



SLEEP & DREAMS

MUSIC, NEUROSCIENCE & STORIES OF SLUMBER

October 18, 2022

Caroline H. Hume Concert Hall & Online

presented by

San Francisco Conservatory of Music

UC San Francisco Department of Neurology, including the
Memory and Aging Center and Global Brain Health Institute

&

The Nocturnists

Welcome

On behalf of the San Francisco Conservatory of Music (SFCM), the UCSF Department of Neurology at the Weill Institute for Neurosciences including the UCSF Memory and Aging Center (UCSF MAC) and the Global Brain Health Institute (GBHI), and with honored guest partners The Nocturnists, welcome to *Sleep & Dreams: Music, Neuroscience & Stories of Slumber*.

Tonight's program marks the fifth installment in a groundbreaking partnership across music, creativity, and brain science. Launched in 2019, this series highlights novel scientific research and core principles of music and music theory. The partnership seeks to raise awareness of innovations in brain health and music, and ultimately spark ideas and reinforce the connections we share.

This evening, we are joined by phenomenal medical storytelling experts, The Nocturnists, created by Emily Silverman, MD. We have the opportunity to explore sleep and dreams—essential human experiences. When sleep is compromised, the body and mind suffer. When it flows, we feel refreshed and clear. Sleep even builds new neural pathways. With sleep comes a rich landscape of dreams that enlighten, frighten, and delve into the bizarre, all swirling in our subconscious. Sleep and dreams come alive in music, art, and storytelling—from lullabies to visual masterpieces to personal accounts of epiphanies.

Thank you for joining us on this journey. We are honored to have you.



David H. Stull, MM

President, San Francisco Conservatory of Music



Bruce L. Miller, MD

A.W. and Mary Margaret Clausen Distinguished

Professor in Neurology, UCSF

Director, UCSF Memory and Aging Center

Co-Director, Global Brain Health Institute

Program

ARRIVAL MUSIC

Falling

by Ian Rictor, Chae Eun Lee, and Garrett Nothern
for Yamaha Disklavier and Electronics

WELCOME REMARKS

David H. Stull, SFCM
Bruce L. Miller, UCSF MAC & GBHI
Emily Silverman, UCSF, The Nocturnists

SLEEP CYCLES IN 4 ACTS

Act 1: Starting Sleep, Discovering Dreams

Claude Debussy (1862–1918) – Rêverie
Daniel Dastoor and Suni Norman, *violins*, SFCM
Rachel Haber, *viola*, SFCM
Kyle Stachnik, *cello*, SFCM

What Is Sleep?
Liza Ashbrook, UCSF

The Impossible Choice
Oak Sonfist, The Nocturnists

Act 2: Rhythms & Transitions

Brain Rhythms

Kamalini Ranasinghe, UCSF MAC

Premiere of work with collaboration by Taurin Barrera and the Technology and Applied Composition Team at SFCM and Christine Walsh at UCSF:

*The Spinning Wheel**

by Natasha Frank and Lina Harrison

Rozihl Edwards, *piano*, SFCM

Eric Inadomi, *cello*, SFCM

Alzheimer's Disease: Sleep Under Siege

Lea Grinberg, UCSF MAC & GBHI

Act 3: Unconscious Illuminations

Benjamin Britten (1913–1976) – Nocturnal after John Dowland, Op. 70:

“Slow and Quiet”

Matt Wherley, *guitar*, SFCM

Dreams & Art

Nikolaus Hohmann, SFCM

Visions & Voices

Emily Silverman, UCSF & The Nocturnists

Act 4: Sweet Dreams, Deep Dreams

Closing

David H. Stull, SFCM
Bruce L. Miller, UCSF MAC & GBHI

Johannes Brahms (1833–1897) (arr. Gilbreath) Lullaby

Roots, Jazz, and American Music Ensemble:

