



WILLIAM C. DEMENT

**SLEEP AND CHRONOBIOLOGY BEHAVIORAL
SCIENCE RESEARCH APPRENTICESHIP**

**BRADLEY HOSPITAL COBRE CENTER FOR
SLEEP AND CIRCADIAN RHYTHMS IN CHILD AND
ADOLESCENT MENTAL HEALTH**

Retreat Colloquium

11-12 August 2021

**Renaissance Providence Downtown Hotel
Providence, RI**

Summer Sleep & Circadian Rhythms Retreat, 2021

Weds	Event		Topic
1730	Picnic		Food & Fun
Thurs	Event	Speaker	Topic
0815	Breakfast		
0845		Mary A. Carskadon, PhD Director	Welcome
0900		Tracy Rupp, PhD Visiting Investigator	Improved self-reported sleep and emotional stress with auricular acupuncture in Hispanic and Latinx immigrants
1000	Break		Poster Viewing
1030		Hadar Halivni Dement Fellow	Effects of sleep fragmentation on NREM/REM cycles of children
1045		Hannah Parent Dement Fellow	Effects of lead exposure in early childhood on sleep at age 12 in HOME Cohort

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1100		Royette Dubar, PhD Visiting Investigator	The psychosocial correlates of subjective sleep among college students during the COVID-19 pandemic
1200	Lunch		Poster Viewing
1315	Small Groups		Career Discussions
1430		Catherine Butler Dement Fellow	Circadian regulation of sleep architecture in adolescents: REM, sleep efficiency, and wakefulness
1445		Christien Hernandez Dement Fellow	How sleep onset across different circadian phases modulates sleep latency and non-REM sleep architecture in adolescents
1500	Break		Poster Viewing
1530		Ashley Ingiosi, PhD Visiting Investigator	Sleeping under the stars: Astrocyte contributions to sleep

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1630		Rebecca Rosenzweig Dement Fellow	The association between perceived sleep duration and mood in college aged adults
1645		Cosette Coston Dement Fellow	Age and motor system development: Influence on PVT performance in younger and older adolescents
1700	Reception		
1800	Dinner		

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Visiting Investigator Presentations

Tracy Rupp, PhD

Independent Researcher, Business Co-Owner, Acupuncturist

Improved self-reported sleep and emotional stress with auricular acupuncture in Hispanic and Latinx immigrants

This study served as a preliminary examination of the use of auricular acupuncture in a community setting to assess improvements in sleep disturbance in Hispanic/ Latinx immigrants through reducing emotional stress. Sixteen Hispanic/ Latinx volunteers with sleep problems participated in the study and received auriculo-acupuncture therapy [NADA or Sham] twice a week for 4 weeks. Measurements of sleep and emotional stress were taken pre-, mid-, and post-treatment. Results of the study showed significant improvements in sleep and emotional stress after 4 auriculo-acupuncture sessions. There was also some association between improvement in sleep and decreasing emotional stress.

Royette Dubar, PhD

Assistant Professor, Wesleyan University, Middletown, CT

The psychosocial correlates of subjective sleep among college students during the COVID-19 pandemic

In this presentation, the directionality of associations between COVID-19 experiences, sleep, general well-being, and social media engagement among a sample of college students will be examined. I will also present findings on the relationship between subjective sleep and religious coping, pre-COVID.

Ashley Ingiosi, PhD

Postdoctoral Research Fellow, Washington State University, Spokane, WA

Sleeping under the stars: Astrocyte contributions to sleep

Accumulating evidence shows that non-neuronal cells (e.g., glia) may play more direct roles in neurophysiology, behavior, and disease than previously thought. My research seeks to understand the role of glial cells called astrocytes in sleep. Here, I will present how I use in vivo calcium imaging of astrocytes paired with electrophysiological measures of vigilance states in genetic mouse models to uncover astroglial contributions to sleep regulation. Understanding how non-neuronal cell types contribute to brain processes is vital to understanding normal and abnormal neural physiology and behavior.

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2021 WILLIAM C. DEMENT FELLOWS

Catherine Butler

Western New England University, Class of 2021; Rising Sleep Lab Staff

Cosette Coston

Alma College, Class of 2020; Rising Sleep Lab Staff

Hadar Halivni

Rising senior, Princeton University

Christien Hernandez

Brown University, Class of 2021

Hannah Parent

Rising senior, Brown University

Rebecca Rosenzweig

Rising junior, 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

David Barker, PhD

Jared Saletin, PhD

COBRE CENTER LEADERSHIP, E.P. BRADLEY HOSPITAL

Mary A. Carskadon, PhD, Director

Jennifer Freeman, PhD, Deputy Director

Jennifer Wolff, PhD, Pediatric Biopsychology

Core Director

John E. McGeary, PhD, Pediatric Biopsychology
Core Deputy Director

David Barker, PhD, Sleep and Circadian Methods
Core Director

Deidre Walton, Interim Center Administrative
Manager

DEMENT FELLOW GUEST MENTORS

Clara Sears, PhD, Brown University

RESEARCH COLLABORATORS

NSF STTR, Phase I

Eliza Van Reen, PhD, CPS, Inc., Newport, RI

NHLBI (1) Disparities (2) Sleep Interruption

Daphne Koinis Mitchell, PhD, Alpert Medical
School of Brown University

NIAAA

John E. McGeary, PhD, Brown University

SLEEP LAB TRAINEES, E.P. BRADLEY HOSPITAL

Patricia Wong, PhD, Child Mental Health T32,

Postdoctoral Fellow, Alpert Medical School of
Brown University

Darlynn Rojo-Wissar, PhD, STAR T32

Postdoctoral Fellow, Alpert Medical School of
Brown University

Patricia Goodhines, Clinical Psychology Resident,
Alpert Medical School of Brown University

SLEEP LAB RESEARCH STAFF, E.P. BRADLEY HOSPITAL

Daphne Boudreau, Supervising Tech

Allie Elkhadem, Sleep Tech

Claudia Fleshman, Research Assistant

Dotti Frankian, Administrative Assistant

Jeffrey Giguere, Supervising Tech

Caroline Gredvig-Ardito, Data Manager & IRB
Coordinator

Jack Plageman, Sleep Tech

Katie McCullar, Supervising Tech

Emma Sullivan, Research Assistant

Jess Weathers, Senior Supervising Tech

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