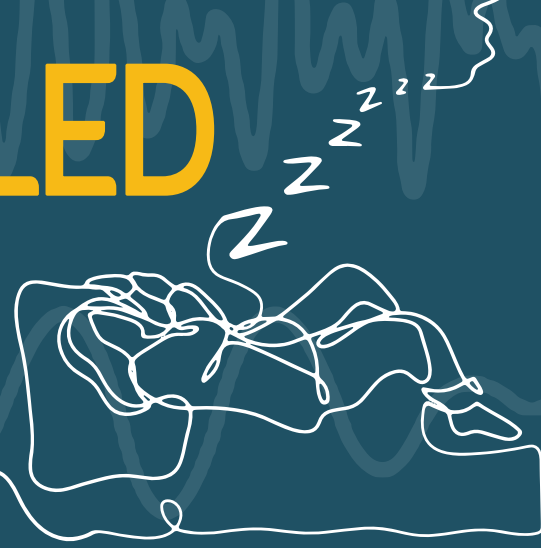


# SLEEP, UNRAVELED

OCTOBER 1 & 2, 2024 GUSTAVUS ADOLPHUS COLLEGE

THE  
**NOBEL**  
CONFERENCE®  
GUSTAVUS ADOLPHUS COLLEGE



## CONFERENCE & CAMPUS GUIDE

**WELCOME** to the 60th Nobel Conference at Gustavus Adolphus College.

The enclosed information addresses frequently asked questions regarding the Conference. Plan to arrive early to ensure adequate time for parking and finding a seat prior to the start of the Conference lectures.

For more information, contact the Gustavus Office of Marketing and Communication at 507-933-7520 or [nobelconference@gustavus.edu](mailto:nobelconference@gustavus.edu), or visit [gustavus.edu/nobelconference](http://gustavus.edu/nobelconference).

### ZERO-WASTE CONFERENCE

We aim to make the Nobel Conference a zero-waste event. Whenever possible, we will use compostable, recyclable, or reusable materials. We appreciate your help in making this happen.

### MEAL OPTIONS

**Bring your own lunch.** Tables will be available in the Campus Center Banquet Room for those who wish to bring their own lunch.

**The Courtyard Café**, located on the lower level of the Jackson Campus Center, and **The STEAMery**, located in the Nobel Hall of Science, will be open during the Conference. They serve coffee, pastries, sandwiches, and snacks.

A **concession trailer** will be located outside Christ Chapel supplying soft drinks, coffee, and snacks.

**The Gustavus Market Place** is the main College dining room located in the upper level of the Jackson Campus Center.

A list of **area restaurants** can be found at [gustavus.edu/about/restaurant](http://gustavus.edu/about/restaurant). Please be aware that most local restaurants are not within convenient walking distance of campus.

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### CONFERENCE SCHEDULE (SUBJECT TO CHANGE)

All events are at Christ Chapel unless otherwise indicated. See [gustavus.edu/nobelconference](http://gustavus.edu/nobelconference) for updates.

#### TUESDAY, OCTOBER 1

8:30 a.m. **Doors Open to Christ Chapel**

9:15 a.m. **Academic Procession and Conference Opening.**

#### Session 1 | Understanding the Nature of Sleep

9:45 a.m. **Sleep, Memory and Dreams: Pulling It All Together**

Lecture by Robert Stickgold, PhD, Professor of Psychiatry, Harvard Medical School

10:30 a.m. **Using a Simple Animal Model to Understand How and Why We Sleep**

Lecture by Amita Seghal, PhD, John Herr Musser Professor of Neuroscience, Perelman School of Medicine, University of Pennsylvania

11:15 a.m. **Panel Discussion and Audience Q & A**

12 p.m. **Lunch**

12:45 p.m. **Breakout Sessions**

Presentations feature Gustavus faculty and other members of the Gustavus community, exploring sleep-related topics

#### Session 2 | Why and How Does the U.S. Study Sleep?

2 p.m. **Sleep and Circadian Health: A National Research Agenda**

Lecture by Marishka Brown, Director, National Center on Sleep Disorders Research at the National Institutes of Health

2:45 p.m. **Panel Discussion and Audience Q & A**

3:30 p.m. **Conference Speakers Meet with Gustavus Classes**

7:30 p.m. **Sleep! A Live Storytelling Event In the Björling Recital Hall**

*Hosted by The Moth*

The Moth StorySLAM is an open-mic storytelling event in which anyone can share a true, personal, 5-minute story on the night's theme. Sign up for a chance to tell a story or sit back and enjoy the show!

