

2017 Young Investigator Research Forum

Faculty & Attendee Program



American Academy of Sleep Medicine

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Lynn Marie Trotti, MD, MSc – YIRF Chair

Dr. Trotti is an Associate Professor of Neurology at Emory University in Atlanta, GA. She graduated from Baylor College of Medicine and completed her Neurology residency, Sleep fellowship, and Masters of Science in Clinical Research at Emory. Her main area of research and clinical interest is the central disorders of hypersomnolence. She has completed randomized controlled trials testing novel treatments for hypersomnolence and is currently funded by the NIH through a K23 grant to evaluate functional neuroimaging correlates of sleepiness and sleep inertia in patients with hypersomnolence disorders.



M. Safwan Badr, MD, MBA

Dr. Badr is the Chair of the Department of Internal Medicine at Wayne State University. He is an internationally known sleep disorders researcher and research mentor with current funding from the U.S. Department of Veterans Affairs, Department of Defense and National Institutes of Health. He has mentored numerous trainees and junior faculty members who have launched successful academic careers. Dr. Badr has served on multiple national and international medical societies, including on the boards of directors of the American Thoracic Society and the American Academy of Sleep Medicine. He was the president of the AASM from 2013 to 2014. He is a founding member of the American Board of Administrative Medicine.



Martica Hall, PhD

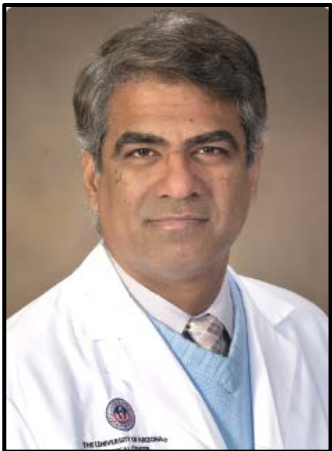
Dr. Hall is a Professor of Psychiatry at the University of Pittsburgh. Over the course of her career, she has developed a systematic and evolving program of research dedicated to understanding how stress affects sleep and how sleep, in turn, affects health and functioning including immune function, metabolism and cardiovascular health. In addition to her many accomplishments as a scientific investigator, Dr. Hall is an exceptional teacher and mentor. She has served as primary mentor for successful post-doctoral fellows, has mentored graduate students from numerous other departments, and is actively engaged in the education and mentorship of undergraduates, medical students, residents and early career faculty.

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Jason C. Ong, PhD

Dr. Ong is an Associate Professor in the Department of Neurology at Northwestern University. He received his PhD from Virginia Commonwealth University and completed a fellowship in Behavioral Sleep Medicine at Stanford University. Dr. Ong's primary research interest include non-pharmacological treatments for sleep disorders, including cognitive-behavioral therapy (CBT) and mindfulness meditation. Additional research interests include the impact of sleep disturbance on chronic health conditions such as migraine headaches. He also has a clinical practice where he delivers CBT for insomnia and provides psychosocial support for patients with narcolepsy. Dr. Ong is the president-elect of the Society of Behavioral Sleep Medicine.



Sairam Parthasarathy, MD

Dr. Parthasarathy is a Professor of Medicine and Director for the Center of Sleep Disorders at the University of Arizona. His current research is supported by the NIH/NHLBI, PCORI, and industry funding. Dr. Parthasarathy is the incoming chairperson for the Sleep Research Network and was previously the Chairman of the Sleep Disorders Research Advisory Board to the NIH; and currently serves as Associate Editor for the journals *Sleep* and *Journal of Clinical Sleep Medicine* and on the editorial board of the *American Journal of Respiratory and Critical Care Medicine*. His research focuses on sleep and breathing in both ambulatory and critically ill patients. Specifically, his current PCORI-funded initiative is addressing peer-driven intervention for promotion of CPAP adherence. His NIH-funded research investigates the relationship between sleep and inflammation in critically ill and in the general population. He is committed to training and fostering young scientific investigators in the pursuit of sleep and circadian science.



