Program
Chairs & Speakers
Favourites
Scientific Programme
Help

Session Types ▼

Rooms ▼

< Back

Course
Room 21
Saturday, March 12, 8:00am - 12:00pm

C06: How to conduct epidemiologic studies of sleep ☆

Yue Leng (United States)
Katie Stone (United States)

Summary ☆

Epidemiology helps us understand the risks associated with sleep problems. This course will review what we have learned about sleep disorders from the major epidemiological studies as well as explain the methodology behind epidemiology.

Learning objectives
Upon completion of this CME activity, participants will be able to:

1. Understand the principles of the design and interpretation of epidemiological studies
2. Identify specific methodological considerations in sleep epidemiology
3. Discuss approaches to measuring sleep in epidemiologic studies
4. Review some of the evidence about sleep disorders learned from major epidemiological studies
5. Discuss special topics in sleep epidemiology

Introduction Yue Leng (United States) Katie Stone (United States)	8:00am – 8:05am 5 min	★
Assessment of sleep in cohort studies Katie Stone (United States)	8:05am – 8:45am 40 min	★
Introduction for epidemiology: Study design, confounding, bias Yue Leng (United States)	8:45am – 9:25am 40 min	★
Coffee break	9:25am – 9:45am 20 min	☆
Search for causality in epidemiology: The case of sleep Francesco Cappuccio (United Kingdom)	9:45am – 10:30am 45 min	★
"Sleep health" and machine learning approaches Meredith Wallace (United States)	10:30am – 11:15am 45 min	★
Genetics of sleep Richa Saxena (United States)	11:15am – 12:00pm 45 min	☆