



PNW-SCN

PNW Sleep and Circadian Network Meeting

April 12-13, 2024

Oregon State University, Portland Center | Meier & Frank Building | 555 SW Morrison Street, Portland, OR 97204

Schedule of Events

| Friday, April 12th | | |
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| 8:00 - 4:00pm | Check in 8:00 - 9:30am: <i>First Floor Lobby</i> 9:30am - 4:00pm: <i>Second Floor Lobby</i> | |
| 8:00 - 8:45am | Breakfast <i>Pioneer Room, Second Floor</i> | |
| 8:45 - 9:00am | Welcome Remarks Jessee Dietch, School of Psychological Science, Oregon State University <i>Pioneer Room, Second Floor</i> | |
| 9:00 - 10:30am | Research Session 1A: Substance Use and Cognition Chairs: Jor Grapentine & Nicole Bowles <i>Conference Room, A Level</i> | Research Session 1B: Sleep Physiology Chairs: Joshua Gonzalez & Jessee Dietch <i>Room 2047, Second Floor</i> |
| 9:00 - 9:20am | Nicole Bowles, Oregon Health & Science University <i>The impact of cannabis on clock function in humans</i> | Noah Milman, Oregon Health and Science University <i>Contribution of early-life sleep and sensory environment on the development of affiliation</i> |
| 9:20 - 9:40am | Courtney Kurinec, Washington State University <i>Memory for Text Meaning is Maintained During 24 Hours of Continuous Wakefulness</i> | Linda Yoo, University of Washington <i>Sleep-Wake Cycles of Individuals with Inflammatory Bowel Disease</i> |
| 9:40 - 10:00am | Joey Hebl, Oregon Health and Science University <i>Sleep, Psychological Health Symptoms, and Cannabis Use Before, During, and After COVID-19 "Stay-at-Home" Orders: A Structural Equation Modeling Analysis</i> | Caitlyn Wong, Oregon Health and Science University <i>Multidimensional Assessment of Sleep and Glymphatic Function in Concussion: A Pilot Study</i> |

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| 10:00 - 10:20am | Q&A with all presenters | Kimberly Honn, Washington State University <i>Daily Morning Blue Light Exposure for Alertness and Sleep Following Stroke</i> |
| 10:20 - 10:30am | Break | Q&A with all presenters |
| 10:30 - 10:45am | Networking Break <i>Pioneer Room</i> | |
| 10:45 - 11:45am | Keynote Address Night Work and Internal Desynchrony: A Joint Research Success Story in the Pacific Northwest Dr. Hans Van Dongen, Washington State University Health Sciences Spokane <i>Pioneer Room, Second Floor</i> | |
| 11:45 - 12:00pm | Group Photo <i>Pioneer Room Foyer, Second Floor</i> | |
| 12:00 - 1:00pm | Lunch <i>Pioneer Room Foyer, Second Floor</i> Spaces to sit and enjoy lunch include: Room 2047; Room 2035; Second Floor Lobby; A Level Lobby | |
| 1:00 - 2:15pm | Roundtable Discussion 1A Careers in Circadian and Sleep Science Chairs: Kimberly Honn & Joshua Gonzalez <i>Conference Room, A Level</i> | Roundtable Discussion 1B Setting a Research Agenda for the PNW-SCN Chairs: Jessee Dietch & Nicole Bowles <i>Room 2047, Second Floor</i> |
| | <ul style="list-style-type: none"> • Tim Bauerle, National Institute of Occupational Safety and Health • Melynda Casement, University of Oregon • Andrew McHill, Oregon Health and Science University | <ul style="list-style-type: none"> • Group discussion facilitated by chairs |
| 2:15-2:45pm | Coffee/Tea Break <i>Pioneer Room Foyer, Second Floor</i> | |