Daniel Alonso, *alto saxophone*, SFCM

Nate Gilbreath, *trombone*, SFCM

Morgan Harrison, *piano*, SFCM

Kenny Hadox, *bass*, SFCM

Miles Turk, *drums*, SFCM

DEPARTURE MUSIC

REM: Waking Waves

by Roziht Edwards and Lauryn Kurniawan
for Yamaha Disklavier and Electronics

*Our piece, *The Spinning Wheel*, musically explores the concepts exposed in the sleep data from UCSF. Our A section aims to represent the N2/N3 stages of sleep, thus is meditative and peaceful, a lullaby with warm and comforting harmonies and textures. Our B section further explores the concept of sleep spindles, which are musically portrayed using harmonic glissandi played sul ponticello. Titled after the timeless enchanted spindle from *Sleeping Beauty*, we are proud to present to you, *The Spinning Wheel*. The composers would like to thank performers Roziht Edwards and Eric Inadomi for breathing life into our music.

Presenters

Liza Ashbrook, MD, is an associate professor of neurology at UCSF. She sees sleep medicine and neurology patients at UCSF and the San Francisco VA. She is the program director for UCSF's Sleep Medicine Fellowship. Her research interests include better understanding certain sleep and circadian traits, including familial natural short sleep, in which individuals feel refreshed with fewer hours of sleep than conventional sleepers.



Taurin Barrera, MFA, is an electronic musician, interactive multimedia artist, and teacher based in the San Francisco Bay Area. His recent works have been presented at the Smithsonian National Museum of Natural History (D.C.), National Gallery of Modern Art (Bangalore), CERN (Geneva), Shanghai Symphony Hall, and the Luminaria Festival (San Antonio). He is currently working on projections that will be showcased on the Salesforce Tower in 2023. He holds an MFA degree in Electronic Music from Mills College and is currently a Professor of Music and Executive Director of Technology and Applied Composition at SFCM.



Lea Tenenholz Grinberg, MD, PhD, is a neuropathologist specializing in brain aging and associated disorders, most notably Alzheimer's disease, and neurological basis of sleep disturbances in neurodegenerative diseases. She is the John Douglas French Alzheimer's Foundation Endowed Professor at the UCSF Memory and Aging Center, part of the executive board of the Global Brain Health Institute, and member of the Medical Scientific Advisory Group for the Alzheimer Association. In 2009, she was the recipient of the UNESCO-L'Oréal Award "For Women in Science. She is also a professor of pathology at the University of Sao Paulo.



Nikolaus Hohmann, PhD, is the chair of the Humanities and Sciences Department, Daniel E. Koshland Endowed Chair in Humanities, and is a professor of both history and philosophy at the San Francisco Conservatory of Music. He received the Sarlo Foundation Award for Excellence in Teaching from the



San Francisco Conservatory of Music, Phi Beta Kappa recognition at the University of California, Berkeley and Stanford University, and a Fulbright Grant. Originally from southern Germany, Hohman also served four years in the U.S. Air Force. He holds a PhD in Modern European History from University of California, Berkeley.

Luis Martinez, MD, MPH, is a contemporary realist painter, neurologist, and Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute. A native of Bogota, Colombia, his colorful paintings pay homage to his career as a neurologist. His distinctive personal style expresses an amalgamation of brain science and visual art. Martinez's artwork has been exhibited in Colombia and the U.S., including "Openness" at Evolved Art Gallery, San Francisco. As a neurologist he wants to promote the use of art in different expressions as a therapeutic tool to improve the quality of life with people with neurodegenerative diseases.



Bruce Miller, MD, is the A.W. and Mary Margaret Clausen Distinguished Professor in Neurology, director of the UCSF Memory and Aging Center, and co-director of the Global Brain Health Institute. He is a behavioral neurologist whose work in neurodegenerative conditions emphasizes brain-behavior relationships and the genetic and molecular underpinnings of disease. He helps lead the NIH-sponsored Alzheimer's Disease Research Center, the Tau Consortium and the Bluefield Project to Cure Frontotemporal Dementia. He was awarded the Potamkin Award from the American Academy of Neurology and elected to the National Academy of Medicine.



