



**DIVISION OF
SLEEP MEDICINE**
HARVARD MEDICAL SCHOOL



 **Brigham and Women's Hospital**
Founding Member, Mass General Brigham

Retreat on Behavioral, Environmental, and Social Determinants of Sleep and Circadian Health and their Relationship to Sleep Health Disparities

June 1-2, 2023



Boston Children's Hospital

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Boston Healthcare System



HARVARD
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School of Engineering
and Applied Sciences

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HARVARD
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**HARVARD
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*Hosted by the
Research Training Program in Sleep, Circadian and Respiratory Neurobiology,
a partnership between Harvard Medical School and its affiliated institutions and
Morehouse School of Medicine, supported by a Ruth L. Kirschstein NRSA (T-32 grant)
to the Brigham and Women's Hospital from the National Heart, Lung and Blood
Institute within the National Institutes of Health. This retreat is supported by a
supplement from the NIH Office of Behavioral and Social Sciences Research to our
NHLBI-supported Training Program.*



National Heart, Lung,
and Blood Institute



National Institutes of Health
Office of Behavioral and Social Sciences Research

Retreat on Behavioral, Environmental and Social Determinants of Sleep and Circadian Health and their Relationship to Sleep Health Disparities

Thursday, June 1, 2023

8:00 – 8:30 AM ET	Welcome and light breakfast Carrie Hall, 15 Francis Street
8:45 – 9:15 AM ET Bornstein Amphitheater 45 Francis Street 8:45 – 8:55a Dr. Higgins 8:55 – 9:15a Dr. Czeisler	OPENING REMARKS <i>Robert S.D. Higgins, MD, MPH</i> , President, Brigham and Women’s Hospital; Executive Vice President, Mass General Brigham <i>Charles A. Czeisler, MD, PhD, FRCP</i> , Frank Baldino, Jr., PhD Professor of Sleep Medicine; Professor of Medicine and Director, Division of Sleep Medicine; Chief, Division of Sleep and Circadian Disorders, Departments of Medicine and Neurology, Brigham & Women's Hospital
9:15 – 9:30 AM ET Bornstein Amphitheater	Back Bay to Nubian Square: 2 miles and a 23-year life expectancy gap <i>Bisola Ojikutu, MD, MPH</i> , Executive Director, Boston Public Health Commission; Associate Professor of Medicine, Harvard Medical School
9:30 – 10:30 AM ET Bornstein Amphitheater 9:30 10:15a Presentation 10:15 – 10:30a Discussion	MORNING KEYNOTE: <i>Climate Change and Sleep Health Disparities</i> <i>Dr. Chandra Jackson, PhD, MS</i> , Earl Stadtman Investigator, Epidemiology Branch, Social and Environmental Determinants of Health Equity, National Institute of Environmental Health Sciences, National Institutes of Health
10:30 – 10:45AM ET	Break
10:45 – 11:30 AM ET Bornstein Amphitheater 10:45 – 11:15a Presentation 11:15 – 11:30a Discussion	Sleep Health Disparities: A Current Report <i>Matthew D. Weaver, PhD, MPH</i> , Instructor in Medicine, Harvard Medical School and Brigham and Women’s Hospital T32 Trainee Discussants: <i>Alicia Stokes, PhD</i> , Postdoctoral trainee, Beth Israel Deaconess Medical Center and Harvard Medical School and <i>Wolfgang Ganglberger, MS</i> , Predoctoral trainee, Beth Israel Deaconess Medical Center and Harvard Medical School Moderator: <i>Charles A. Czeisler, MD, PhD, FRCP</i>
11:30 – 12:30 PM ET Bornstein Amphitheater 11:30a – 12:15p Presentation 12:15 – 12:30p Discussion	Impact of Structural Racism and Sleep Deserts on Sleep Health <i>Dayna Johnson, PhD, MPH, MSW, MS</i> , Assistant Professor, Department of Epidemiology, Rollins School of Public Health, Emory University T32 Trainee Discussants: <i>Eva Andrews, BA</i> , Predoctoral trainee, Morehouse School of Medicine and <i>Celina Pluim, MA</i> , Predoctoral trainee, Brigham and Women’s Hospital and Harvard Medical School Moderator: <i>Susan Redline, MD, MPH</i> , Peter C. Farrell Professor of Sleep Medicine, Harvard Medical School and Brigham and Women’s Hospital; Professor of Epidemiology, Harvard T.H. Chan School of Public Health
12:30 – 1:30 PM ET	LUNCH Carrie Hall & Thea and James M. Stoneman Centennial Park
1:45 – 3:00 PM ET Bornstein Amphitheater 1:45 – 2:15p Presentation <i>Dr. Hale</i> 2:15 – 2:45p Presentation <i>Dr. de la Iglesia</i> 2:45 – 3:00p ET Discussion	Sleep Health Equity in Adolescents: The Role of Schools, Families, and Individual Behaviors <i>Lauren Hale, PhD</i> , Professor of Family, Population and Preventive Medicine, Department of Family, Population and Preventive Medicine, Program in Public Health, Stony Brook Medicine Late School Start Times Improves Attendance in A Lower-Income School <i>Horacio de la Iglesia, PhD</i> , Professor of Biology, University of Washington T32 Trainee Discussants: <i>Kaitly Potts PhD, MPH</i> , Postdoctoral trainee, Brigham and Women’s Hospital and Harvard Medical School, <i>Delaney Beckner, BS</i> , Predoctoral trainee, Morehouse School of Medicine Moderator: <i>Terra Ziporyn Snider, PhD</i> , Executive Director of Start School Later

