

### **PART 1: GENERAL CONCEPTS IN SLEEP HEALTH?**

1. The basics of sleep physiology and behavior?
2. Epidemiology of insufficient sleep and poor sleep quality??
3. Sex differences in sleep health??
4. Sleep and health in older adults?
5. Social-ecological model of sleep health
6. Nocturnal wakefulness as a neurobehavioral risk factor

### **PART 2: CONTEXTUAL FACTORS RELATED TO SLEEP?**

7. Race, socioeconomic position, and sleep?
8. Neighborhood factors associated with sleep health??
9. The impact of environmental exposures on sleep??
10. Sleep health of caregivers
11. Sleep and pain
12. Sleep health in gender and sexual minorities
13. Sleep health during pregnancy and the postpartum period
14. Family-level influences on sleep

### **PART 3: ADDRESSING SLEEP HEALTH AT THE COMMUNITY AND POPULATION LEVEL?**

15. Obstacles to overcome when improving sleep at a societal level?
16. Screening for sleep disorders??
17. Sleep hygiene and prevention of chronic insomnia??
18. Actigraphic sleep tracking and wearables?
19. Mobile Technology, Sleep, and Circadian Disruption
20. Models and theories of behavior change relevant to sleep health
21. Long sleep and health

### **PART 4: SLEEP AND CARDIOMETABOLIC HEALTH**

22. Insufficient sleep and obesity
23. Insufficient sleep and cardiovascular disease risk
24. Sleep health and diabetes
25. Social Jetlag, Circadian Disruption, and Cardiometabolic Disease Risk
26. Sleep and the gut microbiome

### **PART 5: SLEEP AND BEHAVIORAL HEALTH?**

27. Sleep and food intake??
28. Sleep and exercise??
29. Sleep and alcohol use??
30. Improved sleep as an adjunctive treatment for smoking cessation?
31. Sleep and the use of caffeine, supplements, and other stimulants??
32. Sleep, stress, and immunity?? ?

### **PART 6: SLEEP AND BRAIN HEALTH?**

33. Sleep loss and impaired vigilant attention??

34. Sleep loss, decision-making, and executive function??
35. Sleep and healthy decision making??
36. Sleep health, concussions, and traumatic brain injuries
37. Sleep health and dementia risk

#### **PART 7: PUBLIC HEALTH IMPLICATIONS OF SLEEP DISORDERS?**

38. Insomnia and psychiatric disorders??
39. Insomnia and cardiometabolic disease risk??
40. Sleep apnea and cardiometabolic disease risk??
41. Health implications of hypersomnia disorders
42. Insomnia comorbid with sleep apnea (COMISA)
43. Sleep and the cancer care continuum

#### **PART 8: SLEEP HEALTH IN CHILDREN AND ADOLESCENTS?**

44. Sleep, obesity, and cardiometabolic disease risk in children and adolescents
45. Sleep and mental health in children and adolescents
46. Delayed school start times and adolescent health
47. Sleep in neurodiverse populations?

#### **PART 9: ECONOMIC AND PUBLIC POLICY IMPLICATIONS OF SLEEP HEALTH?**

48. Sleep and health in the workplace
49. Sleep and health equity
50. Obstructive sleep apnea in commercial motor vehicle operators
51. Value-based sleep and health care utilization
52. Sleep and athletes
53. Digital and telehealth sleep health interventions
54. Sleep health in the primary care setting
55. Sleep health as an issue of public safety
56. Patient advocacy in sleep health and sleep disorders