

# Spring SWIM Workshop 2023

## April 11-14, 2023

### Program (*tentative*)

#### Pre-recorded video lectures

TOPIC	SPEAKER
<b><i>Sleep Basics</i></b> (Core)	
How we sleep: Cells to circuits to physiology	Daniel J. Buysse, MD
How do we measure and manipulate sleep in humans and animals?	Peter Franzen, PhD
	Yanhua Huang, PhD
<b><i>Circadian Basics</i></b> (Core)	
How circadian rhythms work: Genes to physiology	Colleen McClung, PhD
How do we measure and manipulate circadian rhythms in humans and animals?	Brant Hasler, PhD
<b><i>Sleep and Circadian Rhythms in Relation to Health</i></b>	
Multidimensional indices of sleep	Meredith Wallace, PhD
Individual and social determinants of sleep & circadian health	Martica Hall, PhD
	Marquis Hawkins, PhD
Impact of sleep & circadian disturbances on physical health	Sanjay Patel, MD
Impact of sleep & circadian disturbances on mental health and substance use	Adriane Soehner, PhD
Impact of sleep & circadian disturbances on cognitive function	Kristine Wilckens, PhD
<b><i>Sleep Disorders</i></b>	
Introduction to sleep disorders	Charles Atwood, MD
	Patrick J. Strollo, MD

**Tuesday April 11, 2023**

**Arrival Day**

#### **Travel to Pittsburgh**

*A block of rooms has been reserved at:*

**Wyndham Pittsburgh University Center**

100 Lytton Avenue,  
Pittsburgh, PA 15213  
412-682-6200

On own for dinner

Wednesday, April 12, 2023		O'Hara Ballroom	Faculty Leaders/Presenters
7:15 - 8:00	Breakfast		SWIM faculty invited
8:00 - 8:15	Welcome		Martica Hall, PhD Daniel Buysse, MD
8:15 - 10:00	Introductions and Peer Networking Session		Martica Hall, PhD Daniel Buysse, MD
10:00 - 11:15	SYMPOSIUM & DISCUSSION: Fostering Diversity and Inclusivity in Sleep and Circadian Science		Marquis Hawkins, PhD
11:15 - 11:30	Break		
11:30 - 1:00	Lunch and Sleep and Circadian Science Discussion: Sessions A & B		Daniel Buysse, MD Peter Franzen, PhD Yanhua Huang, PhD Colleen McClung, PhD Brant Hasler, PhD
1:00 - 1:15	Break		
1:15 - 3:15	HANDS ON: Using actigraphy to measure sleep and rhythms		Christopher Kline, PhD Martica Hall, PhD Adriane Soehner, PhD
3:15 - 3:45	Travel: <b>TBA Do1 location</b> to Bridgeside		
3:45 - 5:15	PEEKING BEHIND THE CURTAIN: Bridgeside Laboratory Tour and Research Demo		Colleen McClung, PhD and Colleagues
5:15 - 5:30	Walk to Hotel Indigo		
5:30 - 6:30	Happy Hour: Hotel Indigo		
6:30-8:30	Trainee Dinner		

Thursday, April 13, 2023		O'Hara Ballroom	Faculty Leaders/Presenters
7:15 - 8:00	Breakfast		SWIM Faculty
8:00 - 8:30	Group Photo		Trainees and faculty
8:30 - 9:45	Symposium & Discussion: How to Write Clear, Concise and Compelling Specific Aims		Daniel Buysse, MD Sanjay Patel, MD
9:45 - 10:00	Break		
10:00 - 12:00	FEEDBACK: Research and Concept Review		SWIM Faculty
12:00 - 1:30	Lunch and Sleep and Circadian Science Discussion: Sessions C & D		Sanjay Patel, MD Adriane Soehner, PhD Kristine Wilckens, PhD Charles Atwood, MD Patrick J. Strollo, MD
1:30 - 1:45	Break		

<b>Thursday, April 13, 2023 (cont'd) O'Hara Ballroom</b>		<b>Faculty Leaders/Presenters</b>
1:45 - 2:00	Introduce Fears and Challenges Exercise	Martica Hall, PhD Daniel Buysse, MD
2:00 - 3:30	How To: Creating Multidimensional Indices of Sleep Health	Martica Hall, PhD Meredith Wallace, PhD Stephen Smagula, PhD
3:30 - 4:00	Travel & Security: BST to WPIC	
4:00 - 6:00	PEEKING BEHIND THE CURTAIN: Sleep and Behavioral Neuroscience Laboratory Tour and Research Demo	Peter Franzen, PhD SBNC Staff Martica Hall, PhD Daniel Buysse, MD
6:30-8:30	Trainee Dinner on Own	

<b>Friday, April 14, 2023</b>		<b>Pitt Student Union</b>	<b>Faculty Leaders/Presenters</b>
7:15 - 8:00	Breakfast		SWIM Faculty
8:00 - 9:30	FEAR AND CHALLENGES: Discussion and Feedback		SWIM Faculty
9:30 - 10:00	Sleep and Circadian Science Discussion: Session E		Meredith Wallace, PhD Martica Hall, PhD Marquis Hawkins, PhD
10:00 - 10:15	Break		
10:15 - 11:45	My Big Sleep Dream:		TBD
11:45 - 1:15	Lunch and Farewells		