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Retreat on Behavioral, Environmental and Social Determinants of Sleep and Circadian Health and their Relationship to Sleep Health Disparities

3:00 – 3:30 PM ET	<i>Wellness Break with Refreshments</i> Thea and James M. Stoneman Centennial Park, 15 Francis Street
3:30 – 4:45 PM ET Bornstein Amphitheater 3:30 – 4:00p Presentation Dr. Varma 4:00 – 4:30p Presentation Dr. Lane 4:30 – 4:45p Discussion	<p><i>Adopting intersectional approaches to address sleep and mental health disparities</i> <i>Prerna Varma, PhD</i>, Research Fellow in Psychology, Monash University</p> <p><i>Intersectional discrimination</i> <i>Rashon Lane, PhD</i>, Research Fellow in Medicine, Harvard Medical School and Brigham and Women’s Hospital</p> <p><i>T32 Trainee Discussants: Sophia Wienbar, PhD, Postdoctoral trainee, Boston Children’s Hospital and Harvard Medical School, Paige Hickey Townsend, PhD, Postdoctoral trainee at Massachusetts General Hospital and Harvard Medical School</i> <i>Moderator: Chandra Jackson, PhD, MS</i></p>
4:45 – 5:00 PM ET	<i>Wrap up</i> Bornstein Amphitheater
5:30 – 6:00 PM ET	<i>Cocktail reception</i> Hale Café Atrium, 1st floor, 60 Fenwood Rd
6:00 – 8:00 PM ET Hale Café Atrium, 1st floor, 60 Fenwood Rd 6:30 - 7:15p Presentation	<p><i>Dinner</i></p> <p><i>EVENING KEYNOTE LECTURE: Social Determinants of Sleep and Circadian Health and Sleep Health Disparities</i> <i>Elizabeth Ofili, MD, MPH, FACC</i> Professor of Medicine in Cardiology; Chief Medical Officer, Morehouse Choice Accountable Care Organization & Education System (ex officio), Director & Senior Associate Dean, Clinical Research Center & Clinical and Translational Research, Morehouse School of Medicine</p>

Special thanks to the Organizing Committee for the Retreat on the Behavioral, Environmental, and Social Determinants of Sleep and Circadian Health and their Relationship to Sleep Health Disparities and Special Sleep Grand Rounds Series:

Laura Barger, PhD, Charles A. Czeisler, MD, PhD, Susan Redline, MD, MPH, Gianluca Tosini, PhD, Matthew D. Weaver, PhD, Jennifer Opp, Research Training Program in Sleep, Circadian and Respiratory Neurobiology Program Coordinator, Natalie Viyaran, BS, Program Manager, Olivia Claflin, BS, Administrative Assistant

Special thanks to the Research Training Program in Sleep, Circadian and Respiratory Neurobiology Diversity, Equity and Inclusion Committee:

