



COLUMBIA UNIVERSITY

College of Physicians
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2nd Annual Sleep Symposium

“Sleep & Brain Health”

March 15, 2019

PROGRAM OVERVIEW

The goal of this symposium is to expose health professionals and scientists with up-to-date information on the relation between sleep health and brain health. Adequate sleep, both in duration and quality, is important for learning, memory processing, and cognitive functioning. There is increased recognition of the importance of sleep for healthy aging throughout the life course, for adequate cognitive development in childhood to the prevention of cognitive decline and dementias in older age. Moreover, this course will cover the broad topic of brain health, encompassing not only cognitive function but also vascular brain health and neurological functions.

LEARNING OBJECTIVES

At the completion of this course, participants will be able to discuss, identify, and explore aspects of sleep and brain health throughout the life course. Participants will gain knowledge of this topic in healthy conditions and disease states.

TARGET AUDIENCE

The course targets health professionals in the broad fields of primary care, pediatrics, geriatrics, neurology, psychology, psychiatry, and cardiology, as well as scientists working in the fields of sleep and brain health. This course is open to medical doctors, researchers, nurses, physician assistants, fellows (*others?*)

TENTATIVE SCHEDULE

8 – 8:30	Registration & Breakfast
8:30 – 9:15	Mitchell Elkind “Brain health: Current concepts and epidemiology”
9:15 – 10	Yueqing Peng “Sleep & Epilepsy: Exploring common neural circuits”
10 – 10:15	Coffee break
10:15 – 11	Angeliki Tsapanou “Self-reported sleep problems and the aging brain”
11 – 11:45	Molly Zimmerman “Sleep, light exposure, and cognitive function in young adults”
11:45 – 1	Lunch / Roundtable discussions
1 – 1:45	Indu Ayappa “Relationship of obstructive sleep apnea to sleepiness, memory and Alzheimer’s Disease biomarkers”
1:45 – 2:30	Andrew Westwood “New treatment options for sleepiness”
2:30 – 2:45	Coffee break
2:45 – 3:30	Azizi Seixas “Sleep and Depression: An emphasis on health disparities”
3:30 – 4:15	Julio Fernandez-Mendoza “Interplay of sleep and cardiometabolic factors on cognitive impairment and mortality”
4:15	Adjourn

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