



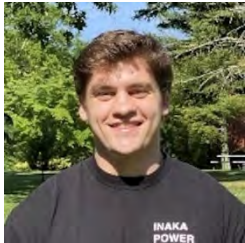
WILLIAM C. DEMENT
SLEEP AND CHRONOBIOLOGY BEHAVIORAL
SCIENCE RESEARCH APPRENTICESHIP

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

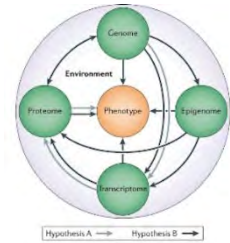
Retreat Colloquium
Brown University
Providence, RI

18-20 August 2024

Summer Sleep & Circadian Rhythms Retreat, 2024

Sunday	Event		Topic
1730	Picnic	Location: Pembroke Green, Brown University <i>Rain: Smith Buonanno 107</i>	Food & Fun
Monday	Event	Speaker	Topic
0800	Breakfast Buffet	All	Room 107 Smith Buonanno Hall
0830		Mary A. Carskadon, PhD, Director	Welcome & Introductions All Talks in Smith Buonanno 106
0845		Harry Turner, Dement Fellow	How Social Jetlag and Chronotype Relate to Academic Performance
0900		Sarah McGeary, Dement Fellow	Sleep and Memory Reconsolidation
0915		Philip C. Cheng, PhD, Guest Speaker	Behavioral Circadian Medicine in the Digital Era

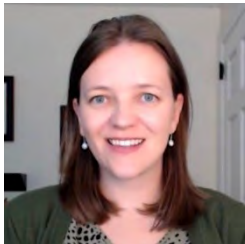
Summer Sleep & Circadian Rhythms Retreat, 2024

1015	Morning Tea & Poster Viewing	All	Smith Buonanno 107
1040		Marie-Rachelle Narcisse, PhD, Research Project Leader	Sleep and Circadian Rhythm Phenotypes in Adolescent Depression: Exploring the Role of the Oral Microbiome
1100		Anastacia Kudinova, PhD, Research Project Leader	Psychosis-spectrum experiences, sleep, and stress: An examination of bi-directional influences and longitudinal patterns among high-risk adolescents
1120		John McGeary, PhD, Pediatric Biopsychology Research Core Deputy Director & Director of the Biospecimen Laboratory	Pediatric Biopsychology Research Core Update
1140		Catherine Dement Roos, Guest of Honor	
1200	Lunch & Poster Viewing	ALL	Smith Buonanno 107
1315		Katherine M. Sharkey, MD, PhD, Supplement Leader	The Dream Team: Testing Implementation of a Sleep Intervention for Perinatal Women Delivered by Direct Care Workers

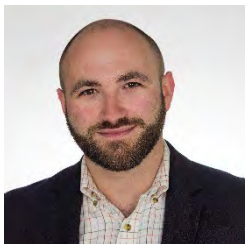
Summer Sleep & Circadian Rhythms Retreat, 2024

1345		Lauren Whitehurst, PhD, Guest Speaker	Leveraging sleep science as a tool for health justice: Building a career in sleep that begins in the lab and extends to the community
1445		Ryan Mack, Dement Fellow	Impact of Night Shift Work on Sleep Inertia, Cognitive Performance, and Health in EMTs: Exploring Interventions and Countermeasures
1500		Sanjana Subramanyan, Dement Fellow	Sleep disruptions and the development of schizophrenia/psychosis symptoms
1515	Afternoon Tea & Poster Viewing	All	Smith Buonanno 107
~1530	Concurrent Activity: Small Group Career Discussions	Dement Fellows / Research Assistants, Visiting Investigators, Center Researchers, and Colleagues	Career Discussions
~1530	Concurrent Activity: Planning for Phase 2	EAC, ELT, & LGG Members	Smith Buonanno 106
~1715	EAC Executive Session	EAC & Ms. Medeiros, amanuensis	
1745	Dinner	All	Pembroke Green <i>Rain: Smith Buonanno</i>
1900	Games	All	Pembroke Green <i>Rain: Smith Buonanno</i>

Summer Sleep & Circadian Rhythms Retreat, 2024

Tuesday	Event	Speaker	Topic
0830	Breakfast	All	Smith Buonanno 107
0900		Sarah A. Thomas, PhD, Pilot Project Leader	Sleep, depression, and cannabis: An investigation of sleep health domains and depression preceding adolescent cannabis onset in the Adolescent Brain Cognitive Development Study
0915		Elizabeth Thompson, PhD, Pilot Project Leader	Psychosis, sleep, and stress in adolescents: An actigraphy and daily diary study
0930		Jennifer Xu, Dement Fellow	Sleep Spindles in Schizophrenia
0945		Orli Juarez, Dement Fellow	E-Cigarette Use and Sleep Problems in Adolescents
1000		Sara Jaffie, Dement Fellow	Sleep Disturbances and Social Anxiety: Implications of a Bidirectional Relationship