Chair: Janet Mullington, PhD

Members: Eva Andrews, BA (T32 trainee representative); Emery N. Brown, MD, PhD; Oscar Castanon-Cervantes, PhD, MS; Jason DeBruyne, PhD; Michael Do, PhD; Jeanne F. Duffy, MBA, PhD; J. Christopher Ehlen, PhD; Tianyi Huang, DSc; Hadine Joffe, MD; Robert E. Strecker, PhD; Gianluca Tosini, PhD; Michael Brandon Westover, MD, PhD; Charles A. Czeisler, PhD, MD (ex officio)

Retreat on Behavioral, Environmental and Social Determinants of Sleep and Circadian Health and their Relationship to Sleep Health Disparities

Friday, June 2, 2023

<p>8:30 – 9:00 AM ET Carrie Hall</p>	<p>Welcome and light breakfast</p>
<p>9:15– 11:00 AM ET Bornstein Amphitheater 9:15 – 9:45a Presentation <i>Dr. Dudley</i></p> <p>9:45 – 10:15a Presentation <i>Dr. Sudat</i></p> <p>10:15 – 10:30a Presentation <i>Dr. Plaisime</i></p> <p>10:30 – 10:45a Presentation <i>Dr. Moran-Thomas</i></p> <p>10:45 – 11:00a Discussion</p>	<p><i>Disparities in Sleep Apnea Care</i> <i>Katherine Dudley, MD, MPH</i>, Instructor in Medicine, Harvard Medical School</p> <p><i>Racial Disparities in Pulse Oximeter Device Inaccuracy and Estimated Clinical Impact on COVID-19 Treatment Course</i> <i>Sylvia Sudat, PhD</i>, Sr. Biostatistician and Scientist at the Center for Health Systems Research</p> <p><i>Race-conscious Medicine</i> SME Discussant: <i>Marie V. Plaisime, PhD</i>, Fellow, François-Xavier Bagnoud Center for Health and Human Rights at Harvard University; National Science Foundation Post-doctoral Fellow, Harvard T.H. Chan School of Public Health</p> <p><i>The Importance of Equitable Design: Implications for Research and Care</i> SME Discussant: <i>Amy Moran-Thomas, PhD</i>, Associate Professor of Anthropology, Massachusetts Institute of Technology</p> <p><i>T32 Trainee Discussant:</i> <i>Rashon Lane, PhD</i>, Research Fellow in Medicine, Harvard Medical School and Brigham and Women’s Hospital <i>Moderator:</i> <i>Stuart Quan, MD, Gerald E. McGinnis Professor of Sleep Medicine, Harvard Medical School and Brigham and Women’s Hospital</i></p>
<p>11:00 - 11:15 AM ET</p>	<p><i>Break</i></p>
<p>11:15 AM – 12:00AM ET Bornstein Amphitheater 11:15 – 11:45a Presentation</p> <p>11:45a– 12:00p Discussion</p>	<p><i>Impact of Disadvantaged Housing and Neighborhood on Sleep and Sleep Apnea in Children</i> <i>Seyni Gueye-Ndiaye, MD</i>, Research Fellow in Medicine, Harvard Medical School and Brigham and Women’s Hospital</p> <p><i>T32 Trainee Discussants:</i> <i>Arianna Lark, PhD</i>, Postdoctoral Trainee at Massachusetts General Hospital and Harvard Medical School; <i>Jeffrey Sumner, MD</i>, Postdoctoral Research Fellow, Brigham and Women’s Hospital and Harvard Medical School <i>Moderator:</i> <i>Susan Redline, MD, MPH</i></p>
<p>12:00 - 12:45 PM ET Bornstein Amphitheater 12:00 - 12:30p Presentation</p> <p>12:30 - 12:45 Discussion</p>	<p><i>Sleep Health Promotion: How to Leverage Communication and Marketing Principles to Advance Population Sleep Health and Address Sleep Health Disparities</i> <i>Rebecca Robbins, PhD</i>, Assistant Professor of Medicine, Harvard Medical School and Brigham and Women’s Hospital</p> <p><i>T32 Trainee Discussant:</i> <i>Boyu Zhang, BSc</i>, Pre-doctoral trainee at Brigham and Women’s Hospital and Massachusetts Institute of Technology <i>Moderator:</i> <i>Dayna Johnson, PhD, MPH</i></p>
<p>12:45 – 2:00 PM ET Carrie Hall</p>	<p><i>Buffet Lunch</i></p>

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