November 4th & 5th 2017
Omni Amelia Island Plantation Resort | Amelia Island, Florida

Ninth Biennial Conference
Advances in Research, Patient Care, Policy, and Education

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#PedSleepMedConf
Welcome to the Ninth Biennial Pediatric Sleep Medicine Conference. We are thrilled to be back on Amelia Island to reunite the Pediatric Sleep Medicine community for what we expect to be an outstanding program. We have convened world-renowned pediatric sleep and circadian clinicians and researchers to share the latest clinical innovations and research findings. We focused particularly on implementation and dissemination science when developing the program with the aim of sending you home with innovative strategies to use with your patients and in your community.

You may notice that we have several new features this year, including two research blitzes that will include the top-rated abstracts from young and established investigators, and three invited TEDS (Technology, Entertainment, Design, and Sleep) talks. We will also have two poster sessions this year due to the overwhelming response of abstract submissions! Five symposia and four concurrent workshops will cover a wide range of topics. One is a special symposium that is dedicated to the work of Dr. Avi Sadeh, a pioneer and leader in pediatric sleep and actigraphy, who passed away since we last met.

We would like to thank the Program Committee for volunteering their time and working incredibly hard to put this program together. We also gratefully acknowledge Drs. Jodi Mindell and Judy Owens. As founding co-chairs of the biennial Pediatric Sleep Medicine Conference in 2005, Jodi and Judy established a much-needed academic conference to engage, discuss and disseminate the best practices and latest research in treating sleep and circadian rhythm disorders in infants, children and adolescents. They fostered the growth of this meeting and with it, the growth of the Pediatric Sleep community. Their mentorship and wise counsel throughout the planning period was incredibly valuable and appreciated.

Finally, we thank Jazz Pharmaceuticals and Rest Devices whose generous educational grants made this meeting possible. We would also like to acknowledge our exhibitors Cadwell, Dymedix, Natus Medical, Inc., Healthy Start a division Ortho-Tain, and Wolters Kluwer. Please be sure to visit them throughout the meeting.

Remember to provide us your feedback so that we may continue to make this meeting a success.

Have a wonderful and productive meeting!

Sincerely,

Stephanie Crowley, Lisa Meltzer, and Carol Rosen
PLANNING COMMITTEE

Co-Chairs
Stephanie J. Crowley, PhD
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Department of Behavioral Sciences | Rush University Medical Center | Chicago, IL

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**Target Audience**
Researchers, clinicians, and trainees (physicians, psychologists, nurses, nurse practitioners, polysomnography technicians and technologists, respiratory therapists). | Instructional Level: Intermediate

**Program Description**
Attendance at Pediatric Sleep Medicine 2017 will give participants a broad understanding of pediatric sleep, including state-of-the-art basic and clinical research in pediatric sleep and circadian science, as well as current clinical practices in pediatric sleep medicine.

**At the conclusion of this meeting, attendees should be able to:**
- Summarize relevant information on the latest in pediatric sleep and circadian research and clinical practice
- Identify issues and challenges in pediatric sleep medicine
- Understand public policies that potentially impact children/adolescent's sleep

7:00–7:45 AM  **Registration and Breakfast Buffet**

7:45–8:00  **Welcome**
Lisa J. Meltzer, PhD
Stephanie J. Crowley, PhD
Carol L. Rosen, MD

8:00–9:15  **Invited Symposium:**
**Research of Avi Sadeh, DSc.**
Chair: Michael Gradisar, PhD
Avi Sadeh — The Researcher, The Clinician, The Person
Liat Tikotzky, PhD
For Crying Out Loud: Associations Between Parental Cry Reactivity and Infant Sleep
Michal Kahn, PhD
Interventions For Sleep Problems in Infancy: Parental Adherence and Intervention Outcomes
Michal Juda-Hanael, PhD

9:15–9:35  **TEDS*: Beyond Back To Sleep**
Rachel Y. Moon, MD

9:35–10:05  **Young Investigator Presentations**
Co-Chairs: Robyn Stremler, RN, PhD
Vijayabharaithi Ekambaram, MD, MPH
Ariel A. Williamson, PhD
Are Sleep Restriction Therapies Associated with Increased Incidence of Parasomnias Among School-Aged Children with Chronic Insomnia Disorder
Neralie Cain, B. Psych (Hons), M. Psych (Clin), PhD

10:05–10:20  Maternal Depressive Symptoms, Infant Parasympathetic Reactivity and Sleep during the First 6 Months
Noa Gueron-Sela, PhD

10:20–10:40  **Home Sleep Apnea Testing in Children:**
A Prospective Pilot Study
Ameen A. Patel, DO
Estimating Adolescent Sleep Need Using a Dose Response Protocol
Michelle A. Short, PhD
Executive Function, Sleep Duration and Physical Activity Outcomes in Adolescents with Obstructive Sleep Apnea Syndrome and Obesity
Alexa J. Watach, PhD, RN

10:40–11:55  **Invited Symposium:**
**Translational Circadian Science**
Chair: Beth A. Malow, MD, MS
Circadian Science: Basic Mechanisms and Genetic Contributions
Olivia J. Veatch, PhD
Health Outcomes Associated With Circadian Misalignment
Brant P. Hasler, PhD, CBSM
Reducing Circadian Misalignment: State of the Science and Future Needs for Pediatric Sleep Medicine
Stephanie J. Crowley, PhD

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**NOT ACCREDITED FOR CME**

*TEDS — Technology, Entertainment, Design, and Sleep*
AGENDA | SATURDAY, NOVEMBER 4, 2017 (CONTINUED)

11:55–12:15 pm  TEDS*: Medical Legal Partnerships: Achieve More for Your Patients
Kathy Zeisel, Esq.