Katherine M. Sharkey, MD, PhD

Dr. Sharkey is an Assistant Professor of Medicine and Psychiatry & Human Behavior at the Alpert Medical School of Brown University. She completed her MD-PhD as well as a combined medicine and psychiatry residency at Rush University in Chicago. She joined the Brown faculty in 2007 and is the Medical Director of the University Medicine Sleep Center and Associate Director of the Sleep for Science Research Laboratory. Dr. Sharkey is an AASM fellow, an Associate Editor of *Behavioral Sleep Medicine*, and serves on the editorial board of *Sleep Health*. Her research focus is sleep and circadian rhythms, particularly as they relate to mood regulation and women's health.

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Ronald Szymusiak, PhD

Dr. Szymusiak is a Professor in the Departments of Medicine and Neurobiology at the David Geffen School of Medicine at UCLA. He is also a Research Career Scientist with the Veterans Administration of the Greater Los Angeles Healthcare System. He is currently Editor-in-Chief of the journal *SLEEP*. He received his PhD in Biological Psychology from the University of Illinois and did postdoctoral training in Neurobiology at UCLA. Dr. Szymusiak's research focuses on the electrophysiology, functional neuroanatomy and neuro-pharmacology of hypothalamic and brainstem circuits involved in the regulation of sleep, thermoregulation and circadian rhythms.



Kenneth P. Wright Jr., PhD

Dr. Wright is a Professor in the Department of Integrative Physiology at the University of Colorado, Boulder. Dr. Wright's research is aimed at understanding the neurophysiology of sleep-wake homeostasis and the internal circadian clock and applying that knowledge to improve public health and safety. His work has examined how the internal circadian clock and sleep-wake homeostasis interact to regulate neurobehavioral alertness, fatigue, memory, learning, mood and vigilance performance, and neuroendocrine and thermoregulatory physiology.



Phyllis C. Zee, MD, PhD

Dr. Zee is a Professor in Neurology and Chief of the Division of Sleep Medicine at Northwestern University. She directs an interdisciplinary clinical and research program in sleep and circadian rhythms. Basic and clinical studies from her laboratory paved the way to novel treatments for disorders associated with sleep and circadian clock dysfunction. Her research has focused on the effects of age on sleep and circadian rhythms, genetic regulation of circadian sleep disorders, impact of circadian dysregulation on metabolism, and behavioral interventions to improve sleep and performance. Dr. Zee has served on numerous national and international committees, NIH scientific review panels, and advisory boards. She is past President of the Sleep Research Society, past President of the Sleep Research Society Foundation, past Chair of the NIH Sleep Disorders Research Advisory Board, a current Member of the NHBLI Advisory Council, and a Deputy Editor for the journal *SLEEP*.

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Kelley Baumgartel, PhD

Kelley is a postdoctoral scholar at the University of Pittsburgh School of Nursing. As a Neonatal ICU nurse, she witnessed the importance of human breast milk for vulnerable infants. Her bedside experience also helped her to appreciate the exhaustion that mothers of hospitalized infants experience, and the importance of providing supportive care for mothers. Her research interests involve the impact of maternal sleep on breast milk variability, specifically milk volume and microbiota, and its impact on neonatal outcomes.

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Nicole Patricia Bowles, PhD

Nicole Bowles, PhD MS, is currently a postdoctoral associate in the laboratory of Steven Shea, PhD, at Oregon's Institute of Occupational Health Sciences at OHSU. Dr. Bowles received her PhD from The Rockefeller University where she studied the interplay between circadian rhythms, the neuroendocrine "stress" axis, and the endocannabinoid system. She received additional training in Clinical Epidemiology from Weill Cornell Medical College as a Health Disparities and Community Engagement Research Fellow. While at Cornell Nicole initiated a community engagement research program with a New York City transit union. Her findings suggest that among transit shift workers, punitive management styles are associated with increased workplace stress, general anxiety, and poor sleep hygiene.



