

Sleep 101 Symposium

September 9, 2020
10am - 12pm ET

Videocast: videocast.nih.gov

The Sleep 101 Symposium highlights recent advances in sleep and circadian science and research.



Sleep Neuroscience and Dementia



Sigrid Veasey, MD

University of Pennsylvania

Dr. Veasey's research has identified key molecular pathways behind neural injury in sleep apnea, an understanding of which could help prevent or minimize this type of neural injury, which affects alertness. Her work provides strong evidence that sleep disorders necessitate early diagnosis and treatment.

Psychiatry and Sleep



Ruth Benca, MD, PhD

University of California, Irvine

Dr. Benca's research focuses on the interface between sleep and psychiatric disorders and she has served as principal investigator for a number of basic and clinical research studies, funded by agencies including the National Institutes of Health and the Department of Defense. Her work has spanned basic research studies in animal models to clinical research studies and clinical trials in humans.

Big Data and Sleep



Azizi Seixas, PhD

NYU Langone Health

Dr. Seixas' research broadly focuses on three areas: 1) multilevel determinants of sleep, brain and mental health, aging, and cardiovascular disease disparities, 2) long-term health consequences of cardiovascular disease (CVD) and mental health disparities, and 3) developing adaptive, group-tailored, and personalized behavior modification interventions, with the use of machine learning analytical tools and translational artificial intelligence, to improve health and well-being.

Live Q&A with the Speakers Moderated by: Michael Twery, PhD; National Center on Sleep Disorders Research

2020 Sleep 101 Symposium is a joint effort of the NHLBI National Center on Sleep Disorders Research, trans-NIH Sleep Research Coordinating Committee, American Academy of Sleep Medicine, and Sleep Research Society