

# TSCS Team Drives Important Conversations at SLEEP Conference

Researchers from the University of Miami Miller School of Medicine Center for Translational Sleep and Circadian Studies (TSCS) led important conversations concerning sleep, long-term health, racial and ethnic disparities, and sleep technology at SLEEP 2022, the 36th annual meeting of the Associated Professional Sleep Societies, held recently in Charlotte, N.C.

Nine TSCS researchers presented a total of 13 posters, abstracts, and discussion sessions, encompassing longitudinal analyses of sleep and health data as well as emergent health issues – such as COVID-19 – that impact sleep.



The TSCS team contributed posters and abstracts, made presentations, and engaged in discussions focused on enhancing awareness of sleep as a



vital public health concern.

The SLEEP conference is the world's largest meeting dedicated to clinical sleep medicine, sleep health, and sleep and circadian research. The TSCS was established at the Miller School as a collaborative learning laboratory and University-wide resource to stimulate, support, and evaluate high-priority research in sleep and circadian sciences, with a special focus on low-income and minority communities.

Girardin Jean-Louis, Ph.D., director of the TSCS, received a special award from the Associated Professional Sleep Societies, recognizing his work fostering successful academic careers.

TSCS's core faculty members amplify concurrent NIH-funded research in understanding the mechanisms underlying racial and ethnic disparities in cardiometabolic and brain health conditions and testing potential interventions, while fostering the next generation of scientists and researchers to further these investigations.

The team's work featured prominently throughout the conference, including posters, abstracts, presentations, and discussions focused on areas key to improving the understanding of sleep as a vital public health concern, particularly within historically underserved communities.

"We were excited to introduce TSCS and our young researchers and scientists to the global sleep science community at SLEEP 2022," said Azizi Seixas, Ph.D., associate professor of psychiatry and behavioral sciences and associate director of the TSCS.



“This important forum provides the next generation of sleep researchers an important platform to share new ideas and perspectives, as well as the opportunity to connect, collaborate, and consider a future of sleep health and sleep medicine that will benefit all, not just the fortunate few,” he said.

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