

Sleep SIG

January 21, 2020

Society of Pediatric Psychology

Look for our SIG meeting on Thursday March 20 at SPPAC 2020. See you in Dallas!

SIG Leadership

Co-Chairs:

Kelli-Lee Harford, Ph.D.
kkharfo@emory.edu
Dawn Dore-Stites, Ph.D.
dawndore@med.umich.edu

Secretary:

Lauren Daniel, Ph.D.
Lauren.daniel@rutgers.edu

Trainee Representative:

Kimberly Klages, M.S.
kkklages@gmail.com

Message from the SIG Leadership

We are excited about the year ahead for our growing SIG. We completed our first election for new leadership that will transition at SPPAC 2020. Kelli Harford will stay on as co-chair for another year and Lauren Daniel will serve as the new co-chair. We will elect a new co-chair each year for a 2-year term. We would like to thank Dawn Dore-Stites for her service starting the SIG and we look forward to her continued involvement in some of the initiatives she has started including Peer Consultation Calls. We would also like to thank Kimberly Klages for serving as our inaugural Trainee Representative.

We are also excited to welcome two new members to our SIG leadership:

Kati Cordts, Ph.D. will be the new Secretary of the SIG. Dr. Cordts is an Assistant Professor of Psychiatry at the University of Nebraska Medical Center. She received her Ph.D. in Clinical Child Psychology from the University of Kansas, and completed her clinical internship and post-doctoral fellowship at Oregon Health and Science University. Dr. Cordts' research focuses on the intersection of key health behaviors and children's outcomes with a specific emphasis on promoting healthy sleep habits in early childhood. She is also interested in parent-child dyadic relationships and understanding how family environment and parental behavior influence children's health and well-being.



We will start **Peer Consultation Calls** for SIG members interested in discussing cases and program development with colleagues working in behavioral sleep medicine. We will send more details via the listserv shortly.



Mattina Davenport, M.A. will be our new trainee representative. Mattina is a doctoral candidate within the School Psychology program at the University of Missouri-Columbia. She is the senior research assistant within the MizZou Sleep Research Lab. Her clinical and research interests are primarily focused on identification and treatment of pediatric sleep problems in medical and community settings (i.e., primary care and schools) and reducing pediatric health disparities by addressing sleep health.

Sleep SIG Newsletter

Get your #sleepfix on Twitter

There are some great researchers and advocacy organizations out there with frequent updates on sleep research and clinical practice. If you are on twitter, or considering joining, we suggest following:

@AASMorg
@researchsleep
@sleepjunkies
@sleepfoundation
@sleepdiplomat
@drvcrabtree
@BethAnnMalow
@jodimindell
@satchinpanda
@wendytroxel



Check out our Sleep SIG website for information on meetings, clinical resources, and advocacy.

<https://sleepsig.weebly.com/>

Research Update

Recent sleep relevant publications in JPP and CPPP:

Bromberg, M. H., de la Vega, R., Law, E. F., Zhou, C., & Palermo, T. M. (2019). Development and Validation of the Adolescent Insomnia Questionnaire. *Journal of pediatric psychology, 45*(1), 61-71.

Eaton, C. K., Henning, E., Lam, J., & Paasch, V. (2019). Actigraphy technology: Informing assessment and intervention for sleep disturbances in young children. *Clinical Practice in Pediatric Psychology, 7*(4), 347-357.

Hamilton, J. L., Ladouceur, C. D., Silk, J. S., Franzen, P. L., & Bylisma, L. M. (2019). Higher Rates of Sleep Disturbance Among Offspring of Parents With Recurrent Depression Compared to Offspring of Nondepressed Parents. *Journal of Pediatric Psychology, 45*(1), 1-11.

Monzon, A. D., Cushing, C. C., Friesen, C. A., & Schurman, J. V. (2020). The Association Between Affect and Sleep in Adolescents With and Without FGIDs. *Journal of Pediatric Psychology, 45*(1), 110-119.

Poster Awards for SPPAC 2020

We will be offering poster awards for 2 trainee members and 1 early career member. We ask that applicants submit a PDF of your poster to Dawn Dore-Stites (dawndore@med.umich.edu) by March 6 for consideration for a poster award. Winners will be given the opportunity to present your work at the SIG meeting. We will also be seeking reviewers for these awards. Please contact Dawn if you are interested in reviewing poster submissions.

Advocacy Update

The first state law mandating school start times was signed into effect in California this fall. The law states that for the next 3 years high schools will have to start classes after 8:30 am and middle schools will begin after 8:00 am. This is an exciting step forward based on decades of research and advocacy. These changes to California's more than 900 school districts will be closely watched by both sides of the school start time debate.

Read more at: <https://www.nbcnews.com/news/education/california-pushing-back-school-start-times-move-could-sweep-nation-n1068641>

Interested in joining our SIG?
Email kelli-lee.k.harford@emory.edu
for details!