**Penn State’s 24th Annual Symposium on Family Issues**

**October 24-25, 2016**

**Sleep Across the Life Course: Family Influences and Impacts**

Session 1: Establishing Healthful Sleep Patterns in Childhood

*Infant sleep and the family context.* **Douglas Teti**, Ph.D., Professor of Human Development and Family Studies, Pediatrics and Psychology, Penn State

*Sleep and development: Familial and socio-cultural considerations.* **Mona El-Sheikh, Ph.D.**, Leonard Peterson & Co. and Alumni Professor of Human Development and Family Studies, Auburn University

Session 2: Sleeping Together, Sleeping Better? Couple Relationships and Sleep

*Marriage roles and relationships and sleep.* **Wendy Troxel, Ph.D.**, Behavioral and Social Scientist, Rand Corporation

*An international perspective on gender and sleep.* **David Maume, Ph.D.**, Professor of Sociology, University of Cincinnati, and **Leah Ruppanner, Ph.D.**, Senior Lecturer in Sociology, University of Melbourne

*Sleep, marriage, and social engagement among older adults.* **Diane Lauderdale, Ph.D.**, Professor and Chair, Epidemiology, University of Chicago

Session 3: The Social Ecologies of Healthful Sleep

*Family influences on sleep: Comparative and historical-evolutionary perspectives.* **Carol Worthman, Ph.D**., Samuel Candler Dobbs Professor of Anthropology, Emory University

*Social structural factors in sleep across childhood.* **Lauren Hale, Ph.D.**, Associate Professor of Preventive Medicine, Stony Brook University, and Sarah James, Graduate Student in Sociology, Princeton University

*How can family scholars advance the study of sleep?* **Susan Redline, M.D., M.P.H**., Peter C. Farrell Professor of Sleep Medicine, Harvard Medical School

Session 4: Workshop: Sleep Study Methodologies

*Incorporating sleep into interdisciplinary research on families.* **Orfeu M. Buxton, Ph.D.**, Associate Professor of Biobehavioral Health, Penn State