



ADOLESCENT SLEEP, HEALTH,
AND SCHOOL START TIMES
THE NATIONAL CONFERENCE

CONFERENCE AGENDA

Please note that times, sessions, and speakers may change.

THURSDAY, APRIL 27, 2017

7:30am-8:30am **Registration**

PART 1 Sleep: At the Crossroads of Biology and Health

8:30am-9:00am **Introduction to Conference: Background, Mission and Goals** (Judith Owens, MD, MPH, Director of Sleep Medicine, Boston Children's Hospital and Member of the Faculty in Neurology, Harvard Medical School; Jim Healy, PhD, Co-Founder of the Adolescent Sleep, Health, and School Start Times Conference; CEO, Capra Ibex Advisors, LLC)

9:00am-9:30am **Keynote Address** (Perri Klass, MD, Professor of Journalism and Pediatrics and Director, Arthur L. Carter Journalism Institute, New York University)

9:30am-10:00am **An Overview of the Biology of Sleep and Circadian Rhythms** (Daniel J. Buysse, MD, UPMC Endowed Chair in Sleep Medicine and Professor of Psychiatry and Clinical and Translational Science, University of Pittsburgh)

10:00am-10:30am **Developmental Changes to Sleep Biology Affect Adolescent Sleep** (Mary Carskadon, PhD, Professor, Department of Psychiatry and Human Behavior and Adjunct Professor of Cognitive, Linguistic and Psychological Sciences, Alpert Medical School, Brown University)

10:30am-10:45am Morning Break

PART 2 *Deficient Sleep in Teens: The Consequences*

10:45am-11:15am **Impact on Safety** (Brian C. Tefft, Senior Researcher, Traffic Research Group, AAA Foundation for Traffic Safety)

11:15am-11:45am **Impact on Mood and Risky Behavior** (Wendy Troxel, PhD, Senior Behavioral and Social Scientist, RAND Corporation)

11:45am-12:15pm **Impact on Health** (Charles Czeisler, MD, PhD, Baldino Professor of Sleep Medicine, Harvard Medical School)

12:15pm-1:00pm Break for Lunch (provided)

1:00pm-1:30pm **Impact on Cognition and Brain Function** (Dean Beebe, PhD, Director, Neuropsychology Program, Division of Behavioral Medicine and Clinical Psychology, Cincinnati Children's Hospital and Professor, Department of Pediatrics, University of Cincinnati)

1:30pm-2:00pm **Impact on School Performance** (Amy Wolfson, PhD, Vice President for Academic Affairs and Professor of Psychology, Loyola University Maryland)

PART 3 *Turning Science into Policy*

2:00pm-2:30pm **Does Changing School Start Times Work?** (Kyla Wahlstrom, PhD, Senior Research Fellow, University of Minnesota)

2:30pm-3:00pm **Overview of School Start Times in the US and Survey of the Literature** (Anne Wheaton, PhD, Senior Service Fellow/Epidemiologist, Centers for Disease Control and Prevention)

3:00pm-3:15pm Afternoon Break

3:15pm-3:45pm **Cost Benefit Analysis of Changing School Start Times** (Marco Hafner, Research Leader, Cambridge Office, RAND Corporation)

- 3:45pm-4:30pm **Debunking Sleep Myths and Educating Communities** (Rafael Pelayo, MD, Clinical Professor, Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine)
- 4:30pm-5:00pm **Q&A / Panel Discussion**
- 5:00pm-6:30pm **Networking Reception**
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FRIDAY, APRIL 28, 2017

Deeper Dives: Case Studies and Focused Topics

- 8:00am-8:30am **Keynote Address** (Kenneth Dragseth, PhD, Retired Superintendent, Edina, MN and Lecturer, College of Education and Human Development, University of Minnesota)
- 8:30am-9:15am **Perspectives from the Trenches** (Sandy Evans, Member, Fairfax County VA Board of Education; Darrel Droblich, President, American Sleep Apnea Association; Terra Ziporyn Snider, PhD, Executive Director and Co-founder, Start School Later, Inc.)

Breakout Sessions - Blueprints for Success:

Who, Why, When, Where and How

(Attendees will choose 2 out of the 6 sessions listed below)

- 9:15am-10:15am **Breakout 1**
- 10:15am-10:30am **Morning Break**
- 10:30am-11:30am **Breakout 2**
- 11:30am-12:30pm **Concluding Remarks and Next Steps** (Judith Owens, MD, MPH and Jim Healy, PhD)

List of breakout sessions that attendees will choose from during registration:

District Change Case Study 1: Large Metropolitan District - Seattle area Catherine Darley, ND, The Institute of Naturopathic Sleep Medicine, Inc.; Maida Lynn Chen, MD, Associate Professor of Pediatrics, University of Washington School of Medicine and Director, Pediatric Sleep Disorders Center, Seattle Children's Hospital)

District Change Case Study 2: Rural Districts - Southern Maine (Jeremy Ray, Superintendent Biddeford School Department, Biddeford, ME)

District Change Case Study 3: Urban and Suburban Districts - Minneapolis area (Kenneth Dragseth, PhD, retired Superintendent, Edina, MN and Lecturer, College of Education and Human Development, University of Minnesota)

Topic 1: Educating Stakeholders (Jilly Dos Santos, Student Advocate, Columbia, MO and Middlebury College Class of 2019; Craig Canapari, MD, Assistant Professor of Pediatrics and Medical Director, Pediatric Sleep Program, Yale School of Medicine; Phyllis Payne, MPH, Co-Founder, SLEEP in Fairfax and Implementation Director, Start School Later, Inc.)

Topic 2: Understanding Community Impact (Scott Thielman, EdD, Superintendent, Buffalo-Hanover-Montrose Public Schools, MN; Pam Miller, Director of Teaching and Learning, Buffalo-Hanover-Montrose Public Schools, MN)

Topic 3: Transportation and Other Logistics (Tom Platt, School Bus Consultants; Ken Smith, MBA, PhD, School Board Member, Northshore School District, Bothell, Washington and Associate Professor of Accounting, Central Washington University; Jeff Platenberg, Assistant Superintendent, Department of Facilities and Transportation Services, Fairfax County Public Schools, VA)