

## *Catalyzing Occupation in Practice: A Preconference Summit on Sleep OT*



### **Society for the Study of Occupation: USA Conference Theme--*Sleep and Restoration* 10/11/18, Lexington, Kentucky**

**Summit Abstract:** Sleep is, arguably, the most prevalent, foundational, and health-impacting occupation of humans around the globe. Sleep issues abound in our 24/7 world and are common in occupational therapy clients. Sleep medicine is a dynamic new specialty. Some of the most effective sleep interventions depend on changes to daily routines. A panel of occupational therapy and occupational science researchers and practitioners will explore with participants potential strategies to catalyze occupational therapy's role in serving individuals with sleep issues.





### Expert Panel

Aaron Eakman, Ph.D., OTR/L, Colorado State University

Don Fogelberg, Ph.D., OTR/L, University of Washington

Andrew Green, BA DipCOT, MSc, MPhil, Sleep Therapy West, Great Britain

Jeanne Melvin, MS, OTR/L, FAOTA, Solutions for Wellness, California

Jo Solet, Ed.M., Ph.D., OTR/L, Harvard, Massachusetts

Byron Westerfield, M.D., Private Practice, Kentucky

### Facilitator

Doris Pierce, Ph.D., OTR/L, FAOTA, Eastern Kentucky University

### Schedule

1 to 1:45 Welcome, Panelists' Perspectives

1:45 to 2:30 Questions for the Panel

2:30 to 3:00 Round One Small Group Discussions

- What are the most pressing research questions in occupational science and occupational therapy in regard to sleep?
- What strategic actions by occupational therapists and scientists would most benefit persons with sleep challenges?
- How can collaborations with other disciplines and professions support this effort?
- Nominate Round Two Topics

3:00 to 3:15 Break

3:15 to 3:45 Round Two Topical Discussions

3:45 to 4:15 Small Groups Report

4:15 to 4:45 Panel Discussion of Recommendations

4:45 to 5:00 Key Conclusions and Strategic Goals