

# 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	<b>Session 1</b>	The Interplay of Sleep, Circadian Rhythms, and TRF with the Gut Microbiome Lara Duqas, PhD   David Gozal, MD, MBA   Kenneth P. Wright, Jr., PhD
10:30 - 10:45 AM	Break	
10:45 AM - 12:15 PM	<b>Session 2</b>	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	<b>Session 3</b>	Sleep, Rhythms, and Neuropsychiatric Disorders Shiniae Chung, PhD   Dara Manoach, PhD   Jason Rihel, PhD
4:45 - 6:30 PM	Poster Session	
6:30 PM	Dinner	
7:30 - 8:30 PM	<b>Plenary Session 1</b>	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	<b>Session 4</b>	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	<b>Session 5</b>	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	<b>Session 6</b>	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	<b>Plenary Session 2</b>	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	<b>Session 7</b>	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	<b>Session 8</b>	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	<b>Plenary 3</b>	Plenary Session: Integrating Sleep and Circadian (Food for Thought) Derk-Jan Dijk, PhD   Amita Seghal, PhD