

Advances in Sleep and Circadian Science

February 17-20, 2023 | Clearwater Beach, Florida

Friday, February 17, 2023

3:00 - 6:00 PM Check-in/Arrival

6:00 - 8:00 PM Welcome Reception

8:00 - 9:00 PM Data Blitz

Saturday, February 18, 2023

8:00 - 9:00 AM Breakfast

9:00 - 10:30 AM **Session 1** The Interplay of Sleep, Circadian Rhythms, and TRF with the Gut Microbiome
Lara Dugas, PhD | David Gozal, MD, MBA | Kenneth P. Wright, Jr., PhD

10:30 - 10:45 AM Break

10:45 AM - 12:15 PM **Session 2** Sleep, Exercise, and the Clock
Karyn Esser, PhD | Juleen Zierath, PhD | Neil P. Walsh, PhD

12:30 PM Lunch

12:30 - 1:30 PM Trainee Activity

1:30 - 3:00 PM Free Time

3:00 - 4:30 PM **Session 3** Sleep, Rhythms, and Neuropsychiatric Disorders
Shinjae Chung, PhD | Dara Manoach, PhD | Jason Rihel, PhD

4:45 - 6:30 PM Poster Session

6:30 PM Dinner

7:30 - 8:30 PM **Plenary Session 1** Plenary Session: Where Are We Going?
Emmanuel Mignot, MD, PhD | Satchin Panda, PhD | Phyllis C. Zee, MD, PhD

Sunday, February 19, 2023

8:00 - 9:00 AM Breakfast

9:00 - 10:30 AM **Session 4** Sleep and Circadian Regulation of Sensory Processing
Giorgio F. Gilestro, PhD | Anita Luthi, PhD | Ken Paller, PhD

10:30 - 10:45 AM Break

10:45 AM - 12:15 PM **Session 5** Sleep, Rhythms, and the Impact of Sex
Monika Haack, PhD | Jessica A. Mong, PhD | Katie Stone, PhD, MA

12:30 PM Lunch

12:30 - 1:30 PM Trainee Activity

1:30 - 3:00 PM Free Time

3:00 - 4:30 PM **Session 6** Interplay Between the Immune System, Sleep, and Clocks
John Axelsson, PhD | Jeff Haspel, MD, PhD | Janet M. Mullington, PhD

4:45 - 6:30 PM Poster Session

6:30 PM Dinner

7:30 - 8:30 PM **Plenary Session 2** Plenary Session: Sleep Duration vs. Regularity, How Much Do We Need?
Elizabeth Klerman, MD, PhD | Paul J. Shaw, PhD | Ying-hui Fu, PhD

Monday, February 20, 2023

8:00 - 9:00 AM Breakfast

9:00 - 10:30 AM **Session 7** Quantitating Sleep and Circadian Rhythms in the 21st Century
Rosemary I. Braun, PhD, MPH | Philippe Murrain, PhD | Meredith Wallace, PhD

10:30 - 10:45 AM Break

10:45 AM - 12:15 PM **Session 8** Sleep and Autonomic Function Around the Clock
Roberto Amici, PhD | Daniela Grimaldi, MD, PhD | Frank A.J.L. Scheer, PhD

12:30 PM Lunch & Award Ceremony

1:30 - 2:30 PM **Plenary 3** Plenary Session: Integrating Sleep and Circadian (Food for Thought)
Derk-Jan Dijk, PhD | Amita Seghal, PhD