Summer Sleep & Circadian Rhythms Retreat, 2024

1015	Morning Tea	All	Smith Buonanno 107
1045		Giulia Righi, PhD, Research Project Leader	Predictors of Treatment Response in Youth with Anxiety/OCD: Sleep and Exposure Readiness
1100		Jared M. Saletin, PhD, Sleep and Circadian Methods Research Core Director	Sleep and Circadian Methods Research Core Update
1115		Mary A. Carskadon, PhD, Director	Administrative Core Update
1130		Mary A. Carskadon, PhD, Director	Conclusion & Thanks
1145	Lunch	ALL	Smith Buonanno 107
		Adjourn	

Visiting Investigator Presentations

Philip C. Cheng, PhD

Associate Professor of Medicine & Licensed Psychologist, Sleep Disorders and Research Center Henry Ford Health System & Michigan State University Health Sciences Center

Behavioral Circadian Medicine in the Digital Era

The clinical translation of circadian medicine has lagged behind the sleep and circadian discoveries. This lag is especially pronounced in the era of digital therapeutics that carries the promise of unprecedented accessibility and scalability of sleep and circadian health. This talk will explore ways in which digital tools can be leveraged for the implementation and dissemination of behavioral circadian medicine to improve health and psychological functioning.

Philip Cheng is an Associate Professor of Medicine and licensed psychologist in the Sleep Disorders and Research Center at the Henry Ford Health and Michigan State University Health Sciences Center in Detroit. He received his PhD in Clinical Psychology from University of Michigan, Ann Arbor.

Lauren N. Whitehurst, PhD

Assistant Professor, Department of Psychology, University of Kentucky

Leveraging sleep science as a tool for health justice: building a career in sleep that begins in the lab and extends to the community

Dr. Whitehurst will discuss the important ways that sleep science intersects with health justice and how she utilizes laboratory science to spur her community-engaged research and vice versa.

Lauren Whitehurst is an Assistant Professor in the Department of Psychology at the University of Kentucky and PI of the Cognition, Health, and Sleep Equity Lab (UK CHaSE Lab).

Summer Sleep & Circadian Rhythms Retreat, 2024

E.P. Bradley Hospital Sleep Research Lab Apprenticeship Faculty, Trainees, & Staff

APPRENTICESHIP FACULTY

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

Mary A. Carskadon, PhD, Director

Jared M. Saletin, PhD

David H. Barker, PhD

Rachel S. Herz, PhD

DEMENT FELLOW GUEST MENTORS

Tony Cunningham, PhD, Harvard Medical School

Joshua Gooley, PhD, Duke NUS Medical School
Singapore

Cassie Hilditch, PhD, San Jose State University

Anastacia Kudinova, PhD, Alpert Medical School
of Brown University

Dimitrios Mylonas, PhD, Harvard Medical School

Kathleen O'Hora, B.A., UCLA

Chaelin Karen Ra, PhD, MPH, Rutgers University

RESEARCH COLLABORATION

DOD MTEC

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

NHLBI Disparities

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

NIDA MOUD

John E. McGeary, PhD, Alpert Medical School
of Brown University

Josiah D. Rich, PhD, Alpert Medical School of
Brown University

Zimmerman Innovation Fund Pilot

Mary A. Carskadon, PhD

Jared M. Saletin, PhD

SLEEP LAB TRAINEES, E.P. BRADLEY HOSPITAL

Gina Mason, PhD, DPHB Postdoctoral Fellow,
Alpert Medical School of Brown University

Jessica Smith, Psychiatry Intern, Alpert Medical
School of Brown University

Lindsay Stager, PhD, DPHB T32 Postdoctoral
Fellow in Cardiovascular Behavioral Medicine,
Alpert Medical School of Brown University

SLEEP LAB RESEARCH STAFF, E.P. BRADLEY HOSPITAL

Caroline Gredvig-Ardito, Data Manager & IRB
Coordinator

Jayne Clark, Supervising Lead Sleep Technologist

Cosette R. Davila-Coston, Senior Supervising
Sleep Technologist

Sidney Kirchhof, Senior Research Assistant

Chloe Lambert, Research Assistant

Claire Mayew Sherman, Research Assistant

Sinéad Moyles, Senior Research Assistant

Sophia Nicogossian, Super Tech

Katherine Skordinski, Supervising Sleep
Technologist

Summer Sleep & Circadian Rhythms Retreat, 2024

E.P. Bradley Hospital COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health Faculty, Staff, & Colleagues

