



## The Importance of Catching Your Zzzs | Participant Webinar #11

Wed, January 18<sup>th</sup>, 2023; 11am PT/1pm CT/2pm ET

Time (PDT)	Content	Speaker/ Presenter
11:00am	Welcome remarks; previous webinar information; webinar topic introduction and ediquette	Dr. Cyndi Thomson
11:01am	Complete Poll Questions: <ul style="list-style-type: none"> <li>• During a usual night, about how many hours do you spend sleeping?</li> <li>• During the past month how would you describe your overall sleep quality?</li> </ul>	Dr. Cyndi Thomson
11:02am	Introducing <b><u>Dr. Katie Stone</u></b>  Presentation Topic: Maintaining Good Sleep Quality with Advancing Age: Why Does it Matter?	Dr. Cyndi Thomson  <b><u>Dr. Katie Stone</u></b> <i>Senior Scientist at University of California, San Francisco</i>
11:03am	Maintaining Good Sleep Quality with Advancing Age Presentation	Dr. Katie Stone
11:17am	Introducing <b><u>Dr. Rita Peila</u></b>  Presentation Topic: Association of sleep duration and insomnia with metabolic syndrome and its components in the Women's Health Initiative	Dr. Cyndi Thomson  <b><u>Dr. Rita Peila</u></b> <i>Investigator at Albert Einstein College of Medicine</i>
11:18am	Association of sleep duration and insomnia with metabolic syndrome Presentation	Dr. Rita Peila
11:41am	<ul style="list-style-type: none"> <li>• Q&amp;A from the audience</li> <li>• Reveal results of poll</li> </ul>	ALL with Moderator Dr. Cyndi Thomson
11:56am Transition/Close	Closing Remarks:	Dr. Cyndi Thomson