

## INVITED LECTURERS



### **J. Lynn Caldwell, PhD** “SLEEP AS A PERFORMANCE OPTIMIZATION STRATEGY”

**Wednesday, June 9, 2010**  
**8:00am – 9:00am**  
**Room 217AB**

Dr. J. Lynn Caldwell obtained her PhD in experimental psychology from the University of Southern Mississippi in 1988. In 1998, she was certified as a sleep specialist by the American Board of Sleep Medicine. During her 11 years

with the U.S. Army’s Aeromedical Research Laboratory, she performed human-factors, conducting numerous simulator and in-flight investigations on fatigue countermeasures and circadian rhythms in rated military pilots. In 2002, she became a senior research psychologist for the U.S. Air Force’s Warfighter Fatigue Countermeasures Program and is currently stationed at Wright-Patterson Air Force Base in Ohio. From 2005-2007, she was a Distinguished Visiting Scholar at the U.S. Air Force Academy. Dr. Caldwell is a Fellow of the American Academy of Sleep Medicine and has served as a fatigue consultant for the U.S. Air Force’s Air Combat Command, the nuclear power industry and other military and civilian groups. She frequently provides fatigue-management workshops, safety briefings and training courses to aviation personnel, flight surgeons, commanders and safety officers.



### **John Caldwell, PhD** “SLEEP AS A PERFORMANCE OPTIMIZATION STRATEGY”

**Wednesday, June 9, 2010**  
**8:00am – 9:00am**  
**Room 217AB**

Dr. John Caldwell received his PhD in experimental psychology from the University of Southern Mississippi in 1984. He is a senior scientist at Archinoetics, LLC and Fatigue Science in Honolulu, Hawaii. He has over 21

years of experience conducting applications-oriented fatigue, sleep, psychophysiology and pharmacology research and development aimed at improving safety and performance in operational contexts. He has conducted numerous studies in specialized laboratories and specially-instrumented flight simulators and aircraft, and he has collected and analyzed a wide variety of cognitive, mood, personality and physiological data from pilots and others. He has developed and delivered a variety of tailored counter-fatigue workshops and well over 100 presentations to physicians, pilots, scientists and the general public. Dr. Caldwell has published one book, six

book chapters, over 30 first-author peer-reviewed scientific papers and more than 60 first-author articles in user-focused journals, conference proceedings and government reports. He has served as a consultant for various industry and transportation entities as well as for NASA, the Army, the Air Force and the Marines. Prior to his present position, Dr. Caldwell was employed by the U.S. Air Force to conduct research, training and consultations designed to enhance and sustain the effectiveness of the operational aviation community. Previously, he was in charge of aviation sustained operations research at the U.S. Army Aeromedical Research Laboratory at Fort Rucker, Alabama. In addition to his work with military soldiers and pilots, he has completed two assignments with NASA’s Human Factors Division at Ames Research Center in California where he focused on counter-fatigue research and applications aimed at a wide range of personnel.



### **Sudhansu Chokroverty, MD** “RHYTHMS OF THE SLEEPING BRAIN”

**Tuesday, June 8, 2010**  
**8:30am – 9:30am**  
**Room 217CD**

Dr. Sudhansu Chokroverty is currently professor of neuroscience at Seton Hall University School of Graduate Medical Education in South Orange, New Jersey and co-chair

of neurology and program director for clinical neurophysiology and sleep medicine at the New Jersey Neuroscience Institute at JFK Medical Center in Edison, New Jersey. Dr. Chokroverty is certified in internal medicine by the Royal College of Physicians of UK. Residency training in neurology and fellowship training in neurophysiology took place at Northwestern University Medical School in Chicago, Illinois and Hines VA Hospital, Illinois. Dr. Chokroverty is board certified in neurology, electrodiagnostic medicine, sleep medicine and clinical neurophysiology.

Dr. Chokroverty is the founding president of the World Association of Sleep Medicine and the founding chair of the sleep section of the American Academy of Neurology. He was a member of the advisory board of the National Center of Sleep Disorders Research of the National Institute of Health (NIH) and the medical advisory board of the International Restless Legs Syndrome Study Group. Dr. Chokroverty is the founding editor in chief of the journal *Sleep Medicine*. He has participated in numerous national and international conferences as a lecturer, session chair, continuing medical education course director and grand round speaker. He is the author and editor of fourteen published books and five

books in press, including fifteen books dealing with sleep medicine. He has published extensively in both national and international scientific journals producing over 500 papers, book chapters and abstracts and has made over 285 presentations at national and international conferences.

Dr. Chokroverty's recent research interest has focused on sleep and movement disorders, restless legs syndrome, sleep related breathing disorders in neuromuscular disorders, autonomic failure and neurodegenerative diseases.



**Barry Krakow, MD**  
**"DEVELOPMENT AND APPLICATION OF THE PAP-NAP IN SLEEP MEDICINE PRACTICE"**

**Wednesday, June 9, 2010**  
**8:00am - 9:00am**  
**Room 217CD**

Dr. Barry Krakow is a board certified internist and sleep specialist who has studied and practiced for 25 years in the fields of internal medicine, emergency

medicine, addiction medicine and sleep medicine. Currently, he is medical director of two sleep facilities in Albuquerque, New Mexico: Maimonides Sleep Arts and Sciences, Ltd., a community-based sleep medical center, and the Sleep and Human Health Institute, a non-profit sleep research institute. Current clinical and research interests include cognitive-imagery treatment for chronic nightmares, the role of sleep apnea in chronic insomnia, the interaction between fatigue and suicidality and the prevalence of sleep apnea in chronic hypnotic users. Dr. Krakow has also authored three books on sleep disorders, including *Insomnia Cures*, *Turning Nightmares into Dreams*, and *Sound Sleep, Sound Mind*.



**G. Vernon Pegram, PhD**  
**"EXCESSIVE DAYTIME SLEEPINESS"**

**Tuesday, June 8, 2010**  
**8:30am - 9:30am**  
**Room 217AB**

Dr. G. Vernon Pegram completed his undergraduate degree from the University of the South and his PhD in physiological psychology at the University of New Mexico. After his undergraduate studies, Dr. Pegram joined the Air Force in

1959. During his active service in the Air Force, he had the unique opportunity of participating on the team who trained

Ham and Enos, the chimpanzees who preceded astronauts Alan Shepard and John Glenn into space.

Dr. Pegram has previously served as the director of the neurosciences program for the University of Alabama. While at the University of Alabama, Dr. Pegram helped establish a new PhD program in medical psychology and was the program's first director in 1981. He also served on the American Association of State Psychology Board from 1981-1985.

Dr. Pegram served on the Accreditation Committee of the American Academy of Sleep Medicine (AASM). He helped initiate the Sleep Medicine Review Course for physicians in Birmingham, Alabama, which later became the AASM's National Sleep Medicine Course. He was the course director for seven years and was a course instructor for 20 consecutive years. Dr. Pegram recently served as chair of the Sleep Technologists Issues Committee, helping develop the A-STEP Program, and served on the CoA PSG Committee. These committees have been involved in the standardization of education and training for sleep technologists. In 2007, Dr. Pegram was awarded the American Academy of Sleep Medicine Award for Excellence in Education for outstanding contributions in the teaching of sleep medicine.

**THE AAST ACKNOWLEDGES AND THANKS THE FOLLOWING ORGANIZATIONS FOR THEIR GENEROUS SUPPORT AND FOR INVESTING IN THE FUTURE OF THE SLEEP TECHNOLOGY PROFESSION AS AAST SUPPORTER MEMBERS:**

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