AGENDA

National Collegiate Athletic Association
Interassociation Task Force on Sleep and Wellness

May 1-2, 2017
1 to 9 p.m.

1. Welcome and announcements. (Brian Hainline)

2. Data and Research on Sleep.
   a. NCHA and GOALS data. (Annie Kearns Davoren and Tom Paskus)
   b. Survey of membership. (Lydia Bell)
   c. Science of sleep. (Michael Grandner)

3. Impact of Sleep and.
   a. Mental health and well-being. (Birdie Cunningham and Roxanne Prichard)
   b. Performance and recovery. (Jerry Pastore and Lindsay Thornton)
   c. Diet and metabolism. (Kelly Baron)
   d. Traumatic Brain Injury. (Sanjeev Kothare)
   e. Neurobiological recovery. (Dianne Langford)
   f. Recovery from injury: case study. (William Adams)
   g. Coach/student-athlete perspective.

4. Foundational statement part I: Breakout group session.

5. Breakout group reconvene.

6. Consensus building. (Emily Kroshus and David Wyrick)
   a. Foundational statement part II group reports.
b. Finalize consensus statements.

7. Open comment and recommendations. (Kroshus and Wyrick)

8. Next steps and closing remarks. (Hainline)