Glenna S. Brewster, PhD

Dr. Glenna Brewster is a Postdoctoral Research Fellow in the Center for Sleep and Circadian Neurobiology at the University of Pennsylvania, Perelman School of Medicine. Dr. Brewster earned her Ph.D. in Nursing Science and Masters' degrees in Family Health Nursing and Gerontology from the University of South Florida. For her dissertation, she examined the relationships among sleep, depressive symptoms and cognitive function in caregivers of persons with dementia. Dr. Brewster aims to develop a risk stratification model for cognitive decline in caregivers of persons with dementia. Guided by this model, her goal is to design, test, and implement multicomponent interventions which will reduce the risk of cognitive impairment and decline, and improve the quality of lives of caregivers of persons with dementia.

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Ryan Brindle, PhD

Ryan is a postdoctoral scholar with the T32 Translational Research Training in Sleep Medicine program at the University of Pittsburgh. He received his PhD in Cardiovascular Behavioral Medicine from the University of Birmingham in the United Kingdom, where his research focused on cardiovascular and autonomic nervous system responses to episodes of acute mental and physical stress. Ryan's current interests include applying his training in psychophysiology and stress to sleep medicine in an effort to better understand the physiological and psychological interactions between sleep and stress and how these factors contribute to the development and progression of cardiovascular disease.

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Diego Zaquero Carvalho, MD

Dr. Carvalho obtained his M.D. degree from Universidade Federal do Rio Grande do Sul, in Brazil. He is currently a senior neurology resident at Mayo Clinic, in Minnesota. He will start an epilepsy fellowship in July at Massachusetts General Hospital, and plans to pursue sleep training after that. Dr. Carvalho's work has been focused on neurological implications of sleep disorders, initially using quantitative EEG, then serum biomarkers of CNS inflammation, and lately multimodal neuroimaging biomarkers of neurodegeneration.



Yoon Hee Chang, MD

Yoon Hee Chang is currently a sleep medicine fellow at the Hospital of the University of Pennsylvania. Before coming to sleep, she worked as an attending hospitalist for 7 years. Recently, she discovered her interests in sleep and came to Penn in pursuit of her newfound curiosity. She has shown an aptitude for research with several articles published, including one in Nature Medicine. Her current research interests lie in the science behind implementing telemedicine in sleep care. In particular, she is exploring the integration of telemedicine in the screening and care management of OSA patients. Outside of the sleep clinic, she is interested in medical student and graduate medical education and is an advisor for the student-run Sleep Medicine Interest Group at Penn.

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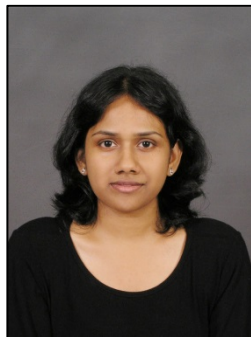
Zarmina Ehsan, MD, FAAP

Zarmina is an Assistant Professor in the Department of Pulmonary and Sleep medicine at Children's Mercy Hospital, University of Missouri-Kansas City, Missouri. She recently completed her fellowship training in pediatric pulmonology and sleep medicine at Cincinnati Children's Hospital. She is interested in sleep disordered breathing in infants. Although she now spends the majority of her time in clinical practice, she is involved in sleep research with infants - particularly those with craniofacial abnormalities. Her long term interests are in exploring obstructive sleep apnea screening tools

for infants and developing management guidelines and algorithms to enable the community to provide better care for infants with sleep disordered breathing.

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Vijay Ekambaram, MD

I am a child psychiatrist, currently doing a sleep medicine fellowship at Beth Israel Deaconess Medical Center/Harvard Medical School. I will be graduating from my fellowship training in June 2017. I have been hired as a faculty (Clinical Assistant Professor) at University of Oklahoma. I am intended to practice child psychiatry and sleep medicine in the upcoming years. In order, to build a solid foundation for my career in sleep medicine, I realized that my clinical practices should be supported with research experience. I am looking for a career guidance and mentorship to pursue my interest towards clinical sleep research.



