



The 7th Annual Sleep and Circadian Science Research Day

9:00am - 9:55 am
Ballroom A

Registration & Continental Breakfast

9:55 - 10:00am
Ballroom B

Welcoming Remarks

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

10:00am - 11:20am
Ballroom B

Morning Symposium : NON-IMAGE FORMING EFFECTS OF LIGHT ON HEALTH

Chair: **Kathryn Roecklein, PhD**
Associate Professor of Psychology

Panelists: **Matthew Rosengart, MD, MPH**
Watson Family Chair in Surgery
Light and Critical Illness

Delainey L. Wescott, MS
Graduate Fellow, Clinical Psychology and Biological and Health
Psychology
Melanopsin driven pupil responses in sleep and circadian rhythms

Isabella Soreca, MD
Staff Physician and Investigator, VA Pittsburgh Healthcare System
Can bright light therapy aid with symptoms associated with Obstructive
Sleep Apnea?

Discussant: **Samer Hattar, PhD**
Chief, Section on Light and Circadian Rhythms (SLCR)
National Institute of Mental Health

11:20am - 11:40am
Ballroom Lobby

Coffee & Tea Break

11:40am - 12:40pm
Ballroom B

David J. Kupfer Keynote Lecture

Keynote **Samer Hattar, PhD**
Lecturer: Chief, Section on Light and Circadian Rhythms (SLCR)
National Institute of Mental Health
Retinal and brain circuits underlying the effects of light on behavior

12:40pm - 1:40pm
Ballroom A

Lunch / Exhibitor Session

1:40pm - 3:00pm
Ballroom B

Afternoon Symposium: SLEEP AND DIVERSITY, EQUITY, AND INCLUSION

Chair: **Faith Luyster, PhD**
Assistant Professor of Nursing

Panelists: **Dana L. Rofey, PhD**
Associate Professor of Psychiatry, Pediatrics, Psychology and
Clinical and Translational Science
Sleep in transgender and gender diverse youth and adults

Jonna Morris, PhD
Assistant Professor of Nursing
Women with OSA: Symptom Subtype Transitions & Exploring Psychosocial
Barriers to CPAP adherence

Amanda Tapia, PhD
Postdoctoral Associate, Department of Psychiatry
Effect of daily discrimination on sleep health features in young adults

Discussant: **Sarah Pedersen, PhD**
Associate Professor of Psychiatry and Psychology

3:00pm - 3:20pm
Ballroom Lobby

Coffee & Tea Break

3:20pm - 4:00pm
Ballroom B

Data Blitz

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

4:00pm - 5:30pm
Ballroom A

Networking Cocktail Reception & Poster Session

5:30pm - 5:45pm
Ballroom A

Awards & Closing Remarks

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