

U13 Conference Series
**Sleep, Circadian Rhythms, and Aging: New Avenues for Improving
Brain Health, Physical Health, and Functioning**

*Supported by National Institute on Aging and American Geriatrics Society
Additional support provided by unrestricted educational grants from American
Academy of Sleep Medicine, Pfizer, and Philips-Respironics*

Conference Agenda and Speakers

Aims:

1. Promote increased attention and high quality research into important areas of geriatric sleep research by bringing together established scientists, emerging scientists, post-doctoral fellows and trainees from different clinical specialties and research disciplines with key contacts from different NIH Institutes and Centers in order to identify knowledge gaps and research opportunities and disseminate findings in high-impact geriatric and specialty journals.
2. Foster the growth of a diverse and productive research workforce that is trained and committed to addressing these problems by: a) identifying promising trainees and junior faculty, providing a mentoring match and individual meeting with a senior faculty member and b) facilitating access to relevant expertise and resources in sleep and aging research by participation in the meeting and taking advantage of a unique forum for networking opportunities.

Intended Audience: Basic and translational researchers, program officers and scientists from different NIH ICs, and junior faculty, postdoctoral fellows and trainees with interests in sleep and aging and related areas of basic and translational research activity.

DAY 1: Sunday, October 4

4:30PM – 5:00 Registration

Session 1: Overview (Moderator: George Kuchel)

5:00 – 5:15	Welcome and Introduction to U13 Conference Series and Sleep Conference - Dr. George Kuchel, U13 Conference Series PI, University of Connecticut - Dr. Michael V. Vitiello, Sleep Conference Co-chair, University of Washington
5:15 – 5:25	Welcoming Remarks from NIA – Dr. Marie A. Bernard
5:25 – 5:30	Welcoming Remarks from AGS – Nancy Lundebjerg
5:30 – 6:05	Sleep, Circadian Rhythms, and Aging: Translational Perspective (Dr. Phyllis Zee, Northwestern University)
6:05 – 6:30	Sleep Disturbance as a Geriatric Syndrome <i>How sleep/circadian rhythms affect brain health: Delirium as an example</i> <i>How sleep/circadian rhythms affect physical health: Incontinence as an example</i> (Dr. Cathy Alessi, University of California, Los Angeles; VA Greater Los Angeles Healthcare System)
6:30 – 7:15	Welcome Reception
7:15 – 8:30	Dinner

DAY 2: Monday, October 5

- 7:30AM – 8:30 **Breakfast** – Trainee/Junior Faculty Individual Meetings with Senior Faculty #1
- 8:30 – 9:00 **Current State of the Art Report** – Registrants submitted key questions before the meeting and the results of their responses will be synthesized and reported back to provide a context for the materials to be presented in Sessions 2, 3, and 4. (Dr. Michael V. Vitiello, University of Washington)

Session 2: Brain Health in Aging – Sleep and Circadian Rhythms (Moderator: Mack Mackiewicz)

- 9:00 – 9:25 Wakefulness and CNS Cell Death
(Dr. Sigrid Veasey, University of Pennsylvania)
- 9:25 – 9:50 Sleep and the Glymphatic System
(Dr. Helene Benveniste, Stony Brook University)
- 9:50 – 10:15 Sleep and CNS Inflammation
(Dr. Mark Opp, University of Washington)
- 10:15 – 10:40 Sleep, Circadian Rhythms, and Cognitive Function
(Dr. Rebecca Spencer, University of Massachusetts Amherst)
- 10:40 – 11:10 **Break**
- 11:10 – 11:35 Sleep and Circadian Rhythms in Neurodegenerative Disorders
(Dr. Erik Musiek, Washington University)
- 11:35 – 12:00PM Insomnia and Aging: Risks for Brain Health and New Treatment Approaches
(Dr. Daniel Buysse, University of Pittsburgh)
- 12:00 – 12:20 Discussion / Q&A: Opportunities and New Directions (moderator plus speakers)
- 12:20 – 1:20 **Lunch and Debate**
Resolved: "Long sleep duration is risk factor for adverse health outcomes in older adults" (Drs. Naresh Punjabi, Moderator, Johns Hopkins University; Nisha Aurora, Pro, Johns Hopkins University; and Daniel O'Hearn, Con, Oregon Health & Science University)

Session 3: Physical Health in Aging – Sleep and Circadian Rhythms (Moderator: Michael Irwin)

- 1:20 – 1:45 Sleep, Circadian Rhythms, and Metabolism
(Dr. Kenneth Wright, University of Colorado Boulder)
- 1:45 – 2:10 Sleep, Circadian Rhythms, and Cardiovascular Health
(Dr. Michael Smolensky, University of Texas Health Science Center)
- 2:10 – 2:35 Sleepiness, Napping, and Health Risk in the Elderly
(Dr. Anne Newman, University of Pittsburgh)
- 2:35 – 3:00 Sleep and Falls
(Dr. Katie Stone, California Pacific Medical Center Research Institute)
- 3:00 – 3:30 **Break**

3:30 – 3:55	Sleep Apnea in Older Adults (Dr. Barbara Phillips, University of Kentucky)
3:55 – 4:20	Sleep and Pain (Dr. Michael Smith, Johns Hopkins University)
4:20 – 4:40	Discussion / Q&A: Opportunities and New Directions (moderator plus speakers)
4:40 – 6:00	Break
6:00 – 6:45	Pre-Dinner Reception
6:45 – 7:45	Dinner
7:45 – 9:15	Writing Group

DAY 3: Tuesday, October 6

7:30AM – 8:30 **Breakfast** – Trainee/Junior Faculty Group Meetings with Senior Faculty #2

Session 4: Function in Aging – Sleep and Circadian Rhythms (Moderator: Carlos Frago)

8:30 – 8:55	Assessing Functional Status and Quality of Life in Older Adults (Dr. Cathy Alessi, University of California, Los Angeles; VA Greater Los Angeles Healthcare System)
8:55 – 9:20	Sleep in Institutionalized Elderly (Dr. Kathy Richards, George Mason University)
9:20 – 9:35	Break
9:35 – 9:50	Sleep and Hospitalization: Effect on Outcomes (Dr. Vineet Arora, University of Chicago)
9:50 – 10:15	Treating Sleep as a Geriatric Syndrome: Nocturia (Dr. Donald Bliwise, Emory University)
10:55 – 10:35	Discussion / Q&A: Opportunities and New Directions (moderator plus speakers)
10:35 – 11:00	Break

Session 5: Conclusions – Gaps and Future Directions

11:00 – 12:00PM	Small Group Discussions – The participants will again be presented with the Current State of the Art summary from the beginning of the meeting and will be asked if and how meeting participation has changed their views. One member of each small group will summarize and report out during lunch. (Dr. Michael V. Vitiello, University of Washington)
12:00 – 1:00	Lunch – Small Groups Report Out

1:00 – 1:15

Summary of Gaps and Future Directions and Goodbyes
(Dr. Michael V. Vitiello, University of Washington)

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Conference Planning Committee

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