Sarah Farabi, PhD

My research interest is in the intersection of sleep and metabolism; particularly in the role that sleep disruption plays in diabetes and obesity progression and management. In my doctoral training, I sought to determine the relationship between sleep disruption and glucose variability in young adults with type 1 diabetes. Currently, as a postdoctoral fellow at the University of Colorado Denver, my focus is on understanding the role of sleep disruption in altered metabolism during pregnancy. My experience is providing me the foundation on which I will build my research

career focused on the role of sleep disruption in development, progression and management of diabetes and obesity.

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Umesh Goswami, MBBS

Umesh Goswami received his medical training from JN Medical College, Aligarh, India followed by internal medicine residency at the Hennepin County Medical Center in Minneapolis and fellowships in sleep medicine, pulmonary diseases and critical care medicine at the University of Minnesota. Currently, he is an Assistant Professor in the division of Pulmonary, Allergy, Critical Care and Sleep Medicine at the University of Minnesota. His areas of clinical practice focus on treatment of complex sleep related breathing disorders, circadian rhythm sleep disorders and patients with end stage lung disease undergoing lung transplantation. His research interests include medical device innovations for novel methods of diagnosis and treatment of sleep related breathing disorders and evaluation of circadian rhythms in critically ill adult population.



Karin Johnson, MD

Karin Johnson, MD attended Harvard college '99 then University of Chicago Pritzker School of Medicine '03. After neurology residency at Brown University she completed her sleep fellowship at Beth Israel Deaconess Medical Center. She works at Baystate Medical Center in Springfield, MA as medical director of Baystate Regional Sleep Program and Vice-Chair of Neurology, UMASS Medical School-Baystate. She is interested in relationship between neurological diseases and obstructive sleep apnea, understanding how different positive airway pressure machines work and understanding gender differences in sleep apnea. She is currently researching novel sleep scoring method for mild sleep apnea patients. As Chair of Baystate Women Advancing and Achieving in Medicine group, she works to advance leadership and academics in women providers.



Korey Kam, PhD

Hi I'm Korey Kam. I completed my PhD in Neuroscience in the laboratory of Dr. Helen Scharfman at NYU. During my PhD, I addressed the relationship between Alzheimer's disease (AD) and epilepsy in mouse models of AD. By recording EEG in freely behaving mice, I discovered a unique phenotype of cortical hyperexcitability during REM sleep early in the animal's life called interictal spikes. As this model began to deposit β -amyloid in the brain, interictal spikes spread to NREM sleep and quiet wakefulness. Our results suggest an early and progressive hyperexcitable defect that occurs initially in sleep with consequences in memory impairment. In the laboratory of Dr. Andrew Varga, I am studying the role of sleep disruption in tau pathology and its consequences to learning and memory.

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Vankatesh Krishnamurthy, MD

Dr. Basappa Krishnamurthy is currently working as an Assistant Professor in the Department of Psychiatry and Sleep-medicine at Penn State Milton S Hershey Medical Center. He completed Psychiatry residency from Penn State Medical Center and fellowship in sleep medicine from Henry Ford Medical Center; both institutions well known for their expertise and pioneer work in sleep research. He completed his medical school and Psychiatry residency in India and worked in a community research project identifying and treating patients with severe mental illnesses in the community. His current area of interest include sleep disturbance in bipolar and substance use disorders. He is

currently working as a co-investigator in a project exploring the effect of diet rich in omega-3 fatty acids on sleep and mood in subjects with bipolar disorder. He is also the primary investigator for a survey exploring specific sleep disturbances in opioid dependent subjects being treated with buprenorphine.

