Healthy sleep for healthy Canadians
Dear colleagues,

The Canadian Sleep Society / Société Canadienne du Sommeil (CSS/SCS) is a professional association of clinicians, scientists, technologists, and students with objectives to advance and promote sleep research, sleep disorders medicine, sleep technology, education and public awareness.

In recent years, the CSS/SCS has been busy with a number of exciting activities and initiatives including scientific conferences, published guidelines, insomnia rounds for physicians, website development, and patient information brochures. Our biennial scientific conference is a premier event to share scientific discoveries, advance practice in sleep disorders medicine, network with colleagues, and learn about the latest innovations and technologies in the sleep field. These conferences include international keynotes speakers, state-of-the-art scientific symposia, poster presentations, continuing education credits, key industry exhibitors, and public lectures.

As the society continues to grow in numbers and scope over the next several years, the CSS/SCS Executive will work to represent the diverse membership in this multidisciplinary field. The CSS/SCS will continue their efforts to spearhead a diploma program in sleep disorders medicine with the Royal Collage of Physicians. As well, they will continue the important work of establishing clinical guidelines and standards of practice. Our collaboration with the Canadian Sleep and Circadian Network on research funding and knowledge mobilization initiatives brings about an opportunity to impact research on sleep and sleep disorders in an unprecedented and significant way. Funding for research networks across Canada, which leverages federal support with industry partnerships, will pave the way new discoveries and better treatment of sleep disorders. Importantly, CSS/SCS will continue to build on disseminating information on healthy sleep to Canadians.

We invite you to become a part of the exciting initiatives and opportunities of the CSS/SCS, either through work on the Executive board, participation in conferences, sponsorship of CSS/SCS or the Canadian Sleep and Circadian Network, or through the many ad-hoc committees that arise from the interests and passions of individual members of the CSS/SCS.

Sincerely,

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President, Canadian Sleep Society
Professor, Psychology & Neuroscience, Brock University

Shelly Weiss, MD
Past-President, Canadian Sleep Society
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The Canadian Sleep Society is a national organization committed to improving sleep for all Canadians through: support for research, promotion of high quality clinical care, education of professionals and the public, and advocacy for sleep and sleep disorders medicine.
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Spotlight on CSS

Position Papers

- Portable Monitoring
- Oral Appliances

Insomnia Rounds

These education modules were created for health care professionals to provide concise perspectives on the most current scientific and clinical developments concerning the screening, diagnosis, and management of insomnia. Six issues were published in 2012 and another six issues in 2013. They were authored and edited by some of Canada’s leading experts in the field and can be found on the CSS website. This content was made possible by an educational grant from Meda Valeant Pharma Canada Inc. Topics include:

1.1 Insomnia: Prevalence, Burden, and Consequences
1.2 Taking Control of Acute Insomnia: Restoring Healthy Sleep Patterns
1.3 Treating Chronic Insomnia in Primary Care: Early Recognition and Management
1.4 Sleep in the Elderly – When to Reassure, When to Intervene
1.5 Pediatric Behavioural Insomnia: “Good Night, Sleep Tight” for Child and Parent
1.6 Sleepless Women: Insomnia from the Female Perspective
2.1 Psychiatric Disorders and Insomnia: Managing the Vicious Cycle
2.2 Medication and Substance Use: Keeping Insomnia Treatment Safe
2.3 Insomnia and Performance – Helping Your Patients Remain Alert and Effective
2.4 Circadian Rhythms and Insomnia – Approaching the Time Barrier
2.5 Pain, Analgesia, and Insomnia: Stopping the Cycle
2.6 Pediatric Behavioural Insomnia in Children with Neurodevelopmental Disabilities – Strategies to Improve

Patient Information Brochures (available in English and French)

- Positional Therapy
- Strategies for Shiftworkers
- Normal Sleep and Sleep Hygiene
- Obstructive Sleep Apnea
- Parasomnias
- Dreams and Nightmares
- Insomnia
- Bruxism
- Drowsy Driving
- Sleep in Children
- Sleep in Adolescents
- Sleep in Women
- Sleep and Aging
- Human Circadian Rhythms
- Patient Information
- Sleep and Post-Traumatic Stress Disorder
- Sleep and Depression
- Narcolepsy
- Sleep in Children
- Insomnia in Adults and Children
Website Renovation

A great deal has changed with the CSS website. The website has been completely redesigned using the latest web technology to deliver a better experience for our members and the public. The CSS website is now online at http://www.css-scs.ca but can still be reached via http://www.canadiansleepsociety.ca.

