

#BSMinar

University of Arizona

Behavioral Sleep Medicine Seminar Series

2019-2020

8/29/2019	What is Sleep? Overview of Normal Sleep Physiology and Behavior	Michael Grandner
9/5/2019	Classification of Sleep Disorders	Michael Grandner
9/19/2019	"Sleep and Diet	Denise Rodriguez-Esquivel
9/26/2019	Sleep and Psychiatric Disorders	Andrew Tubbs
10/3/2019	Sleepy Days, Sleepless Nights: Obstructive Sleep Apnea"	Jyotsna Sahni
10/10/2019	Adherence to Positive Airway Pressure Treatment for Sleep Apnea: Behavioral Implications	Michael Grandner
10/17/2019	Theories of Primary Insomnia and Differential Diagnosis of Insomnia	Michael Grandner
10/24/2019	Effective Supervision in Behavioral Sleep Medicine	Erin Hanks-Moehr
10/31/2019	Narcolepsy	Fabian Fernandez
11/7/2019	Overview of Cognitive Behavioral Therapy for Insomnia	Michael Grandner
11/14/2019	Sleep and Aging	Fabian Fernandez
11/21/2019	Guns, Fear, and Sleep	Terrence Hill
12/5/2019	The Impact of American Indian Historical Trauma on Culture, Behavior, and Health	Tommy Begay
12/12/2019	Using Pre-clinical Rodent Sleep Studies to Improve Human Health: Can We Focus on Women?	Jennifer Teske
12/19/2019	Job Loss and Social Rhythm Disruption	Patricia Haynes
1/9/2020	Pediatric Sleep and Sleep Disorders	Daniel Combs
1/16/2020	The Effects of Aging and Parkinson's Disease on Neural Activity, Sleep, and Memory	Stephen Cowen

1/21/2020	Sleep Will Tear Us Apart ... What Can We Tell Our Patients About Sleep and Mortality?	Julio Fernandez-Mendoza
1/23/2020	Patients Who Go 'Bump' and 'Thud' In The Night	Salma Patel
1/30/2020	Modifying CBTI: Working with Diverse Populations	Denise Rodriguez-Esquivel
1/31/2020	Tell Your Story: Communicating Sleep and Circadian Science to the Public	Lynne Lamberg
2/6/2020	Beyond CBTI: Behavioral Treatments for SLEep Disorders	Denise Rodriguez-Esquivel
2/13/2020	Anthropometric Measures for Obstructive Sleep Apnea Screening	Graciela Silva-Torres
2/27/2020	How is Smoking Affecting Sleep?	Alicia Nunez
3/2/2020	Sleep, Cardiovascular Risk Factors, and Cardiovascular Health	Freda Patterson
3/12/2020	Chronobiology and Circadian Rhythms	Fabian Fernandez
3/19/2020	Diagnosis and Treatment of Restless Legs Syndrome	Salma Patel
3/26/2020	Sleep Disorders and Alzheimer's Disease	W. Suhaib Khader
4/2/2020	The Nuts and Bolts of Narcolepsy	Salma Patel
4/9/2020	Melatonin as a Circadian Regulator	Brooke Mason
4/16/2020	Actigraphy in Behavioral Sleep Medicine: History, Basics, and Applications	Michael Grandner
4/23/2020	Job Loss and Social Rhythm Disruption: Preliminary Findings from ADAPT	Patricia Haynes
4/30/2020	Sleep Health Disparities	Michael Grandner
5/14/2020	Treatment of Comorbid Sleep Disorders and PTSD	Daniel Taylor
5/21/2020	Sleep and Circadian Factors Related to Suicide Risk	Michael Grandner
5/28/2020	Is Long Sleep Harmful?	Shawn Youngstedt
6/4/2020	Domestic Violence and Adverse Childhood Experience Related to Sleep Health	Michael Grandner
6/11/2020	Sleepy Schools: Addressing Sleep at Home for School and at School for Home	Michelle Perfect
6/18/2020	Perseverative Cognition at Nighttime and Impacts on Sleep	Erik Wing
6/25/2020	Bioethics Considerations in Behavioral Sleep Medicine	Michael Grandner

*For more information, or to join the mailing list:
<https://seminar.sleephealthresearch.com>*