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Alejandra Lastra, MD

I completed medical school in Venezuela in 2005, followed by a residency in Internal Medicine at Albert Einstein Medical Center, a Pulmonary and Critical Care fellowship at Temple University, and a Sleep Medicine fellowship at Rush University Medical Center. During my training, I gained experience assuming primary responsibilities of the clinical team, focusing on patient care, as well as developing research skills necessary to flourish in an academic setting. I am currently an Assistant Professor at Rush University Medical Center in Chicago, where I serve as Assistant

Program Director for the Sleep Medicine fellowship program. I am looking forward to advancing my academic career by developing clinically oriented research ideas that can positively affect patient's life and improve health care overall.



Ashlee McKeon, PhD, CRC

Ashlee is a postdoctoral scholar on the T32 Translational Research Training in Sleep Medicine program at the University of Pittsburgh School of Medicine. She received her doctorate in Rehabilitation Science at the University of Pittsburgh where she examined physiological prodromes of behavioral dysregulation after traumatic brain injury. Prior to her dissertation research, much of Ashlee's work was on sleep/wake behavior, mental health, and brain activity after trauma. In particular, she focused on the role of sleep on the onset and pervasiveness of

Posttraumatic Stress Disorder (PTSD) symptoms in both human military and mouse models. Ashlee is now integrating her training in mental health, sleep, and rehabilitation to develop a

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military research program exploring sleep and neural pathways influencing neurocognitive performance in PTSD.

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Imran Patel, DMD

Imran Patel is an associate consultant at Mayo Clinic in Minnesota. Prior to joining Mayo clinic he worked in private practice in Arizona. Imran did his residency in Orofacial Pain at New York University-Lutheran Medical Center in Brooklyn, New York. He received his Doctor of Dental Medicine degree from A. T. Still University- Arizona School of Dentistry & Oral Health. Prior to dental school Imran worked for a few years as a critical care nurse in a multi-specialty intensive care unit at the Mayo Clinic Arizona. In his free time Imran enjoys going for walks and cooking.

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Salma Patel, MD

Salma Patel is a Sleep Medicine fellow at Mayo Clinic in Minnesota. Salma did her residency in Internal Medicine at the Mayo Clinic in Arizona. She received her Doctor of Medicine and Masters in Public Health degrees at the University of Arizona. Prior to medical school Salma worked for a few years as a clinical research coordinator and a critical care nurse at the Mayo Clinic Arizona. In her free time Salma likes to spend time with family and watch movies.

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Sarah Patel, MD

I completed my internal medicine residency at University of Arizona in June 2016. I am currently at University of Washington completing my sleep medicine fellowship. I became more interested in sleep medicine during my internal medicine continuity clinics during my intern year. I rotated through sleep medicine and my interest sparked which lead me to pursue a career in sleep medicine. I am enjoying learning the different aspects of how sleep affects not only one's health but social, personal and financial life. My research currently is



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focusing on long sleep duration and its effect on cardiovascular health.

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Aliaksandr Ramaniuk, DO

28 years old, born in the Republic of Belarus. Undergraduate: Finance at Ohio State University Medicine at Ohio University Residency in Internal Medicine at Ohio Health Riverside Methodist Hospital
Hobbies and Interests: Travel and wilderness activities, exercise and nutrition, literature, working as a boxing instructor and a salsa dancing teaching assistant. Future Career Plans: Sleep Medicine, Pulmonology and Critical Care Fellowship.

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Carleara da Rosa Silva, PhD Candidate, MS, RN

Carleara Ferreira da Rosa Silva is a Ph.D. Candidate at The State University of New York at Buffalo, School of Nursing. Her research interests include circadian rhythms, sleep, and chronobiological interventions in the cancer population. She holds a Bachelor of Nursing Science (2005), and a Master of Health Science (2011) from the Universidade Federal Fluminense, Rio de Janeiro, Brazil.

During her Ph.D., Carleara has worked on a National Institutes of Health (NIH) funded grant focused on cognitive behavioral therapy to improve insomnia in lung cancer survivors. Her dissertation focus on

the effects of morning bright light therapy on circadian activity rhythms, sleep disturbances and fatigue in lung cancer survivors.

