



**WILLIAM C. DEMENT**

**SLEEP AND CHRONOBIOLOGY BEHAVIORAL  
SCIENCE RESEARCH APPRENTICESHIP**

**BRADLEY HOSPITAL COBRE CENTER FOR  
SLEEP AND CIRCADIAN RHYTHMS IN CHILD  
AND ADOLESCENT MENTAL HEALTH**



**Retreat Colloquium**

**Brown University  
Providence, RI**


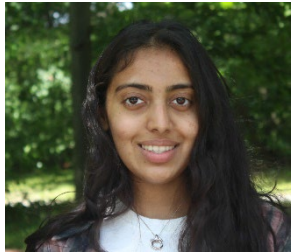


**17-19 August 2022**



## Summer Sleep & Circadian Rhythms Retreat, 2022

<b>Weds</b>	<b>Event</b>		<b>Topic</b>
1800	<b>Picnic</b>	Location: Bradley Hospital Sleep Research Lab	Food & Fun
<b>Thurs</b>	<b>Event</b>	<b>Speaker</b>	<b>Topic</b>
0815	<b>Breakfast</b>	All	
0845		Mary A. Carskadon, PhD, Director	Welcome & introductions
0900		Justin Parent, PhD, Pilot Project Leader	Peripubertal sleep disturbance and early- onset psychopathology: The role of epigenetic mechanisms
0920		Selby Conrad, PhD, Pilot Project Leader	Sleep, drug use and mental health: Exploration of bi-directional relationships in first-time juvenile offenders
0940		Anastacia Kudinova, PhD, Pilot Project Leader	The interplay of nighttime rumination, social media use, and sleep and circadian timing: Examining associations with suicidal ideation in youth

## Summer Sleep & Circadian Rhythms Retreat, 2022

1000	<b>Morning Tea &amp; Poster Viewing</b>	All	
1000	<b>Morning Tea concurrent</b>	EAC, Core Directors, Pilot Project Leaders, & Mentors	Pilot project review meeting
1030		Pooja Kalyan, Dement Fellow	The power of knowledge: Potential of sleep education programs in preschool through college students
1045		Smiti Jalaj Dani, Dement Fellow	Impact of rising ambient temperature on sleep
1100		Molly E. Zimmerman, PhD, Visiting Investigator	Sleep, light, and cognition
1200	<b>Lunch &amp; Poster Viewing</b>		
1315		Giulia Righi, PhD, Research Project Leader	Sleep and fear extinction learning among adolescents with anxiety or OCD



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1345		Chloe Rosenkranz, Dement Fellow	Obsessive Compulsive Disorder and sleep: Patterns of the disorder and pathways to diagnosis
1400		Ruth Belay, Dement Fellow	What is the most effective treatment for insomnia after a traumatic brain injury (TBI)?
1415	Afternoon Tea & Poster Viewing	All	
1445		Catherine Darley, ND, Visiting Investigator	The Road Less Traveled
1600		Small Groups	Career Discussions
1730	Hors d'oeuvres	All	
1800	Dinner	All	
~1930	Sleep Bowl	DF Trivia Competition	

## Summer Sleep & Circadian Rhythms Retreat, 2022

Fri	Event	Speaker	Topic
0830	Breakfast	All	
0900		Pediatric Biopsychology Research Core Director, Jennifer Wolff, PhD	Progress report
0925		Sleep & Circadian Methods Research Core Director, David Barker, PhD	Progress report
0950		Administrative Core Director, Mary A. Carskadon, PhD	Progress report
1015	Morning Tea	All	
1045		Angelina M. Allia, Dement Fellow	A glance at incorporating the bedpartner into CBT-I
1100		Jared Chung, Dement Fellow	Sleep as a behavioral assay in a <i>Drosophila melanogaster</i> model of Parkinson's Disease

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1115		Andrey Arshava, Dement Fellow	Sleep-dependent surgical dexterity
1130		Mary A. Carskadon, PhD, Director	Awards and Thanks
1145	<b>Lunch</b>	All	
1200	<b>Lunch concurrent</b>	EAC & ELT	COBRE Center Feedback Meeting
1300	<b>Adjourn</b>		

# Summer Sleep & Circadian Rhythms Retreat, 2022

## Visiting Investigator Presentations

**Catherine Darley, ND**

**Naturopathic Physician, Founder of the Institute of Naturopathic Sleep Medicine, Seattle, WA**

### **The Road Less Traveled**

The career opportunities in sleep and circadian science and medicine are vast. Along with conventional paths, sleep specialists can become integrative medicine practitioners, sleep advocates, innovators, educators, or enter whichever endeavor draws them. You name it, the field is wide open. Dr. Darley is the first naturopathic physician to specialize exclusively in sleep medicine. This has led to an interesting career with a wide range of work, including advocacy for Start School Later in Seattle. This session will highlight multiple career options outside of conventional paths, and ways to investigate your options. How would you like to engage?

**Molly E. Zimmerman, PhD**

**Associate Professor, Department of Psychology, Fordham University, Bronx, NY**

### **Sleep, Light, and Cognition**

Sleep is a critical aspect of human health that has far-reaching effects on both physical and psychological functioning. Cognitive functioning, which underlies nearly every aspect of our daily activities and is critical for optimal function, is an important example of a health outcome affected by sleep. Sleep, in turn, is strongly and reliably regulated by light exposure from both natural and artificial sources. This presentation will examine the interplay between sleep, light, and cognition with a particular emphasis on the well-being of young adults.

