

## **Sample SLEEP 2010 Itinerary**

### **Sleep Research and Behavior Focus**

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#### ***Saturday, June 5, 2010***

8:00am – 5:00pm Postgraduate Course: A Practitioner's Guide to Behavioral Sleep Medicine Techniques

#### ***Sunday, June 6, 2010***

1:00pm – 3:00pm Choose from 3 Sessions

3:15pm – 5:15pm Scientific Oral Presentations: Memory Consolidation, Sleep Staging and Naps

6:00pm – 7:30pm *Welcome to San Antonio* Networking and Fundraising Reception

#### ***Monday, June 7, 2010***

8:00am – 10:15am Plenary Session and Keynote Address: Sleep and Circadian Rhythms – Closer Together Again

10:15am – 10:30am Refreshment Break in the Exhibit Hall

10:30am – 12:30pm Discussion Group: Sleep and Circadian Biology: New Opportunities and Resources for Molecular Research at the NIH

12:30pm – 1:30pm Lunch and Learn Session: Predicting Fatigue in the Real World: Ready for Prime Time?

1:45pm – 2:45pm Invited Lecturer Presentation: The Role of Sleep in Brain Function: Memory and Emotion

2:45pm – 3:00pm Refreshment Break in the Exhibit Hall

3:00pm – 5:00pm Scientific Oral Presentations: Sleeping to Remember

5:15pm – 8:00pm Sleep Research Society General Membership Meeting and 50<sup>th</sup> Anniversary Meeting Reception

#### ***Tuesday, June 8, 2010***

8:00am – 9:00am Plenary Session: Childhood Antecedents for the Chronic Health Conditions: The Role of Sleep Disorders

9:00am – 10:00am Scientific Oral Presentations: Instrumentation: Measuring Sleep Loss Outside the Lab

10:00am – 10:15am Refreshment Break in the Exhibit Hall

10:15am – 12:15pm Symposium: Research on Candidate Genes Involved in Responses to Sleep Deprivation in Healthy Adults: What are the Virtues and Vagaries?

12:30pm – 1:30pm Meet the Professor Session: Phenomena of Dreaming

1:30pm – 2:30pm Invited Lecturer Presentation: Sleep and Brain Plasticity: Past, Present and Future

2:30pm – 2:45pm Refreshment Break in the Exhibit Hall

2:45pm – 4:45pm Discussion Group: Sleep and Alertness: How to Improve Driving Safety

#### ***Wednesday, June 9, 2010***

8:00am – 9:00am Plenary Session: New Adventures in Sleep Quality

9:00am – 10:00am Scientific Oral Presentations: Sleep Architecture, Sleep Quality and Mood

10:00am – 10:15am Refreshment Break in the Exhibit Hall

10:15am – 12:15pm Discussion Group: Clinical Sleep Research Highlights and Future Directions of the NIH

12:30pm – 1:30pm Lunch and Learn Session: Sleep vs. Circadian Effects on Learning and Memory

1:30pm – 2:30pm Invited Lecturer Presentation: Brain Structure and Function in Sleep Pathophysiology

2:30pm – 2:45pm Refreshment Break

2:45pm – 4:45pm Symposium: Brain Energy Budget: Functional Implications for Sleep