Carleara has previous experience as Assistant Professor of medical-surgical nursing and oncology in Brazil (2007-2013). Currently, Carleara actively collaborates with research in several disciplines such as nursing, medicine, and engineering. She is a reviewer for two scientific journals in Brazil, International Trainee Liaison for the Sleep Research Society Trainee Education Advisory Committee (TEAC), and Co-founder and General Director for the Brazilian Graduate Students Conference (BRASCON).

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Jessica Schubert, PhD

Jessica Schubert, PhD is a Post-Doctoral Resident in Clinical Psychology in the University of Michigan Medical School Department of Psychiatry with a dual concentration in Behavioral Sleep Medicine and Anxiety Disorders. She completed her doctoral training at Binghamton University and her pre-doctoral internship at the Durham Veterans Affairs Medical Center. Her program of research broadly examines the impact of sleep and circadian rhythm abnormalities on anxiety and related disorders. Specifically, her NIH-funded F31 National Research Service Award More investigated rates of circadian disruption in patients diagnosed with obsessive-compulsive disorder (OCD), as well as the impact of circadian delay on symptom severity, disability, and OCD-focused treatment outcomes. Related research interests include investigating transdiagnostic neurocognitive mechanisms underlying the bidirectional relations among sleep, circadian rhythms, and psychopathology.



Vaishal Shah, MD, MPH

I currently serve as an associate staff physician at the Cleveland Clinic with appointments in the Pediatrics and Neurologic Institutes, the latter housing the Sleep Disorders Center. My current clinical endeavors include pediatric sleep clinic and pediatric obesity management clinic. My interest in research led to a degree in public health. Pediatrics residency and Sleep Medicine fellowship at Cleveland Clinic helped refine my clinical skills. My unique background has enabled me to pursue my research interest of sleep disorders in obese children, specifically obstructive sleep apnea, evaluating the interplay of related co-morbidities and examining the impact of treatment on clinical outcomes.

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David Smith, MD, PhD

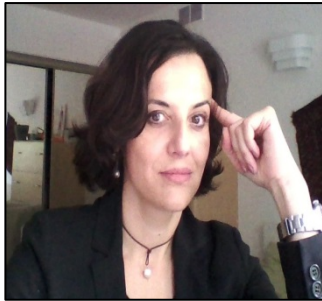
My long-term goal is to understand the mechanisms associated with cardiopulmonary disease in children and adolescents with obstructive sleep apnea. As a pediatric otolaryngologist, my training has focused on understanding the pathophysiology of and surgical intervention for complicated airway disorders. I am currently enrolled in the Sleep Medicine fellowship through the Pulmonary Division. Prior to my medical training, I received a PhD in Molecular Physiology, studying the leukocyte adhesion cascade and the mechanisms that allow leukocytes to localize to extravascular compartments under direction of the inflammatory process. I am presently involved in translational research

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evaluating the overlap between hypoxia inducible pathways and circadian dysregulation in a murine model. My clinical arm involves the study of inflammatory mediators on cardiovascular outcomes in children with OSA.

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Isabella Soreca, MD

My interests as a clinician and investigator converge on the interface of psychopathology and medical comorbidities. During my years as a research psychiatrist at the Bipolar Disorder Center in Pittsburgh, directed by David Kupfer, I treated patients with severe mental illness. One part of this training that I have treasured was the integrated treatment model, which combines best practices in psychopharmacology with elements of the Interpersonal and Social Rhythm Therapy, first developed by Ellen Frank to specifically “manage the chaos” of bipolar disorder. This approach is critical in forming an effective therapeutic alliance with patients, providing them with education on social rhythms, sleep hygiene and medications. Having the opportunity to work in close contact with excellent clinicians and researchers has not only expanded my knowledge as a clinician, but has also provided me with role models of outstanding clinical researchers. I have in turn contributed to the program mission by assessing prevalence and risk factors for obstructive sleep apnea in patients with bipolar I disorder, a patient population who is in great need for interventions targeting sleep, and yet to date greatly underserved. During my residency years, I have trained with experts in severe mental illness and sleep disorders. My main career goal is to become a clinician and investigator who applies methods of chronobiology and sleep medicine to the study of severe mental illness, to understand how sleep and circadian dysregulation affects outcomes, and ultimately develop biological interventions.

