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

11:45pm  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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