12:15–12:45
Lunch and Visit Exhibitors

12:45–1:45
Poster Session I
Co-Chairs: Robyn Stremler, RN, PhD
Narong Simakajornboon, MD

1:45–3:00
Submitted Symposium
Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD

New Alternative Non-Surgical Treatment for OSA in Children: The Role and Impact of RME on Child Development
Rosalia Silvestri, MD

The Role of Rapide Maxillary Expansion (RME) in the Treatment of OSA Children
Rosalia Silvestri, MD

Effects of RME on Staturo-Ponderal Growth and Sleep in OSA Children
Rosalia Silvestri, MD

Neurobehavioral Disturbances in Children with Pediatric Sleep Disordered (SDB) Breathing: A Comorbidity or a Consequence of SDB
Silvia Miano, MD, PhD

3:00–4:00 pm  Poster Session II and Refreshments
Co-Chairs: Robyn Stremler, RN, PhD
Narong Simakajornboon, MD

4:00–5:00 pm  Concurrent Workshops
Co-Chairs: Hawley Montgomery-Downs, PhD
Stephanie J. Crowley, PhD

I. Challenging Cases that Teach and Lessons Learned
Beth A. Malow, MD, MS
Carol L. Rosen, MD
A discussion of several challenging pediatric sleep medicine cases with a review of the science and/or behavioral treatments that led to the correct diagnosis or best outcomes for the patients.

II. Applying Circadian Rhythms Research into Clinical Practice
Stephanie J. Crowley, PhD
Michael Gradisar, PhD
An interactive review of basic circadian rhythm research of children & adolescents & how these data can inform treatment strategies in the clinic.

III. Communicating Sleep and Circadian Science to the Public
Lynne Lamberg, MA
Hawley Montgomery-Downs, PhD
Robyn Stremler, RN, PhD
A discussion on how you can effectively & accurately communicate sleep & circadian rhythms science to the media & other public domains.

IV. How To Approach School Start Time Policy In Your Community
Maida L. Chen, MD
Valerie Crabtree, PhD
Judith A. Owens, MD, MPH
This workshop will involve a panel discussion of implementing school start time policy changes in middle and high schools.
AGENDA | SUNDAY, NOVEMBER 5, 2017

7:30–8:30 am

**Breakfast Buffet**

**Trainee Event/Breakfast**

All trainees attending the 2017 Pediatric Sleep Medicine Meeting are invited.

8:30–9:45

**Submitted Symposium**

Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD

*Helping Children & Adolescents to Sleep Better: Evidence-based Information for Researchers and Clinicians*

Chairs: Michael Gradisar, PhD
Michelle A. Short, PhD

*Brief School-Based Technology and Cognitive Interventions to Improve Adolescents’ Sleep Health*

Kate Bartel, B. Psych (Hons), PhDc

*A Randomised Controlled Trial of Sleep Restriction Therapies for Insomnia in Middle Childhood*

Neralie Cain, B. Psych (Hons), M. Psych (Clin), PhDc

*A Randomised Controlled Trial of Light Therapy and Morning Activity for Delayed Sleep-Wake Phase Disorder in Adolescents: Effects on Sleep and Cognitive Insomnia Processes*

Cele Richardson, B. Psych (Hons), PhDc

*The Influence of Experimental Sleep Restriction on Cognitive Performance and Sleep Spindles in Adolescents*

Chelsea Reynolds, B. Psych (Hons), PhDc

9:45–10:15

**Research Blitz**

Co-Chairs: Robyn Stremler, RN, PhD
Vijayabharathi Ekambaram, MD, MPH
Ariel A. Williamson, PhD

*Five Nights of Short Sleep Increases Healthy Adolescents’ Symptoms on a Concussion Screener*

Dean W. Beebe, PhD, ABPP

*Phase Advancing Older Adolescents in One Weekend: What is An Effective Bright Light Duration?*

Stephanie J. Crowley, PhD

10:30–11:45

**Submitted Symposium**

Co-Chairs: Hawley Montgomery-Downs, PhD
Oliviero Bruni, MD

*Contributions of Developmental Science to the Study of Child Sleep: Evidence Across Multiple Levels of Analyses*

Chair: Cathi Propper, PhD

*Maternal Nutrition During Pregnancy Predicts Infant Sleep Quality*

Marie Camerota, MA

*Community Violences Concerns and Adolescent Sleep: Ethnicity and Physiological Regulation as Moderators*

Lauren Philbrook, PhD

*Observed Family Processes at Bedtime: Relation to Infant Sleep Quality at 12 Months*

Sabrina Voltaire, MA

11:45–12:00 pm

**Closing Remarks**

Lisa J. Meltzer, PhD
Stephanie J. Crowley, PhD
Carol L. Rosen, MD
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