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Matthew Tucker, PhD

During graduate school I became interested in the study of sleep and memory processing, and continued that research during a 6-year postdoc at the Center for Sleep and Cognition in Boston. Since joining the faculty at the University of South Carolina School of Medicine Greenville, I have entered into a distinctly different research environment. With startup funds, but no dedicated lab space, I formed collaborations with hospital departments and local universities to study sleep and memory processing in the medical school context. I am interested in getting students interested and engaged in sleep research by conducting studies that have personal relevance for the students and their future careers. To this end we have started a sleep research program that includes the



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study of the basic and clinical aspects of sleep's impact on learning and memory consolidation.

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Christa Van Dort, PhD

Dr. Van Dort is an Instructor at Massachusetts General Hospital and research affiliate at the Massachusetts Institute of Technology. She received her B.S. in Biology and Chemistry from Hope College in Holland, MI and her Ph.D. in Molecular and Integrative Physiology from the University of Michigan in Ann Arbor, MI. Dr. Van Dort's research investigates the brain circuitry involved in controlling the level of arousal during sleep and general anesthesia. Her work has shown that prefrontal cortex adenosine provides top down control of overall behavioral arousal and that cholinergic neurons in the brainstem induce REM sleep.



Emerson Wickwire, PhD, FAASM

Emerson M. Wickwire, PhD, FAASM is Assistant Professor of Psychiatry and Medicine at the University of Maryland School of Medicine, where he directs the Insomnia Program. Dr. Wickwire completed his advanced training in sleep at Johns Hopkins School of Medicine, where he also served as Assistant Professor. Prior to returning to academia, he previously co-founded a leading sleep medicine center that became a model for comprehensive sleep medicine centers throughout the country. Dr. Wickwire is interested in both health services and clinical research. He is currently PI on two studies examining health economic outcomes of sleep disorders and treatments among Medicare beneficiaries. He is delighted to participate in the YIRF, to meet new colleagues, and to receive expert guidance regarding a proposal exploring insomnia in traumatic brain injury.

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Ariel Williamson, PhD

Dr. Ariel Williamson is currently a T32 postdoctoral fellow in behavioral sleep medicine at the Center for Sleep and Circadian Neurobiology in the Perelman School of Medicine at the University of Pennsylvania, and at Children's Hospital of Philadelphia Sleep Center. She earned her doctorate in Clinical Psychology from the University of Delaware (2016). Dr. Williamson has a background in developing and evaluating evidence-based interventions for underserved and culturally diverse children and their families struggling with disruptive behavior disorders, parenting difficulties,

sleep problems, and other health concerns. Her current research is focused on the identification and treatment of pediatric sleep disorders and related behavioral problems among socioeconomically disadvantaged preschoolers in community health settings, such as pediatric primary care.

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Qian Xiao, PhD, MPH

I am an assistant professor at the Department of Health and Human Physiology at the University of Iowa. I received a PhD in biological sciences from UC San Diego and an MPH in epidemiology from University of Michigan. My current research focuses on understanding the health consequences of sleep deficiency and circadian dysfunction by integrating factors at the individual, biological, and contextual levels. I have conducted multiple epidemiological investigations on sleep deficiency in relation to obesity, cancer and other chronic conditions. I am currently expanding this

line of research by investigating the 24-hour circadian rhythms of physical activity and eating behaviors in relation to metabolic health. In addition, I seek to elucidate the biological mechanisms mediating the adverse health outcomes of sleep deficiency and circadian dysfunction, particularly focusing on human metabolism. Finally, I am keen to study sleep disparities in different racial and ethnic groups and across different socioeconomic strata, and evaluate how sleep disparities may contribute to health inequality.