# Summer Sleep & Circadian Rhythms Retreat, 2022

## Bradley Sleep Lab Research Apprenticeship Faculty, Trainees, & Staff

### APPRENTICESHIP FACULTY

Alpert Medical School of Brown University,  
Department of Psychiatry and Human  
Behavior

Mary A. Carskadon, PhD, Director

David Barker, PhD

Jared Saletin, PhD

Darlynn Rojo-Wissar, PhD, STAR T32

Postdoctoral Fellow, Alpert Medical School of  
Brown University

Patricia Wong, PhD, Child Mental Health T32,

Postdoctoral Fellow, Alpert Medical School of  
Brown University

### DEMENT FELLOW GUEST MENTORS

Meredith Coles, PhD, Binghamton University

Spencer Dawson, PhD, Indiana University

Rachel Herz, PhD, Brown University

Gina Mason, PhD, University of Massachusetts -  
Amherst

Kelton Minor, PhD, Candidate, University of  
Copenhagen

Paul Shaw, PhD, Washington University – St. Louis

### SLEEP LAB RESEARCH STAFF, E.P. BRADLEY HOSPITAL

Caroline Gredvig-Ardito, Data Manager & IRB  
Coordinator

Catherine Butler, Research Assistant

Daphne Boudreau, Supervising Tech

Taylor Christiansen, Sleep and Learn, Research  
Assistant

Cosette Coston, Supervising Tech

Victoria Dionisos, Sleep and Learn, Research  
Assistant

Alexandros Markowitz, Research Assistant

Rebecca Rosenzweig, Supervising Tech

Emma Tracy, Supervising Tech

### RESEARCH COLLABORATORS

#### NSF STTR, Phase I

Eliza Van Reen, PhD, CPS, Inc., Newport, RI

#### NHLBI (1) Disparities & (2) Sleep Interruption

Daphne Koinis Mitchell, PhD, Alpert Medical  
School of Brown University

#### NIAAA

John E. McGeary, PhD, Brown University

### SLEEP LAB TRAINEES, E.P. BRADLEY HOSPITAL

Gina Mason, PhD, Sleep and Learn, Postdoctoral  
Fellow, UMASS Amherst

Katie McCullar, Graduate Student, Neuroscience,  
Brown University, Supervising Tech

### ACKNOWLEDGEMENTS

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# Summer Sleep & Circadian Rhythms Retreat, 2022

## E.P. Bradley Hospital COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health Faculty, Staff, & Colleagues

### CENTER EXECUTIVE LEADERSHIP TEAM

Mary A. Carskadon, PhD, Director

Jennifer Freeman, PhD, Deputy Director

Jennifer Wolff, PhD, Pediatric Biopsychology Research Core (PBRC) Director

John E. McGeary, PhD, Pediatric Biopsychology Research Core Deputy Director

David Barker, PhD, Sleep and Circadian Methods Research Core (SCMRC) Director

Kristen Grabill Benito, PhD, Mentor

Christopher Houck, PhD, Mentor

Jared M. Saletin, PhD, Mentor

Cristal L. Medeiros, Center Administrative Manager

### CENTER PROJECT LEADERS

Giulia Righi, PhD, Research Project Leader

Petya Radoeva, PhD, *Prospective* Research Project Leader

Selby Conrad, PhD, *Prospective* Pilot Project Leader

Anastacia Kudinova, PhD, *Prospective* Pilot Project Leader

Justin Parent, PhD, *Prospective* Pilot Project Leader

### CENTER EXTERNAL ADVISORY COMMITTEE

Candice A. Alfano, PhD, University of Houston, EAC Chair

Ruth M. Benca, MD, PhD, Wake Forest, EAC Member

Girardin Jean-Louis, PhD, University of Miami, EAC Member

Lisa J. Meltzer, PhD, National Jewish Health, University of Colorado, EAC Member

### CENTER LOCAL GUIDANCE GROUP

Thomas F. Anders, MD (Emeritus)

Henry Sachs, MD (Ex officio, President, Bradley Hospital)

Larry Brown, MD (Director Child and Family Psychiatry)

Daphne Koinis-Mitchell, PhD (Hasbro Child Psychology)

Diane Lipscombe, PhD (Director, Carney Institute for Brain Science)

Sharon Rounds, PhD (Director, Advance CTR)

Katherine M. Sharkey, MD (Associate Dean for Gender Equity, Brown University)

Anthony Spirito, PhD (Professor of Psychiatry, Brown University)

### CENTER STAFF & COLLEAGUES

Elizabeth McQuaid, PhD, Ombudsperson

Christopher Breault, PBRC Consultant

Ella Diab, PBRC Research Assistant

Stephanie Goldstein, PhD, PBRC Consultant

Patricia Goodhines, PhD, Admin Core Consultant

Judy Kimberly, PhD, Admin Core Evaluation Consultant

Dana L. McMakin, PhD, Co-Mentor for RPL Righi

Alexandros Markowitz, SCMRC Research Assistant

Michaela Maron, PBRC Research Assistant

## 2022 WILLIAM C. DEMENT FELLOWS

### **Angelina M. Allia**

2021 Graduate of Macaulay Honors College, B.S. Psychology, City University of New York,

### **Andrey Arshava**

Rising Junior at Brown University concentrating in Neuroscience

### **Ruth Belay**

Rising Junior at Brown University concentrating in Neuroscience

### **Jared Chung**

Rising Junior at Brown University concentrating in Neuroscience

### **Pooja Kalyan**

Rising sophomore at Brown University concentrating in Neuroscience

### **Chloe Rosenkranz**

Rising senior at Brown University concentrating in Psychology

### **Smiti Jalaj Dani**

Rising senior at Brown University concentrating in Neuroscience

