



WILLIAM C. DEMENT
SLEEP AND CHRONOBIOLOGY
BEHAVIORAL SCIENCE RESEARCH

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

Retreat Colloquium
Brown University
Providence, RI

17-19 August 2025


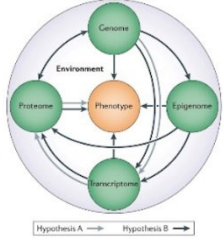


Summer Sleep & Circadian Rhythms Retreat, 2025

Sunday	Event		Topic
1730	Welcome Dinner	<u>Location</u> Center Place Patio 50 Park Row West Providence, RI	Food & Fun
Monday	Event	Speaker	Topic
0800	Breakfast Buffet & Poster Viewing	All	Room 107 (Foyer) Smith Buonanno Hall 95 Cushing St., Providence
0845		Mary A. Carskadon, PhD, Director	Welcome & Introductions All Talks in Smith Buonanno 106
0900		Gina Mason, PhD, Guest Speaker	From Sleepy Sibling to Sleep(y) Postdoc: One Scholar's Journey toward a Career in Developmental Sleep Science
1000		Gretchen Morris, Dement Fellow	The Influence of Sleep on Depression and Anxiety During the Perinatal Period
1015		Kira French, Dement Fellow	Advancing Sleep Technology for Menopausal Vasomotor Symptoms

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1030		Alexandra (Xia) Tuttle, Dement Fellow	Sleep Health Risks in Transgender Individuals
1045	Morning Tea & Poster Viewing	All	Smith Buonanno 107 (Foyer)
1100		Anastacia Kudinova, PhD, Research Project Leader	Sleep and Circadian Timing and Suicidal Thoughts and Behavior in Youth: The Role of Self- Referential Processing and Its Neural Correlates
1120		Marie-Rachelle Narcisse, PhD, Research Project Leader	Sleep and Circadian Rhythm Phenotypes in Adolescent Depression: Exploring the Role of the Oral Microbiome
1140		Giulia Righi, PhD, Research Project Leader	Sleep and Fear Extinction Learning among Adolescents with Anxiety or OCD
1200	Lunch & Poster Viewing	ALL	Smith Buonanno 107 (Foyer)
1320		David H. Barker, PhD, SCMRC Co-Deputy Director	Mental Health Assessment and Technology Research Core [Pediatric Biopsychology Research Core]

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1340		<p>Jared M. Saletin, PhD, Sleep and Circadian Methods Research Core Director</p>	<p>Sleep and Circadian Methods Research Core</p>
1400		<p>John McGeary, PhD, Pediatric Biopsychology Research Core Deputy Director & Director of the Biospecimen Laboratory</p>	<p>Biomarker Research Core</p>
1420		<p>Christopher D. Houck, PhD, Pilot Project Program Director</p>	<p>Pilot Project Program</p>
1440	<p>Afternoon Tea & Poster Viewing</p>	<p>All</p>	<p>Smith Buonanno 107 (Foyer)</p>
1445		<p>Michelle Thompson, PhD, Guest Speaker</p>	<p>Community-Engaged Exploratory Studies and Tailored Interventions to Examine Sleep Health Disparities in Underserved Communities</p>
1545	<p>Small Group Career Discussions</p>	<p>Dement Fellows & Research Assistants with Visiting Investigators, Center Researchers, and Colleagues</p>	<p>Various Locations</p>
1740	<p>Dinner followed by Games</p>	<p>All</p>	<p>Pembroke Green <i>Rain: Smith Buonanno Rm 107 (Foyer)</i></p>

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Tuesday	Event	Speaker	Topic
0830	Breakfast & Poster Viewing	All	Room 107 (Foyer) Smith Buonanno Hall 95 Cushing St., Providence
0900		Katherine M. Sharkey, MD, PhD, Supplement Leader	The Dream Team: Testing Implementation of a Sleep Intervention for Perinatal Women Delivered by Direct Care Workers
0920		Elizabeth Thompson, PhD, Pilot Project Leader	Psychosis, Sleep, and Stress in Adolescents: An Actigraphy and Daily Diary Study
0940		Sarah A. Thomas, PhD, Pilot Project Leader	Sleep, Depression, and Cannabis: An Investigation of Sleep Health Domains and Depression Preceding Adolescent Cannabis Onset in the Adolescent Brain Cognitive Development Study
1000		Frances Moriniere, Dement Fellow	The Impact of Binge Eating Disorder on Sleep and the Gut Microbiome
1015		Kelly McCormick, Dement Fellow	Sensory Responsivity and Sleep Disruption in Autism Spectrum Disorders

