

**SLEEP &  
PAIN SIG**  
**USASP**  
US Association for  
the Study of Pain

# News & Updates

November 2023



## Save the Dates

- 2024 Annual USASP Conference, [April 14-17](#), Seattle, Washington
- [December 1](#): Poster abstracts due
- [January 19, 2024](#): Conference registration opens
- Rita Allen Scholar Foundation Award applications due [December 14](#). More info [here](#)
- SLEEP 2024 Annual Meeting: June 1 - 5, Houston TX. Abstracts due Dec 20. More info [here](#)

## We need you!

We are looking for a new SIG co-chair beginning April 2024. We need your expertise! (And yes, you are qualified!) Nominations officially begin in January, but please email Daniel or Chasity if you are interested or would like to hear more. [cbrimeyer@mcw.edu](mailto:cbrimeyer@mcw.edu); [dwhib@med.umich.edu](mailto:dwhib@med.umich.edu)

### Complete our member survey!

We are still collecting feedback on what you want from the Sleep & Pain SIG. Please take a moment to complete [this survey](#) so that we can design a program of events to suit your needs.

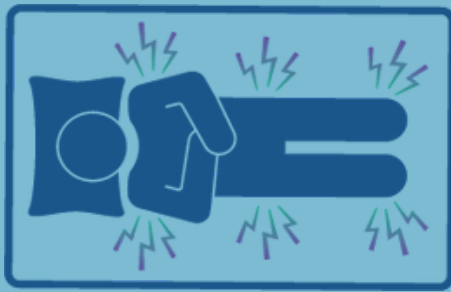
### Next SIG Meeting

Mark your calendars for Wednesday, January 17, 2024 from 2.30 - 3.30 pm Eastern.

At this SIG meeting we will review and discuss responses to our member survey and make plans for the year ahead.

### Get Involved

If you'd like to be featured in our [Spotlight Series](#) (see page 2), please complete this form: <https://forms.gle/6V7VMaVBVRdyw57V6>



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# Member Spotlight

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## Cecelia Valrie, PhD

I am a developmental-health psychologist and an Associate Professor in the Department of Psychology at Virginia Commonwealth University. My research focuses on pain, sleep, and health inequities in people living with sickle cell disease and Black youth. I am also focused on testing and improving the implementation and dissemination of effective interventions to improve health outcomes and promote health equity for these populations.

Twitter: [@DrCeceliaValrie](https://twitter.com/DrCeceliaValrie)

### Representative Projects, Publications, or Works:

- Valrie, C. R., et al. (2021) Pediatric Sickle Cell Pain-Sleep Relationships: The Roles of Positive and Negative Affect. Health Psychology, 40(11): 793-802.
- NIH HEAL/NIDCR/NINDS R21 DE032583. Predicting Pediatric Sickle Cell Disease Acute Pain Using Mathematical Models

### What is exciting about your work right now?

I am leading a team of mathematicians and clinicians to develop dynamic math models to predict pediatric sickle cell pain episodes using combinations of mHealth data, including subjective and objective assessments of sleep and fatigue. These models will be used to develop wearables to facilitate pain prevention efforts. I am also working with a sleep interventionist to tailor an existing insomnia treatment for people living sickle cell disease.

### Why sleep/pain?

I came to this field with a desire to improve the lives of people living with sickle cell disease by finding ways to reduce their pain, one of their most common and distressing symptoms. I started exploring poor sleep as a trigger for sickle cell pain, and became fascinated and excited by the power of sleep and the many ways different aspects of sleep can be targeted to improve pain outcomes.

### What keeps you motivated?

The people I work with (my colleagues and students) and the people I work for (people living with sickle cell, Black youth, and their families) continuously inspire me and push me to keep going. The potential for this work to change lives and reduce inequities is strong. And I appreciate being able to give back and be a part of the change I want to see.