



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

News & Updates

May 2024



2024 USASP Conference ReCap

It was wonderful seeing many of you in Seattle at this year's USASP conference. A HUGE thank you to Angel-Rose Villegas, Angelina Franqueiro, and Shannon Gilstrap for presenting their research at our SIG meeting. Our future is bright!

Welcome & Farewell...

Thank you Dr. Daniel Whibley for three years of service as Pain & Sleep Co-Chair. Your work was foundational to helping to establish this SIG.

Please welcome Dr. Alec Owens as new Co-Chair! Dr. Owens comes to us with a background in sleep-pain research in HIV populations. See his spotlight below!

March SIG Meeting

Here's the recording of our most recent joint meeting with Pediatric Pain SIG, where Dr. King delivered a great webinar on digital health & sleep assessment in youth with pain.

We want to hear from you!

Tell us how you can get the most from Sleep & Pain SIG. Please take a moment to complete this survey so that we can design a program of events to suit your needs.



We Want to Get to Know You!

We would love to continue building up opportunities to collaborate and network. If you'd like to be featured in our Spotlight Series, please complete this form.



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Member Spotlight

May 2024



Michael "Alec" Owens, PhD

I'm an Assistant Professor at the University of Alabama at Birmingham. I'm a husband and a father. I love college football (Roll Tide), horror movies, and finding new music! I've never met a plate of sushi I didn't like. **Contact:** michaelowens@uabmc.edu

Representative Projects, Publications, or Works:

- Owens MA, Parker R, Rainey RL, Gonzalez CE, White DM, Ata AE, Okunbor JI, Heath SL, Merlin JS, Goodin BR. Enhanced facilitation and diminished inhibition characterizes the pronociceptive endogenous pain modulatory balance of persons living with HIV and chronic pain. *J Neurovirol.* 2019 Feb;25(1):57-71.
- Owens MA, Mun CJ, Hamilton KR, Hughes A, Campbell CM, Edwards RR, Smith MT. Presurgical sleep and pain behaviors predict insomnia symptoms and pain after total knee arthroplasty: a 12-month longitudinal, observational study. *Pain Med.* 2023 Nov 2;24(11):1224-1233

What is exciting about your work right now?

I'm exploring novel behavioral interventions to treat insomnia and cannabis use in HIV populations. Expanding into populations actively using substances is new for me but substance use, especially cannabis use, is so prevalent in the communities I work with.

Why did you choose a career in sleep/pain?

I jokingly tell people that it's because they're the two problems everyone can relate to—poor sleep and pain. Seriously, I think these are two areas that can have such strong impact on people's quality of life and improvements can be accessible!

What keeps you motivated?

My family keeps me motivated—they've supported me every step of my career, including moving across the country multiple times.