Kamalini Ranasinghe, MBBS, PhD, is an assistant professor at the UCSF Memory and Aging Center. As a physician-neuroscientist, she is passionate about understanding the neurons and neural networks that support human cognition and how their function gets disrupted with accumulation of proteins in neurodegenerative diseases, like Alzheimer's disease. Her program of research uses electrophysiology in combination with molecular biomarkers to investigate the dysfunctional neural circuits and their mechanistic relationships with proteinopathies. She holds grant support from the NIA, Alzheimer's Association, and Hillblom Foundation, and her research work has been showcased in multiple influential research publications.



Emily Silverman, MD, is an internal medicine physician at UCSF, and creator/host of The Nocturnists, a medical storytelling organization that has amplified the voices of over 400 clinicians through its award-winning podcast and sold-out live performances. Her writing has been supported by MacDowell and published in The New York Times, Virginia Quarterly Review, JAMA, CHEST, and more. She was the 2020 Hellman Artist-in-Residence at the UCSF Memory and Aging Center.



Oak Sonfist specializes in medical school education reform; focusing on transgender healthcare, rural health, trauma-informed care as well as clinician mental health and wellbeing. Oak is a rising 4th year osteopathic medical student, currently on a fellowship gap year as the Participant - Education and Advocacy Fellow with American Medical Student Association (AMSA). Oak acts as a liaison between small grass root organizations and various prestigious national institutions, to foster growth and deeper understanding.



David H. Stull, MM, is president of the San Francisco Conservatory of Music. As dean of the Oberlin Conservatory of Music, Stull accepted the National Medal of Arts from President Barack Obama on behalf of the institution in 2010. A native of Cincinnati, Ohio, Stull earned degrees in tuba performance and English literature at Oberlin College and Conservatory of Music. He attended the Aspen Music Festival and pursued further study at The Juilliard School in the American Brass Quintet program before completing a Master of Music degree at the University of Wisconsin at Madison.



SFCM music ensembles consist of students from the San Francisco Conservatory of Music. SFCM presents over 500 performances a year, including solo recitals by students, faculty, and guest artists, small ensemble concerts, fully staged operas, and symphonic programs. Featured SFCM students in tonight’s program include:

Daniel Alonso,
alto saxophone
Miles Turk, *drums*
Daniel Dastoor, *violin*

Nate Gilbreath,
trombone & arranger
Kenny Hadox, *bass*
Rachel Haber, *viola*
Suni Norman, *violin*

Kyle Stachnik, *cello*
Morgan Harrison, *piano*
Roziht Edwards, *piano*
Eric Inadomi, *cello*

Acknowledgments

The hosts would like to thank the leadership from the San Francisco Conservatory of Music; University of California, San Francisco including the UCSF Memory and Aging Center and the Global Brain Health Institute; and The Nocturnists.

Key contributions came from Career MD and Uccello Lounge.

Oak Sonfist's story was coached by Molly Rose-Williams and sponsored by CareerMD. Emily Silverman's story was coached by Nina Wise. Emily Silverman and Nina Wise provided coaching support for the presentations of Liza Ashbrook, Lea Grinberg, and Kamalini Ranasinghe. The contributions of the students and the entire production team at the San Francisco Conservatory of Music were central to tonight's experience.

In addition to all of the presenters, we would like to acknowledge the organizing and co-curation team including, Cimeron Ahluwalia, Rebecca Groves, Carmen Hart, Alex Heigl, Niall Kavanagh, Camellia Latta, Suzanne Leigh, Mia Macaspac, Luis Martinez, Ellie MacBride, Eileen Moon, Kathleen Nicely, Eleanor O'Brien, Caroline Prioleau, Kyle Pusateri, Molly Rose-Williams, Leslie Ruoff, Mark Taylor, Christine Walsh, Laura Wise, Nina Wise, and Victor Valcour. Additionally, we are grateful to the members of the GBHI 2021 cohort and members of the Technology and Applied Composition team at the San Francisco Conservatory of Music who met and planted the early seeds for several elements of tonight's program.

