

 Sleep Research Society

P R E S E N T S



ADVANCES IN
Sleep & Circadian
SCIENCE

February 17 – 20, 2023

Clearwater Beach, Florida | Sheraton Sand Key Resort

2023
PRELIMINARY PROGRAM



SCHEDULE AT A GLANCE

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

Stephanie J. Crowley, 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
Amrita Sehgal, PhD

Join the Sleep Research Society for Advances in Sleep and Circadian Science being held at the Sheraton Sand Key Resort in Clearwater Beach, Florida from February 17-20, 2023. This single-track conference will include sessions which contain extensive cutting-edge research discussions that bridges sleep and circadian science. This event will provide abundant networking opportunities from trainees to established researchers. This is an event you won't want to miss!

Register Today

Trainee Travel Awards

Trainees (undergraduate or graduate students, postdoctoral fellows, and medical residents) who submit a first-author abstract for poster presentation at the meeting will be eligible to apply for a travel award. Conferral of awards will be based on blind review of abstracts. Indicate interest on Poster Abstract submission form.

Poster Presentations

Call for Poster Abstracts is now open and all interested parties are encouraged to submit abstracts describing their research of interest for a poster presentation at the ASCS 2023 Poster Session by October 30, 2022. Trainees and Young Investigators may also opt to have their abstract considered for an oral presentation. For full submission details, view the [ASCS event page](#).

Venue

The Sheraton Sandkey Resort is offering a special group rate for conference attendees of \$209 per night. You can book your room [here](#).

For any questions regarding the resort or your reservation call: (727) 595-1611

- 1160 Gulf Boulevard, Clearwater Beach, United States
- Hotel Check In Time: 4:00PM
- Hotel Check Out Time: 11:00AM

Nearby Airport Information

- **St. Pete-Clearwater International Airport:** Approximately 13 miles away from Sheraton Sand Key Resort
- **Tampa Airport:** Approximately 22 miles away from Sheraton Sand Key Resort

Airports typically have a line of taxis readily available for your convenience. The most economical transportation will most likely be a rideshare app, such as Uber or Lyft.

Activities

Extending your stay in Clearwater Beach? Clearwater Beach offers something for everybody; bountiful activities on land and in the water, the famous Clearwater Marine Aquarium, historic buildings, arts and museums, special events, and much more are waiting to be explored! Check out some fun things to do in the area [here!](#)

Registration Pricing

Early-bird registration is available until until December 21st, 2022. After December 21st, the regular rate will be in effect. Tickets will be available for purchase online until February 10, 2023. **Please note that registration includes three daily meals (February 18-19), two meals February 20, and all scientific sessions.**

	On or Before 12/21/22	After 12/21/22
SRS Member	\$750	\$900
Nonmember	\$950	\$1,100

Confirmation and Registration Disclaimer

Registration is limited so be sure to register early. A confirmation email will be sent to your provided email containing the details of your ticket purchase. The SRS will not be held liable if an individual purchases an airline ticket before receiving confirmation of registration for this event.

Cancellation Policy

You must contact the SRS no later than February 3, 2023, to cancel your registration for the Advances in Sleep and Circadian Science meeting without penalty. For cancellations made after February 3, 2023, your registration fee will be refunded less a \$50 cancellation fee.

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