First Annual "A Day of Sleep" Symposium Sponsored by Tempur Sealy International

**Theme:** Sleep Environment

**Overall Learning Objectives:**
1. Identify environmental sleep enhancers
2. Relate demographic factors and sleep quality
3. Describe the 3-Hour Pre-Sleep Activities that most impact sleep quality

**Symposium Schedule:**

8:00-8:30am – Welcome and recognition of the 2013-14 Tempur Sealy International UNC NDSS Scholars - Mary Ellen Wells and Abby Overton

8:30-9:00am – Overview of Sleep Quality - (Presenter: Brad Vaughn, MD)

9:00-10:00am – The 3 Hours Before Sleep – activities that enhance or hinder sleep (Presenters: Jane Cheuvront, RCP, RPSGT, RRT, CRTT, AAS; Veronica Loftin, RST, RPSGT, AAS; Kimberly Bunnells, RCP, RPSGT, CRT-SDS)

10:00-10:15am – Break

10:15-11:15am – Environmental Sleep Enhancers: Visual and Olfactory (Presenters: Gurpreet Singh, BA, RST, RPSGT; Rebecca Davis, RPSGT; Sy Turner, R.EEG T., CLTM; Andrew Adams, RPSGT, RRT)

11:15am-12:15pm – Presenter: Dr. Heidi Roth, MD

12:15-12:30pm – Questions

12:30-1:45pm – Lunch at the Conference Rooms above the Starbucks in the NC Cancer Hospital

1:45-2:15pm – REM Behavior Disorder Research – Sean Rotolo, MD

2:15pm-3:15pm – Environmental Sleep Enhancers: Auditory and Positional (Presenters: Debbie Chiou, R.EEG/EP T., CNIM; Brittany Tolar, RPSGT; Eunmi Han, RPSGT; Marisol Thornton, R.EEG T., R. NCS T., CNCT)

3:15pm-4:15pm – Demographic Impact on Sleep Quality (Presenters: Chip Nielsen, B.S., RPSGT; Steven Odell, RPSGT; Levander Short, RPSGT)

4:15-4:30pm – Questions

4:30pm – Adjourn