2nd Annual
Sleep Symposium for Clinicians & Researchers
Friday, March 15, 2019
8:00am to 4:15pm

8:00am  Registration & Breakfast
8:25am  Introduction & Welcome
         Marie-Pierre St-Onge PhD, FAHA, Associate Professor of Nutritional Medicine, Columbia
8:30am  Brain Health: Current Concepts & Epidemiology
         Mitchell S. V. Elkind MD, MS, Professor of Neurology & Epidemiology, Columbia
9:15am  Sleep & Epilepsy: Exploring Common Neural Circuits
         Yueqing Peng PhD, Assistant Professor, Pathology & Cell Biology, Columbia
10:00am Break
10:15am Self-Reported Sleep Problems & the Aging Brain
         Angeliki Tsapanou PhD, Postdoctoral Research Scientist, Cognitive Neuroscience, Columbia
11:00am Sleep, Light Exposure & Cognitive Function in Young Adults
         Molly Zimmerman PhD, Associate Professor of Psychology, Fordham
11:45am Lunch, Roundtable Discussions
1:00pm  Relationship of Obstructive Sleep Apnea to Sleepiness, Memory & Alzheimer’s Disease Biomarkers
         Indu Ayappa PhD, Associate Professor of Medicine, Icahn School of Medicine, Mount Sinai
1:45pm  New Treatment Options for Sleepiness
         Andrew J Westwood MD, FRCP (Edin), Assistant Professor of Neurology, Columbia
2:30pm  Break
2:45pm  Sleep & Depression: An Emphasis on Health Disparities
         Azizi Seixas PhD, Research Scientist, Psychiatry, NYU Langone Health
3:30pm  Interplay of Sleep & Cardiometabolic Factors on Cognitive Impairment & Mortality
         Julio Fernandez-Mendoza PhD, Associate Professor of Psychiatry, Penn State Hershey
4:15pm  Adjourn

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