



WILLIAM C. DEMENT
SLEEP AND CHRONOBIOLOGY
BEHAVIORAL SCIENCE
RESEARCH APPRENTICESHIP

Retreat Colloquium

23-25 August 2011

Whispering Pines Conference Center
URI Alton Jones Campus, West Greenwich, RI

Summer Sleep Retreat, 2011

Tuesday	Event	Speaker	Topic
1200	Lunch		
1330		Katherine M. Sharkey, MD, PhD, Young Investigator	Sleeping Like A Mommy: Associations between Perinatal Sleep Patterns and Maternal Mood
1445	Break		
1515		Chuck Crew, Dement Fellow	Depression, Sleep, and QEEG: Predicting the Future?
1530		Sharon Driscoll, Dement Fellow	The Neurochemical Effects of Sleep Deprivation on Emotional Regulation
1545		Ashley Bruce, Dement Fellow	Sleep Apnea: Treatments of the Past, Present, and Future
1600	Break		
1630		Natalie Bryant, Dement Fellow	Dreams and Memory

Summer Sleep Retreat, 2011

Tuesday	Event	Speaker	Topic
1645		Maya Gibbes, Dement Fellow	Post-Traumatic Stress Disorder: What Does Sleep Have to do with It?
1700	Hors d'oeuvres		
1800	Dinner		
1930		William C. Dement, MD, PhD	An Evening with Dr. Dement-- Reminiscences from 60 Years of Sleep: Science, Medicine, Politics—just ask...
2100	Camp Fire		
2230	Lights Out		

Summer Sleep Retreat, 2011

Wednesday	Event	Speaker	Topic
0930		Ugo Faraguna, MPH, PhD, Young Investigator	Developmental Synaptic Structural Changes Across the Sleep-Wake Cycle
1045	Break		
1115		Chanliny Lim, Dement Fellow	Insomnia and Depression: Various Approaches to Treatments
1130		Emily Mepham, Summer Intern	Working Mothers: Sleep, Mood and Employment in the Perinatal Period
1200	Lunch		
1330		Denise Werchan, Dement Fellow	Circadian Preference and Cognition: A Look at Time of Day Effects on Memory
1345		Kristina Lukowski, Dement Fellow	We Belong Together? –A Closer Look on Sleep as a Dyadic Behavior

Summer Sleep Retreat, 2011

Wednesday	Event	Speaker	Topic
1400		Caterina Mosti, Dement Fellow	Sleep Deprivation and Mania
1415	Break		Change into 'Play Clothes'
1445	Walk in the Woods	Assemble in Groups as Instructed	Small Group Conversations about Graduate/Medical School, Careers, etc.
1600	Assemble at Playground	Games!	[Please return from the Walk in the Woods promptly]
1715	Hors d'oeuvres		
1800	Dinner		
1930	Fun Night	Dement Fellows and Others Arrive at 1930	Facutly, Young Investigators, Staff: Assemble in Conference Center at ~ 1915 to Set Up
2130	Bonfire		
2300	Lights Out		

Summer Sleep Retreat, 2011

Thursday	Event	Speaker	Topic
0915		Peter Franzen, PhD, Young Investigator	Got the Low-Down Sleepless Night Blues: Affective Consequences of Sleep Deprivation
1030	Break		
1100		Rahim Makani, Dement Fellow	School Start Time and Its Effect on the Adolescent
1115		Lauren Hill, Dement Fellow	Circadian Variation In Swim Performance
1130		Alexis Chambers, Dement Fellow	Sleep Makes Perfect: The Enhancement of Procedural Skills after Sleep
1145		Mary A. Carskadon, PhD, Program Director	Thanks and Farewell
1200	Lunch		

Summer Sleep Retreat, 2011

Young Investigator Presentations

Katherine M. Sharkey, MD, PhD, Assistant Professor, Department of Medicine, Alpert Medical School of Brown University, Providence, RI

Sleeping Like A Mommy: Associations between Perinatal Sleep Patterns and Maternal Mood

This presentation will review the changes that occur in women's sleep during pregnancy and the postpartum period and discuss previous research that has investigated the relationship of sleep and mood during the perinatal period. Preliminary data from an ongoing study of sleep, circadian phase, mood, and genetics during the perinatal period will be presented.