And finally, thanks to you, our audience, and all of our supporters. Wishing you healthy sleep and sweet dreams!

About the Hosts

SAN FRANCISCO CONSERVATORY OF MUSIC

SFCM draws on the bold creativity of San Francisco to offer unparalleled training for the 21st century musician. We support students in developing the skills and vision to chart successful careers and advance the human experience through music. We believe a musical education must extend far beyond technical and performance skills. Our commitment to music of enduring quality and importance is the foundation of our innovative curriculum, cultivating critical thinking and business acumen alongside artistic practice, and creating a transformative environment of inquiry, collaboration, and entrepreneurship.

Our DNA combines a global perspective with the unstoppable energy and imagination of our hometown. Our pioneering programs and partnerships with leading institutions and businesses prepare students to seize opportunities in music and a wide array of the fastest developing sectors today. SFCM is a magnet for exceptional faculty whose ongoing professional experience benefits our students. As the only conservatory partnered with a leading artist management company and a legendary record label, we are able to provide our students unique insight and access to the music industry.

sfc.edu

[@sfconservmusic](https://www.instagram.com/sfconservmusic)

UCSF MEMORY AND AGING CENTER

UC San Francisco (UCSF) is a leading university dedicated to promoting health worldwide through advanced biomedical research, graduate-level education in the life sciences and health professions, and excellence in patient care. It includes top-ranked graduate schools of dentistry, medicine, nursing and pharmacy; a graduate division with nationally renowned programs in basic, biomedical, translational and population sciences; and a preeminent biomedical research enterprise. It also includes UCSF Health, which comprises top-ranked hospitals, UCSF Medical Center and UCSF Benioff Children's Hospitals in San Francisco and Oakland – and other partner and affiliated hospitals and healthcare providers throughout the Bay Area. The UCSF

Memory and Aging Center provides the highest quality of care for individuals with cognitive problems, conducts research on causes and cures for degenerative brain diseases, and educates health professionals, patients and their families.

memory.ucsf.edu
[@UCSFmac](https://twitter.com/UCSFmac)

GLOBAL BRAIN HEALTH INSTITUTE

The Global Brain Health Institute is a leader in the global community dedicated to protecting the world's aging populations from threats to brain health. GBHI works to reduce the scale and impact of dementia in three ways: by training and connecting the next generation of leaders in brain health through the Atlantic Fellows for Equity in Brain Health program; by collaborating in expanding preventions and interventions; and by sharing knowledge and engaging in advocacy. GBHI strives to improve brain health for populations across the world, reaching into local communities and across our global network. GBHI brings together a powerful mix of disciplines, professions, backgrounds, skills, perspectives, and approaches to develop new science-based solutions. GBHI focuses on working compassionately with all people including those in vulnerable and under-served populations to improve outcomes and promote dignity for all people. GBHI is based at the University of California, San Francisco (UCSF) and Trinity College Dublin (Trinity).

gbhi.org
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THE NOCTURNISTS

The Nocturnists is an independent medical storytelling organization that has uplifted the voices of over 400 clinicians through our sold-out live performances and award-winning podcast. Hosted by physician Emily Silverman, our mission is to humanize healthcare, augment clinician wellbeing, and transform medical culture. Each episode of our podcast brings clinicians' humanity to the fore, from stories told at The Nocturnists live shows, to raw audio diary recordings in our special documentary series, to insightful conversations with authors and filmmakers whose work intersects with health and medicine.

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Thank You

We're glad you could join us tonight for this special collaborative event.

To support this partnership, please contact Camellia Latta, camellia.latta@ucsf.edu,
or Ellie MacBride, emacbride@sfc.edu.



SURREALIST DREAM

[Luis Martinez](#)

To learn more and to bid on the paintings, please scan the QR code below. All proceeds will directly support the artist.