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1030		Aysheh Abuarqub, Dement Fellow	Race as a Risk Factor in Trauma Related Dreaming
1045	Morning Tea & Poster Viewing <i>(Last chance to view!)</i>	All	Smith Buonanno 107 (Foyer)
1100		Catherine Dement Roos, Guest of Honor	The Career of Sleep Pioneer William C. Dement
1145		Alexander Callahan, Dement Fellow	Non-Pharmacological Interventions for Patients with Cancer-Related Insomnia
1200		Lauren Rocheford, Dement Fellow	Benefits of Circadian Synchronization to Improve Cellular and Physiological Function in Type II Diabetics
1215		Mary A. Carskadon, PhD, Director	Conclusion & Thanks
1215	Box Lunch To Go	ALL	Smith Buonanno 107 (Foyer)
	EAC Meeting	EAC Committee Members	
		Adjourn	

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Visiting Investigator Presentations

Gina Mason, PhD

Postdoctoral Researcher, E.P. Bradley Hospital Sleep Research Laboratory, Warren Alpert Medical School, Brown University

From Sleepy Sibling to Sleep(y) Postdoc: One Scholar's Journey toward a Career in Developmental Sleep Science

In this talk, I will describe my journey toward studying sleep and child development, including the personal events and professional opportunities that helped me get to where I am today. I will also present research from my early postdoctoral work that paralleled my journey, including two studies addressing: (1) how daytime naps help infant learning, and (2) how different social sleeping arrangements in early childhood (i.e., bedsharing) relate to child sleep. Finally, I will end by highlighting my current research trajectory and reflecting on the future of my (and our) science.

Michelle Thompson, PhD

Assistant Professor, College of Health, Department of Community and Global Health, Lehigh University, Bethlehem, PA

Community-Engaged Exploratory Studies and Tailored Interventions to Examine Sleep Health Disparities in Underserved Communities

In this presentation, Dr. Thompson positions poor sleep as a public health issue and a social determinant of health and health disparities – influenced by factors from the individual to societal levels. Data from community-engaged exploratory studies that investigated contributors to sleep disparities in Black and Hispanic populations will be presented. Findings revealed that factors such as perceived discrimination, diet quality, and physical activity are significantly associated with insomnia severity. Additionally, results from a pilot study providing Cognitive Behavioral Therapy for Insomnia will be presented; findings revealed significant reductions in insomnia severity among Black individuals with insomnia complaints.

Catherine Dement Roos

The career of sleep pioneer William C. Dement

This talk will include personal stories of how Dr. Dement's vision, passion, and unique personality shaped the fields of sleep research and sleep medicine. By offering a daughter's perspective on highlights of his career, I hope to inspire the next generation of sleep researchers to build on his legacy.

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E.P. Bradley Hospital Sleep Research Lab
Apprenticeship Faculty, Trainees, & Staff

APPRENTICESHIP FACULTY

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

Mary A. Carskadon, PhD, Director

Jared M. Saletin, PhD

David H. Barker, PhD

Rachel S. Herz, PhD

Gina Mason, PhD

John McGeary, PhD

Marie-Rachelle Narcisse, PhD

DEMENT FELLOW GUEST MENTORS

Anthony N. Reffi, PhD, Henry Ford Medical Center

Valerie M. Crabtree, PhD, St. Jude Children's
Research Hospital

Fiona C. Baker, PhD, SRI International

Rachel Herz, PhD, Brown University

Marie-Rachelle Narcisse, PhD, Brown University

Ariana M. Albanese, PhD, Brown University

Karen L. Gamble, PhD, University of Alabama
Birmingham

Jessica C. Levinson, PhD, University of Pittsburgh

RESEARCH COLLABORATION

DOD MTEC

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

NHLBI Sleep Health Disparities

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

NIDA MOUD

John E. McGeary, PhD, Alpert Medical School of
Brown University

Josiah D. Rich, PhD, Alpert Medical School of
Brown University

SLEEP LAB TRAINEES, E.P.