CENTER EXECUTIVE LEADERSHIP TEAM

Mary A. Carskadon, PhD, Director
Jennifer Freeman, PhD, Admin Core Deputy Director
Jennifer Wolff, PhD, Pediatric Biopsychology Research Core (PBRC) Director
John E. McGeary, PhD, PBRC Co-Deputy Director
Anastacia Y. Kudinova, PhD, PBRC Co-Deputy Director, RPL
Jared M. Saletin, PhD, Sleep and Circadian Methods Research Core (SCMRC) Director
David Barker, PhD, SCMRC Co-Deputy Director
Mary A. Carskadon, PhD, SCMRC Co-Deputy Director
Christopher Houck, PhD, Mentor
Cristal L. Medeiros, Center Administrative Manager

CENTER PROJECT LEADERS

Giulia Righi, PhD, Research Project Leader
Anastacia Kudinova, PhD, Research Project Leader
Marie-Rachelle Narcisse, PhD, Research Project Leader
Selby Conrad, PhD, Pilot Project Grad
Justin Parent, PhD, Pilot Project Grad
Sarah A. Thomas, PhD, Pilot Project Leader
Elizabeth Thompson, PhD, Pilot Project Leader

CENTER EXTERNAL ADVISORY COMMITTEE

Candice A. Alfano, PhD, University of Houston, EAC Chair
Ruth M. Benca, MD, PhD, Wake Forest
Girardin Jean-Louis, PhD, University of Miami
Lisa J. Meltzer, PhD, National Jewish Health, University of Colorado

CENTER LOCAL GUIDANCE GROUP

Thomas F. Anders, MD (Emeritus)
Henry Sachs, MD (Ex officio), President, Bradley Hospital
Larry Brown, MD, Director, Child, and Family Psychiatry
Daphne Koinis-Mitchell, PhD, Hasbro Child Psychology
Diane Lipscombe, PhD, Director, Carney Institute for Brain Science
Elizabeth McQuaid, PhD, Ombudsman
Sharon Rounds, PhD, Director, Advance CTR
Katherine M. Sharkey, MD, PhD, Associate Dean for Gender Equity, Alpert Medical School of Brown University
Anthony Spirito, PhD, Professor of Psychiatry, Alpert Medical School of Brown University

CENTER STAFF & COLLEAGUES

Kristen Benito, PhD, RPL Mentor
Shira Dunsiger, PhD, PBRC Co-I
Stephanie Goldstein, PhD, PBRC Consultant
Judy Kimberly, PhD, Admin Core Evaluation Consultant
Dana L. McMakin, PhD, Co-Mentor for RPL Righi
Darlynn Rojo-Wissar, PhD, Research Scientist
Christopher Breault, PBRC Consultant
Brynn Chouinard, PBRC Research Assistant
Sarah Cunningham, PBRC Research Assistant
Grace Kupka, SCMRC Research Assistant
Sinéad Moyles, SCMRC Senior Research Assistant
Emily Olenik, Research Assistant
Kathrin Renschler, Research Assistant
Celia Roberto, Research Assistant
Aashritha Sadu, SCMRC Research Assistant

Summer Sleep & Circadian Rhythms Retreat, 2024

2024 WILLIAM C. DEMENT FELLOWS

Sara Jaffie

Rising Senior at Loyola University concentrating in Psychology & Forensic Studies

Orli Juarez

Rising Junior at Rhode Island College concentrating in Psychology

Ryan Mack

Rising Junior at Tulane University concentrating in Neuroscience & Public Health

Sarah McGeary

Rising Sophomore at Northeastern University concentrating in Biology & English

Sanjana Subramanyan

Rising Sophomore at Johns Hopkins University concentrating in Neuroscience

Harry Turner

Rising Junior at Gettysburg College concentrating in Psychology

Jennifer Xu

Rising Senior at University of California Los Angeles concentrating in Human Biology & Society & International Development Studies

ACKNOWLEDGEMENTS

The summer apprenticeship and research projects were funded by the by generous donations from Dr. Thomas Anders, Mr. Henry Arantes, Dr. Nathaniel Bowling, Dr. Camille Brown, Ms. Amy Carskadon, Dr. Ronald Green, Dr. Diana Grigsby-Toussaint, Dr. John Harsh, Dr. Chantelle Hart, Dr. Brant Hasler, Ms. Lous Hely, Mr. Thomas Kazlauskys, Dr. Elizabeth Klerman, Ms. Lynne Lamberg, Dr. Lisa Meltzer, Dr. Marie-Rachelle Narcisse, Dr. Tracy Rupp, Dr. Kristen Stone, Ms. Julie Thurman, Dr. Jennifer Tudor, Dr. Fred Turek, Mr. Gregory Vermette, Ms. Erica Wager, Dr. Jennifer Wolff, Dr. Amy Wolfson, and Dr. Elizabeth Yoder. This work was also supported by the E.P. Bradley Hospital COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health funded by the NIGMS grant number P20GM139743. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.