| 2:45 - 4:15pm | Research Session 2A: Sleep in Childhood and Adolescence Chairs: Ariel Williamson & Jor Grapentine <i>Conference Room, A Level</i> | Research Session 2B: Sleep in Night Shift and Irregular Schedules Chairs: Jessee Dietch & Kimberly Honn <i>Room 2047, Second Floor</i> |
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| 2:45 - 3:05pm | Melynda Casement, University of Oregon <i>Biomarker profiles of sleep health in late adolescence and young adulthood: Results from the National Health and Nutrition Examination Survey</i> | Ryan Olson, Oregon Health and Science University <i>The impacts of schedule and sleep regularity among commercial drivers</i> |
| 3:05 - 3:25pm | Greg Clarke, Kaiser Permanente Center for Health Research <i>An effectiveness trial of CBT for Insomnia versus Sleep Hygiene in depressed adolescents</i> | Rachael Muck, Washington State University <i>Sleepiness and Performance Dynamics of Nighttime Napping in Simulated Night Shift Schedules with Restricted Daytime Sleep</i> |
| 3:25 - 3:45pm | Shameka Rodgers Phillips, University of Washington <i>School Connectedness, Home Environment, and Sleep Health in Adolescents</i> | Aanu Ayeni, Oregon Health & Science University <i>The Impact of Firefighters' Work Schedule on Sleep Regularity and Performance</i> |
| 3:45 - 4:05pm | Ariel Williamson, University of Oregon <i>Initial Findings from a Family-Centered and Health Equity-Informed Behavioral Sleep Intervention for Early Childhood Insomnia and Insufficient Sleep</i> | Myles Finlay, Washington State University <i>NREM Delta Power Dynamic of Nighttime Recovery Sleep after Repeated Simulated Nightshift Duty Cycles</i> |
| 4:05 - 4:15pm | Q&A with all presenters | Q&A with all presenters |
| 4:15 - 5:00pm | Break Poster Hang Up <i>Pioneer Room Foyer, Second Floor</i> | |
| 5:00 - 6:30pm | Poster Session and Networking Reception <i>Pioneer Room and Foyer, Second Floor</i> | |

Saturday, April 13, 2024

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| 8:00 - 8:45am | Breakfast <i>Pioneer Room Foyer, Second Floor</i> <i>Sponsored by Sleep Research Society</i> |
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| 9:00 - 10:30am | Research Session 3A: PTSD/TBI/Concussion <i>Room 2047, Second Floor</i> Chairs: Joshua Gonzalez & Ariel Williamson | Research Session 3B: Occupational Sleep Health <i>Room 2035, Second Floor</i> Chairs: Nicole Bowles & Jesse Dietch |
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| 9:00 - 9:20am | Joshua Gonzalez, Oregon Health & Science University <i>Sex Differences in Circadian Variation of Heart Rate Variability Across Sleep Stages</i> | Jesse Dietch, Oregon State University <i>Developing the Shift Worker Intervention for Sleep Health</i> |
| 9:20 - 9:40am | Poppy May Gardiner, Washington State University <i>Patient and Caregiver Sleep Quality in Neurological Diseases</i> | Kirsie Lundholm, Washington State University Spokane, <i>Endogenous Temporal Regulation of Glucose and Insulin Are Impacted After Simulated Night Shift Work</i> |
| 9:40 - 10:00am | Jessica Brewer, Portland VA Research Foundation; Portland VA Healthcare System; Oregon Health and Science University <i>Feasibility of the Remote Delivery of a Randomized Controlled Clinical Trial Examining Morning Bright Light Therapy on Veterans With or Without Traumatic Brain Injury</i> | Tim Bauerle, CDC/NIOSH, Spokane Mining Research Division <i>Work-related fatigue in the US mining industry: A brief overview of risk factor prevalence and development of an intervention framework</i> |
| 10:00 - 10:20am | Hannah Cunningham, Oregon Health & Science University <i>Heart Rate Variability During Wake and Sleep in Participants with Comorbid Traumatic Brain Injury, Post-Traumatic Stress Disorder, and REM Sleep Behavior Disorder</i> | Aaron Betts, University of Oregon <i>Impact of Mechanical and Gravitational Countermeasures on Sleep and Ocular Changes During Strict Head-Down Tilt Bedrest</i> |
| 10:20 - 10:30am | Q&A with all presenters | Q&A with all presenters |
| 10:30 - 10:45am | Networking Break <i>Pioneer Room Foyer, Second Floor</i> | |
| 10:45 - 12:15pm | How to Establish and Maintain Transdisciplinary Collaborations Panel <i>Pioneer Room, Second Floor</i> <ul style="list-style-type: none"> ● Moderator: Ariel Williamson, University of Oregon ● Matthew Butler, PhD, Oregon Health and Science University ● Miranda M. Lim, MD, PhD, Oregon Health and Science University and VA Portland Health Care System | |

12:15 - 12:45pm

Trainee Awards and Closing Remarks
Jessee Dietch, School of Psychological Science, Oregon State University
Pioneer Room, Second Floor

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Please provide your feedback on the first PNW-SCN Meeting!
<https://beav.es/cBQ>



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