#### WEDNESDAY, OCTOBER 2

8:30 a.m. **Doors Open to Christ Chapel**

#### Session 3 | Sleep Across the Lifespan

9:30 a.m. **Clock, Hourglass and Teen Sleep**

Lecture by Mary Carskadon, Professor of Psychiatry and Human Behavior, Brown University

10 a.m. **The Glymphatic System**

Lecture by Maiken Nedergaard, Professor, Neurology and Neurosurgery, Center for Translational Neuromedicine at the University of Rochester

10:45 a.m. **Panel Discussion and Audience Q & A**

11:30 a.m. **Lunch**

**Lunchtime Discussions in the College Banquet Rooms  
Self-Guided Opportunities**

#### Session 4 | Social and Cultural Implications of Sleep

1 p.m. **Sleep and Inequality: A History**

Lecture by Benjamin Reiss, Professor of English, Emory University

1:45 p.m. **Rest as Portal for Justice**

Lecture by Tricia Hersey, Founder, The Nap Ministry

2:30 p.m. **Panel Discussion and Audience Q & A**

3:15 p.m. **Nobel Conference 60 Closing Remarks**

# CONFERENCE & CAMPUS GUIDE

## ACCESSIBILITY INFORMATION

We strive to make the Conference accessible to all audience members.

Christ Chapel is **wheelchair accessible**.

A limited supply of **hearing assistance units** will be available during the Conference on a first-come, first-served basis. They can be checked out at the information desk in the lobby of Christ Chapel.

**Open-captioning services.** Open-captioning text of the spoken word will be displayed on all screens in Christ Chapel during the Conference.

Contact the Office of Marketing and Communication at 507-933-7520 or [marketing@gustavus.edu](mailto:marketing@gustavus.edu) if you have additional questions or needs.

## PARKING

Parking assistants will direct traffic to the nearest open parking areas. Parking spaces nearest Christ Chapel will be filled first. Many guests will attend the Nobel Conference, so please allow ample time for driving, traffic, parking, and walking to Christ Chapel.

**Golf carts** will be available to give rides to and from Christ Chapel.

**A limited amount of accessible parking** for people with special needs will be available near Christ Chapel. Vehicles will be allowed to drive close to Christ Chapel for drop-off or pick-up only.

Several **EV parking spaces** with charging stations for electric vehicles are available at no cost on a first-come, first-served basis.

## LODGING OPTIONS

A list of area lodging options can be found on the Gustavus website at [gustavus.edu/about/lodging](http://gustavus.edu/about/lodging). Please make reservations as soon as possible.

## SOCIAL MEDIA

Share your thoughts and photos using **#Nobel60** on Instagram, TikTok, and Facebook.

## OTHER INFORMATION

For **emergency assistance**, please contact Campus Safety at 507-933-8888.

The telephone at the **Information Desk** is 507-933-7520

**Restrooms** are located in the lower level of Christ Chapel with one accessible restroom in the Narthex. Additional restrooms are located in Nobel Hall of Science and other nearby buildings.

**Courtyard Café** and **Book Mark** are located on the lower level of the Jackson Campus Center.

**Gustavus is a Tobacco-Free Campus.** Tobacco use is prohibited on all College grounds.

## CAMPUS ATTRACTIONS

**Book Mark:** (campus bookstore)

Nobel Conference speakers' books and Conference t-shirts will be available, as well as other books, gifts, cards, clothing, and supplies.

**Hours:**

Tuesday, October 1: 8 a.m.–6 p.m.

Wednesday, October 2: 8 a.m.–6 p.m.

**Location:** Lower level of the Jackson Campus Center

**The Arboretum at Gustavus:** Main entrance is located on the south end of the Gustavus campus by the Melva Lind Interpretive Center. Feel free to explore the natural ponds, prairies, and forests connected by walking paths.

**Paul T. Granlund Sculptures:** A self-guided tour of Paul T. Granlund sculptures on campus starts inside the north entrance to Christ Chapel, where informational brochures are available. The brochure leads visitors through the works of Granlund, explaining the history and importance of the more than 30 bronze sculptures installed on the Gustavus campus.

## CAMPUS MAP

