2023 Annual CSI Research Retreat Program
October 17th, 2023
Smilow Auditorium, University of Pennsylvania

We welcome you to the 2023 Annual CSI Research Retreat! We thank all the presenters, attendees, and staff who have made this day possible.

Dr. Amita Sehgal, Ph.D., Musser professor of Neuroscience and HHMI Investigator, Director Chronobiology and Sleep Institute (CSI)
The CSI Organizing Committee
Rebecca Moore, Ph.D.
Alexandria Muench, PsyD
Emily Pickup, Doctoral Candidate
Toshihiro Imamura, MD

2023 CSI Research Retreat Program

8:00 am – 8:55 am: Continental Breakfast, Registration, Poster Mounting

9:00 am: Opening Remarks from the Center Director: Dr. Amita Sehgal

9:00 am – 10:05 am: Session I: Stress and Sleep
Chair Christine So
9:00 am - 9:05 am: Introduction of Session I: Dr. Julie Williams

Alexandra Ulyanova
Chronic sleep disruption as a prognostic biomarker of cognitive recovery following traumatic brain injury

Alexandra Perlegos
TDP-43 impairs sleep in Drosophila through Ataxin-2 dependent metabolic disturbance

Julie Williams
Real time monitoring of Xbp1 activity reveals distinct responses to different stress modalities

Xiaofeng Guo
Identification of a galanin neuron subtype in the preoptic hypothalamus activated by homeostatic sleep pressure using single-nucleus RNA-sequencing

10:05 am – 10:20 am: Coffee Break

10:20 am – 11: 10 am Session II: Health and Disease and Sleep
Chair Raquel Adaia
10:20 am – 10:25 am: Introduction of Session II: Dr. Alexandria Muench
Alexandria Muench
A Pilot study, The Effect of CBT-I Dose on Sleep Outcomes in Cancer Survivors: A 3-Month Follow-Up

Elizabeth Lampe
The Indirect Effect of Impulsivity on the Association Between Sleep Dysregulation and Binge Eating: Potential for a Novel Treatment Target

Tice Harkins
Pharyngeal Pressure Catheter Analysis Enhances Characterization of Multilevel Upper-Airway Collapse in Obstructive Sleep Apnea Patients

11:10 am - 12:15 pm: Session III: Circadian Physiology
Chair Sara Bernardez Noya
11:10 am – 11:15 am: Introduction of Session III: Dr. Annika Barber

Ronan Lordan
The timing of Bmal1 deletion differentially impacts skeletal muscle morphology, function, and features of aging

Juan Alvarez
Dec1 links circadian rhythms to pancreatic β-cell maturation

Lauren Woodie
Hepatic Vagal Afferents Convey Clock-Dependent Signals to Regulate Circadian Feeding Behaviors

Naureen Hameed
Neuromodulatory Signal Transduction and Integration in a Drosophila Clock Output Region

12:15 pm – 1:30 pm: Lunch

1:30 pm – 2:35 pm: Session IV: Behavior and Molecular Mechanisms Underlying Sleep
Chair Hannah Shoen
1:30 pm – 1:35 pm: Introduction of Session IV: Dr. Max Kelz

Amy Poe
Energetic Demands Regulate Sleep-Wake Rhythm Circuit Development

Fu Li
Modulation of sleep by trafficking of lipids through the Drosophila blood-brain barrier

Jiso Hong
Infralimbic cortical activity during REM sleep promotes fear extinction
Amber Zimmerman
DPYD is a conserved effector gene at the mir-137 locus that contributes to dysmyelination and sleep disruption

2:35 pm – 3:00 pm Coffee Break

3:00 pm – 3:20 pm: Data Blitz

3:20 pm – 3:25 pm: Introduction of Keynote Speaker by Dr. Rebecca Moore
3:25 pm – 4:30 pm: Keynote Lecture

Keynote Speaker: Dr. Catherine Dulac, Ph.D.
Harvard University, Department of Molecular and Cellular Biology, Samuel W. Morris University Professor and Howard Hughes Medical Institute Investigator

Title: Neurobiology of Social and Sickness Behaviors

4:30 pm – 6:30 pm: Poster Session

6:00 pm: Poster and Talk Awards