- **Membership form:** http://www.css-scs.ca/membership  
- **To log in go to:** http://www.css-scs.ca/log-in

Sleep Disorder Centres

This list of Canadian Sleep Disorders Centres has been created to assist members of the public and health care professionals with finding a local sleep clinic. Sleep Disorder Centres can be added to this list by contacting us at website@css-scs.ca.
Technologist Members

Technologist members make up a strong contingent of CSS membership. There are two technologist representatives on the board of the CSS who are committed to working on behalf of Canadian sleep technologists on standards and guidelines, credentialing, and educational opportunities.

The technologist representatives create the technologist program at CSS conferences. For the next CSS Conference in Toronto in 2015, a full day of pre-conference workshops has been organized for technologists including lectures on new and trending mobile sleep applications, an exam prep seminar, and a lecture on the effects of medications on sleep. Interesting case reports will be presented from laboratories across Canada. As well, throughout the 2-day conference, a technologist program has been planned including workshops on titration protocols and an interactive workshop on PAP devices. Additionally, there will be an opportunity to advance scoring skills in a scoring bootcamp, along with seminars on EKG arrhythmias and technical troubleshooting tips.

A new opportunity for technologist members is the CCSH credential for technologists and other healthcare providers who specialize in Sleep Medicine. Technologists that work directly with patients can take the advanced-level exam. A technologist with the CCSH credential works with families, physicians and Sleep Medicine practitioners to educate the community and expand their role as patient advocates. The exam window has reopened for technologists. Go to http://brpt.org to explore the pathways to the CCSH and to apply for the exam.

Student Members

Student members are the future of the society. There are two student representatives on the board of the CSS who are committed to working on issues and opportunities that are important for Canadian sleep trainees at all levels. The student representatives are currently spearheading a project to enhance the social media presence of CSS.

Some upcoming opportunities for students and junior Faculty include (deadline April 30, 2015):

1. Canadian Sleep Society (CSS) Student Outstanding Achievement Award
2. Student and Technologist Abstract Competition
3. Roger Broughton Young Investigator Award

As well, each year there is an opportunity to apply for travel funds to present work at any international sleep conference. For more information on the Canadian Sleep Society (CSS) / Institute for Circulatory and Respiratory Health (ICRH) Student Travel Awards, go to http://www.css-scs.ca/menu/research-and-training/awards.

Dentist Members

The goals of the dental group are to disseminate, educate, and share information on of the role of oral appliance therapy for obstructive sleep apnea (OSA). The dentist’s role in the treatment of OSA is adjunctive, supplementary and/or collaborative to that provided by the physician. Oral appliances are part of an important treatment for patients suffering from sleep apnea.

In 2012, the dental group and CSS published guidelines to determine the role of various professionals in the treatment of OSA with dental appliances and to establish standards of practices. This document was also used to develop the Guidelines for the College of Dental Surgeons from British Columbia (May 2014). The future objectives of the dental group are to develop a Canadian exam to ensure dentists treating OSA patients have the appropriate expertise and follow recognized high standards. As well, this group will focus on developing Canadian guidelines with all provincial dental colleges. Finally, the dental group will build a database of dentists working in sleep medicine on CSS website, to facilitate physician referrals for patients.
Pediatric Sleep Interest Group

Academic success can help improve future lifetime opportunities. A myriad of factors have been related to academic achievement, but the role of sleep—in particular the negative impact of insufficient sleep on academic success—is rarely addressed in programs aimed at optimizing the academic performance of students. Sleep plays a critical role in multiple domains related to academic performance and directly affects academic success—it is closely related to the optimal use of executive functions, it is essential for the completion of learning and memorization, and it can affect IQ, attention, and emotional regulation. Such key cognitive processes have been widely shown to be related to academic performance in students. Despite very strong evidence indicating that sleep is critical to academic success, as many as 70% of students get less than the recommended amount of sleep, and more than half report feeling excessively tired or sleepy during the day. Sleep deprivation often results from lifestyle-related choices, such as multiple extracurricular activities, late-ending social events, excessive use of technology late at night, and the consumption of caffeinated drinks, alcohol and tobacco. All of these choices are associated with delayed bedtimes and shortened sleep.

