

Chronobiology and Sleep Institute Research Retreat

Rubenstein Auditorium, Smilow Center for Translational Research

May 5, 2026

8:00 - 9:00 AM Breakfast and Poster Set-Up

9:00 - 9:05 AM Welcome and Introduction, Amita Sehgal PhD & Michael Iannaccone PhD

9:05 - 9:50 AM Minisymposium I: Sleep and Metabolic Pressure

David Raizen MD PhD *Clinical Perspective*

Jenny Luong PhD *Peripheral metabolic reprogramming links TDP-43 proteinopathy to sleep disruption*

Neeraj Lal PhD (Monell) *Cold Adaptation Strategies Across Species: Deviation from Stasis to Homeo'stasis'*

9:50 - 10:50 AM Keynote Lecture

Vladyslav Vyazovskiy PhD
(University of Oxford)

*Sleep, wake, torpor and other states:
From definition to mechanisms*

10:50 - 11:10 AM Coffee Break and Poster Viewing

11:10 - 12:30 PM Minisymposium II: Sleep, Clocks and External Pressure

Philip Gehrman PhD *Clinical Perspective*

Mathias Basner MD PhD MSc *Efficacy of pink noise and earplugs for mitigating the effects of intermittent environmental noise exposure on sleep*

Maja Bucan PhD *The relationship between daytime light exposure and sleep in ASD*

Rebecca Parker PhD *A cell-intrinsic immune clock orchestrates multicellular recovery programs after influenza infection*

Poster blitz

Andrew Kwon, Keisuke Fukumura, Sukanya Madhwal, Sina Dindarian, Bowon Kim, William Duncan, Marisa Petticord, and Erin Lottes

12:30 - 2:00 PM Lunch and Poster Session



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2:00 - 3:20 PM Minisymposium III: Sleep, Clocks and Internal Pressure

TBD	<i>Clinical Perspective</i>
Raquel Adaia Sandoval Ortega PhD	<i>Thalamo-Cortical Inhibition of Pain-Activated Centrolateral Neurons Mitigates Neuropathic Pain Hypersensitivity and Sleep Disruption"</i>
Andrew Nguyen	<i>Chronic gut inflammation induces hemocyte activation and sleep deficits via ETS2/pointed in Drosophila</i>
Nathan Nowalk MD MS	<i>Biomechanical Behavior of Oropharyngeal Structures During Apneic Events in Natural Sleep</i>
Mai Liu	<i>Clock-dependent organoid maturation by daily metabolic cycling</i>

3:20 - 3:40 PM Coffee Break and Poster Viewing

3:40 - 4:50 PM Minisymposium IV: Sleep Circuits

Sigrid Veasey MD	<i>Clinical Perspective</i>
Emily Pickup	<i>mPFC activation drives phasic REM population dynamics in the pons</i>
<i>Fireside Chat:</i>	<i>Sleep circuits: effectors or generators?</i>
	Matthew Kayser MD PhD, Shinjae Chung PhD, Franz Weber PhD, & Vladyslav Vyazovskiy PhD

Concluding remarks and awards

4:50 - 6:20 PM Reception and Poster Viewing

Organizing Committee

Sara Bernárdez Noya PhD
Michael Iannacone PhD
Nathan Nowalk MD MS
Andrzej Wasilczuk PhD



Special Thank You

Jacqueline Fowlkes
Jennifer Hunter
David Raizen MD PhD
Amita Sehgal PhD