Ugo Faraguna, MD, PhD, Assistant Scientist, Department of Psychiatry, University of Wisconsin, Madison, WI

Developmental Synaptic Structural Changes Across the Sleep-Wake Cycle

Across development the mammalian brain faces dramatic structural modification, involving synaptic formation and elimination. In parallel, sleep intensity (as measured by NREM sleep SWA) changes from childhood to adulthood. Evidence for a differential effect of sleep and waking on pruning and synaptogenesis will be presented and the potential use of sleep EEG (SWA) as a non invasive biomarker of brain maturation will be discussed.

Peter L. Franzen, PhD, Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA

Got the Low-Down Sleepless Night Blues: Affective Consequences of Sleep Deprivation

Sleep of adequate duration and quality is critically important for our emotional and physical health and well-being. Chronic and intermittent sleep problems are very common, and can significantly diminish health, alertness and safety. Sleep is also frequently not given its due respect, with about one in five Americans obtaining less than six hours a night. Short sleep duration is associated with problems such as increased risk of motor vehicle accidents, weight gain, diabetes, cardiovascular disease, and psychiatric disorders. One important but less studied area is how sleep disorders and sleep loss lead to problems in emotional functioning. In this presentation, I will discuss our experimental sleep deprivation studies in healthy young adults and adolescents, which have revealed impairments in emotional reactivity and emotion regulation across subjective, behavioral, physiological, and neuroimaging outcomes.

Summer Sleep Retreat, 2011

2011 William C. Dement Fellows

Ashley Bruce

Rising sophomore , University of North Texas

Natalie Bryant

Graduate student, University of Arizona

Alexis Chambers

Graduate student, University of Notre Dame

Chuck Crew

2010 graduate, University of Alaska, Anchorage

Sharon Driscoll

Rising senior, Cornell University

Maya Gibbes

Rising senior, University of Rhode Island

Lauren Hill

Rising senior, Saginaw Valley State University

Chanliny Lim

Rising junior, Brown University

Kristina Lukowski

Rising senior, Brown University

Rahim Makani

Rising sophomore, Brown University

Caterina Mosti

Rising senior, University of Florida

Denise Werchan

Rising junior, University of Arizona

2011 Perinatal Sleep Group Summer Intern

Emily Mephram

Rising senior, Brown University

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Research Apprenticeship Faculty, Staff, & Trainees

APPRENTICESHIP FACULTY

**Alpert Medical School of Brown University,
Department of Psychiatry and Human
Behavior**

Mary A. Carskadon, PhD, Director

John McGeary, PhD

Brandy Roane, PhD

Ron Seifer, PhD

Eliza Van Reen, PhD

**Alpert Medical School of Brown University,
Department of Medicine**

Katherine M. Sharkey, MD, PhD

**Valencia College, Department of
Communications**

Kathleen Perri, MA

POSTDOCTORAL TRAINEES

Brown University

Kay Orzech, PhD

RETREAT VISITING FACULTY

Brown University

Rachel Herz, PhD

Alpert Medical School of Brown University

Christine Acebo, PhD

Willoughby Britton, PhD

Chantelle Hart, PhD

Erin O'Brien, PhD

Kristen Stone, PhD

SLEEP LAB RESEARCH STAFF, E.P. BRADLEY HOSPITAL

James Bass, Data Entry Specialist

David Bushnell, Sr. Research Assistant

Erin Campopiano, Research Assistant

Marcy D'Uva, Research PSG Technologist

Max Elliott, Administrative Secretary

Katie Esterline, Research PSG Technologist

Ellyn Ferriter, Sr. Research PSG
Technologist

Caroline Gredvig-Ardito, Data Manager &
IRB Coordinator

Jonathon Lassonde, Research PSG
Technologist

Michelle Loxley, Programmer

Allyson Schumacher, Research PSG
Technologist

Gretchen Surhoff, Research Assistant

PERINATAL SLEEP RESEARCH STAFF, RI HOSPITAL

Aubree Hoepper, Research Assistant

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