The Pediatric Sleep Interest Group formed within CSS in order to facilitate a network of experts to collaborate on research and initiatives to improve sleep in children and adolescents. To join the email list for this group, please contact Dr. Shelly Weiss at info@css-scs.ca.

In 2012, a CIHR-funded workshop entitled “Stop Dreaming! Integrating Pediatric Sleep into the Health and Education Systems – Reasons, Barriers, and Facilitators” was held at McGill University in Montreal, Quebec. Subsequent to the workshop, the following position statement was developed through the integration of input from workshop speakers and attendees:

**Consensus Statement on Pediatric Sleep: Guidelines and Recommendations for Health Care Professionals’ Promotion of Optimal Child and Adolescent Development.** Contributors: Reut Gruber, MD, Shelly Weiss, MD, Jean-Yves Frappier, MD FRCPC, Leslie Rourke, MD, Robert T. Brouillette, MD, Normand Carrey, MD FRCP, Merrill Wise, MD (available on CSS website).

Insomnia Interest Group

Inspired by the Pediatric Sleep Interest Group, and seeing the need to boost availability of evidence-based insomnia treatments, the Insomnia Interest Group was formed in 2013 by Dr. Célyne Bastien (Quebec City) and Dr. Judith Davidson (Kingston, ON). Insomnia is the most common sleep disorder, affecting 10-15% of Canadians. Although evidence-based treatments exist that can restore sleep and quality of life, they are rarely available to the general population. The group has identified three themes: a) Access and Education; b) Insomnia Treatment Guidelines for Canada; and c) Advancing Research. Within ‘Access and Education’, the aim is to enhance access to the best treatments for insomnia, including cognitive behavioural therapy, and knowledge about best practices regarding hypnotic medication. This involves education of health care professionals and the public, through writing, speaking, training and workshops. It includes encouraging training in the area of insomnia through fellowships or conference travel funds. Under ‘Insomnia Treatment Guidelines for Canada’, the aim is to extend previous work and produce Canadian clinical guidelines for the assessment and treatment of insomnia. Under ‘Advancing Research’, the aim is to provide opportunities for members to discuss ideas and to collaborate on research related to insomnia, including basic and clinical translational research. This includes encouraging members to submit symposia to national and international conferences and to serve on the CSS scientific committee or on the abstract review committee for CSS conferences. To join the email list for this group, please contact Dr. Judith Davison by sending an email to info@css-scs.ca.
Membership

In 2014, there were 375 CSS members including 44 basic scientists, 94 physicians, 29 dentists, 15 other health care professionals, 114 technologists, and 79 students. The membership is typically larger in years when the conference is held; however, this small group produces fantastic work in a truly interdisciplinary fashion, bringing knowledge from the research frontier to the patient’s bedside. The CSS is currently engaged in a major membership drive. Be sure to renew your membership dues early in 2015 in order to support the initiatives of the CSS including development of the website, educational webinars, patient information brochures, standards and guidelines, as well as work towards a diploma application with the Royal College of Physicians, and public advocacy. There are a number of benefits of membership including reduced conference registration rates, education events, BRPT and CME credits, awards, and networking. Consult the website for a full list of member benefits. EVERYONE working in the sleep field in Canada should be a member of CSS, so be sure to ask all of your colleagues, employees, and trainees to join CSS for 2015!

2015 Congress Important Dates

January 26, 2015: CSS-ICRH Travel Award Deadline
March 1, 2015: Call for Symposium Closes
April 30, 2015: Call for Abstracts Closes
April 30, 2015: Student/Tech Abstract Prize Deadline
May 1, 2015: Symposium Participants notified
June 1, 2015: Abstract Participants notified
June 30, 2015: Early bird registration deadline