

2nd Annual

Sleep Symposium for Clinicians & Researchers

Friday, March 15, 2019

8:00am to 4:15pm

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- 8:00am *Registration & Breakfast* * 7.0 ACCME Credits
* Webinar Conferencing available
- 8:25am Introduction & Welcome
Marie-Pierre St-Onge PhD, FAHA, *Associate Professor of Nutritional Medicine, Columbia*
- 8:30am Brain Health: Current Concepts & Epidemiology
Mitchell S. V. Elkind MD, MS, *Professor of Neurology & Epidemiology, Columbia*
- 9:15am Sleep & Epilepsy: Exploring Common Neural Circuits
Yueqing Peng PhD, *Assistant Professor, Pathology & Cell Biology, Columbia*
- 10:00am *Break*
- 10:15am Self-Reported Sleep Problems & the Aging Brain
Angeliki Tsapanou PhD, *Postdoctoral Research Scientist, Cognitive Neuroscience, Columbia*
- 11:00am Sleep, Light Exposure & Cognitive Function in Young Adults
Molly Zimmerman PhD, *Associate Professor of Psychology, Fordham*
- 11:45pm Lunch, Roundtable Discussions
- 1:00pm Relationship of Obstructive Sleep Apnea to Sleepiness, Memory & Alzheimer's Disease Biomarkers
Indu Ayappa PhD, *Associate Professor of Medicine, Icahn School of Medicine, Mount Sinai*
- 1:45pm New Treatment Options for Sleepiness
Andrew J Westwood MD, FRCP (Edin), *Assistant Professor of Neurology, Columbia*
- 2:30pm *Break*
- 2:45pm Sleep & Depression: An Emphasis on Health Disparities
Azizi Seixas PhD, *Research Scientist, Psychiatry, NYU Langone Health*
- 3:30pm Interplay of Sleep & Cardiometabolic Factors on Cognitive Impairment & Mortality
Julio Fernandez-Mendoza PhD, *Associate Professor of Psychiatry, Penn State Hershey*
- 4:15pm *Adjourn*