

Selected ABCT Behavioral Sleep Medicine events

Thursday November 15

8:30-5 pm Institute 1 - Technology and Insomnia: Friend or Foe?

Location: Harding

Friday, November 16

8:30 AM - 10:00 AM Symposium 10 - 4 - Piloting Actigraphy Monitoring of Sleep in Youths With Persistent Tic Disorders

Location: Roosevelt 5

12:00 PM - 1:30 PM Symposium 22 - 2 - Insomnia Symptoms, Poor Sleep, Behavioral Concerns in Preschoolers

Location: Virginia B

3:30 PM - 5:00 PM Symposium 54 - Sleep Disturbance as a Transdiagnostic Factor in Anxiety-Related Processes

Location: Lincoln 4

6:30p.m.- 8:30p.m. SIG Expo and cocktail reception

Come visit the BSM table and see late-breaking posters from other members.

Saturday November 17

8:30 AM - 10:00 AM Symposium 55 - 4 - Technology: Veteran Access to Cognitive-Behavioral Therapy for Insomnia

Location: Marriott Balcony A

10:15 AM - 11:45 AM SIG Meeting - Behavioral Sleep Medicine

Location: Wilson C

10:15 AM - 11:45 AM Symposium 87 - 1 - Bidirectional Associations Between Anxiety and Insomnia Symptoms

Location: Lincoln 4

this is a conflict Please stop by the meeting to sign in before going to this symposium and drop in at our Club Hypnos meeting at noon (below)

12-1 pm Club **Hypnos** reception for sleep researchers

Location: Wilson C room (same as BSM SIG so we can stay in the room and enjoy refreshments)

1:45 PM - 3:15 PM Symposium 93 - 3 - Sleep Disturbances and Social Disconnection: Risk for Suicidal Thoughts

Location: Thurgood Marshall South

Sunday November 18

8:30 AM - 10:00 AM Symposium 125 - 4 Innovative Interventions for Insomnia

Location: Maryland B

10:15 AM - 11:45 AM Symposium 144 - 1 - BT for Insomnia: Intervention for CUD Risk Among At-Risk Cannabis Users

Location: Hoover