of Psychiatry, Medicine, and Clinical and Translational Science
UPMC Endowed Chair in Sleep Medicine

Sanjay R. Patel, MD, MS
Professor of Medicine

Behavioral Interventions versus Non-Invasive Brain Stimulation Methods to Manipulate Sleep Patterns

Panelists: **Fabio Ferrarelli, MD, PhD**
Associate Professor of Psychiatry

Kristine Wilckens, PhD
Assistant Professor of Psychiatry

1:45 pm – 2:00
2:00 pm – 2:20 pm
WPU Ballroom

Break

TICA HALL TRIBUTE

Chair **H. Matthew Lehrer, PhD**
Assistant Professor of Psychiatry

2:20 pm – 3:00 pm
WPU Ballroom

TICA HALL DATA BLITZ

Chair: **Meredith Wallace, PhD**
Associate Professor of Psychiatry

3:00 pm – 4:30 pm
Kurtzman Room

Poster Session/Networking Reception

Odd# 3:00-3:30
Even# 3:30-4:00

4:30 pm – 4:45 pm
Kurtzman Room

Awards & Closing Remarks

Presenter: **Adam Bramoweth, PhD**
Research Health Scientist & Staff Psychologist
VA Pittsburgh Healthcare System