

The Center for Sleep and Circadian Neurobiology The Penn Behavioral Sleep Medicine Program

3rd Lecture of a K24 Supported Lecture Series
PI: Michael Perlis

A Personal Retrospective: Past Work on Sleep & Aging and the Possibilities for the Future

Tuesday June 27th Noon to 1 (Lunch provided)

3624 Market Street, Suite 201



Dr. Stone conducts large-scale epidemiologic studies to explore relationships of sleep and circadian rest-activity rhythms with age-related outcomes such as cognitive function and dementia, mood disorders, cardiovascular disease, mortality, and falls and fractures. She has led two large studies, the MrOS Sleep Study and SOF Sleep and Cognition Study, which together have provided comprehensive objective and subjective information on sleep in as many as 6000 community-dwelling older men and women. These studies have also served as a resource for collaborations to determine genes linked to insomnia, sleep apnea and other sleep disorders. Results of these studies may lead to new targets for sleep disorder therapies. Dr. Stone is currently involved in new studies that aim to explore novel definitions of "sleep health" and their importance in elderly populations. In addition, in her current work she is exploring how sleep and circadian rhythms impact recovery in hospitalized older adults. In addition, in collaboration with Harvard researchers, she directs the Data Coordinating Center for the multi-center ROSTERS trial, which is investigating the impact of a sleep-science based work schedule versus traditional schedule on rates of medical errors among second and third year medical residents in pediatric Intensive Care Units.

Dr. Stone is on the executive committee for the PCORI-sponsored Conference Series, "Strategically Leverage Engage and Empower Patient-Centered Outcomes Research in Sleep", and a charter member of the NHLBI study section, Mentored Patient Oriented Research. She formerly served as charter member on the Cardiovascular and Sleep Epidemiology Study Section.

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