BRADLEY HOSPITAL

Gina Mason, PhD, DPHB Postdoctoral Fellow,
Alpert Medical School of Brown University

Lindsay Stager, PhD, DPHB T32 Postdoctoral
Fellow in Cardiovascular Behavioral Medicine,
Alpert Medical School of Brown University

SLEEP LAB RESEARCH STAFF, E.P.

BRADLEY HOSPITAL

Caroline Gredvig-Ardito, Data Manager & IRB
Coordinator

Jayne Clark, Supervising Lead Sleep Technologist

Cosette R. Davila-Coston, Senior Supervising
Sleep Technologist

Orli Juarez, Super Tech

Grace Kupka, SCMRC Research Assistant

Chloe Lambert, Research Assistant

Claire Mayew Sherman, Research Assistant

Sophia Nicogossian, Super Tech

Aashritha Sadu, SCMRC Research Assistant

Luna Sato, Research Assistant

Katherine Skordinski, Supervising Sleep
Technologist

Shreya Varrier, Research Assistant

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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, Admin Core Deputy
Director
Jennifer Wolff, PhD, Pediatric Biopsychology
Research Core (PBRC) Director
John E. McGeary, PhD, PBRC Co-Deputy Director
Anastacia Y. Kudinova, PhD, PBRC Co-Deputy
Director, RPL
Jared M. Saletin, PhD, Sleep and Circadian
Methods Research Core (SCMRC) Director
David Barker, PhD, SCMRC Co-Deputy Director
Mary A. Carskadon, PhD, SCMRC Co-Deputy
Director
Christopher Houck, PhD, Mentor
Cristal L. Medeiros, Department Research
Administrator

CENTER PROJECT LEADERS

Giulia Righi, PhD, Research Project Leader
Anastacia Kudinova, PhD, Research Project
Leader
Marie-Rachelle Narcisse, PhD, Research Project
Leader
Selby Conrad, PhD, Pilot Project Grad
Justin Parent, PhD, Pilot Project Grad
Sarah A. Thomas, PhD, Pilot Project Leader
Elizabeth Thompson, PhD, Pilot Project Leader

CENTER EXTERNAL ADVISORY COMMITTEE

Candice A. Alfano, PhD, University of Houston,
EAC Chair
Ruth M. Benca, MD, PhD, Wake Forest
Girardin Jean-Louis, PhD, University of Miami
Lisa J. Meltzer, PhD, National Jewish Health,
University of Colorado

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
Elizabeth McQuaid, PhD, Ombudsman
Sharon Rounds, PhD, Director, Advance CTR
Katherine M. Sharkey, MD, PhD, Associate Dean
for Gender Equity, Alpert Medical School of
Brown University
Anthony Spirito, PhD, Professor of Psychiatry,
Alpert Medical School of Brown University

CENTER STAFF & COLLEAGUES

Kristen Benito, PhD, RPL Mentor
Shira Dunsiger, PhD, PBRC Co-I
Stephanie Goldstein, PhD, PBRC Consultant
Judy Kimberly, PhD, Admin Core Evaluation
Consultant
Dana L. McMakin, PhD, Co-Mentor for RPL Righi
Christopher Breault, PBRC Consultant
Sarah Cunningham, PBRC Research Assistant
Celia Roberto, Research Assistant

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2025 WILLIAM C. DEMENT FELLOWS

Aysheh Abuarqub

Rising Sophomore at Loyola Maryland concentrating in Psychology and Philosophy

Alexander Callahan

Rising Sophomore at Emory University concentrating in Biology

Kira French

Rising Junior at UMASS Amherst concentrating in Biomedical Engineering and Neuroscience

Kelly McCormick

Graduate, University of Rhode Island with a concentration in Biological Sciences

Frances Moriniere

Rising Junior at Brown University concentrating in Cognitive Neuroscience

Gretchen Morris

Graduate, Loyola Maryland with a concentration in Psychology

Lauren Rocheford

Rising Senior at Gustavus Adolphus College concentrating in Exercise Physiology

Xia Tuttle

Rising Junior at Hofstra University concentrating in Biology/Pre-med

ACKNOWLEDGEMENTS

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