

Canadian Sleep
Society



Soci t  Canadienne
du Sommeil

Healthy sleep for healthy Canadians



Dear colleagues,

The Canadian Sleep Society (CSS) is a multidisciplinary group of clinicians, scientists, technologists, and students with objectives to advance and promote research, sleep disorders medicine, technology, education and public awareness in the field.

2015 was a busy year for the CSS and included number of exciting activities and initiatives. An inaugural Strategic Planning exercise took place in February which aimed to focus the future goals of the society. A summary of the report is given on page 5.

Our biennial scientific conference, held in Toronto in September, was highly successful with over 800 delegates gathering to network and discover the latest innovations in the field. The 3-day event included 6 keynote speakers, 12 symposia, oral presentations, posters, workshops and industry exhibitors. The society's Distinguished Scientist Award was given to Eliot Phillipson, Professor Emeritus at University of Toronto, for his contributions to the field of sleep and breathing. As well, a free public lecture was held in collaboration with the Toronto Public library; Richard Horner of the University of Toronto spoke about "Why We and Other Living Things Sleep".

The Canadian Sleep and Circadian Network (CSCN), of which CSS is a partner, received significant funding this year from the CIHR-ICRH Community Development program for national funding in sleep disorders medicine research and training. This is an important time for sleep research and medicine in Canada, with many opportunities to advance research, knowledge translation and education. Recognizing that the experience-based knowledge of patients adds significant value to health research and patient outcomes, the CSCN and CSS recently held a Patient Engagement workshop that brought together sleep professionals and patients from across Canada to discuss gaps in knowledge and opportunities for advancement.

Also this year, an application was submitted to the Royal Collage of Physicians and Surgeons of Canada for an Area of Focused Competence in Sleep Disorder Medicine. This is a timely and necessary evolution in the field that will ensure that activities such as accreditation, standards in medical education, and maintenance of certification are available to sleep medicine physicians.

In the coming months, the CSS will be working on offering Continuing Education programs on our website, a membership drive, and expanding clinic listings for specialists in insomnia and dental sleep medicine. As well, we are already working on the program for the 8th Congress of the CSS to be held in Calgary (April 28th-30th 2017), which will include a collaboration with the U.S. Sleep Research Society (SRS) to offer a one-day scientific program on a topical area of importance.

The CSS provides a national forum for Canadian sleep professionals to network, collaborate, and disseminate new knowledge. We invite you to become a part of the exciting initiatives and opportunities of the CSS, either through work on the Executive board, participation in conferences, sponsorship of CSS, or through the many ad-hoc committees that arise from the interests and passions of members of the CSS.

Sincerely,



Kimberly Cote, PhD

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

Board of Directors



President
Kimberly Cote, PhD
Department of Psychology
Brock University
president@css-scs.ca



Member-at-Large (Student)
Samuel Laventure, BSc
Centre de Recherche IUGM
University of Montreal
srstudent@css-scs.ca



Past President
Shelly K. Weiss, MD
Hospital for Sick Children
pastpresident@css-scs.ca



Member-at-Large (Student)
Kevin Grace, BSc
Dept. Cell & Systems Biology
University of Toronto
jrstudent@css-scs.ca



Vice President Research
John Peever, PhD
Dept. Cell & Systems Biology
University of Toronto
vpresearch@css-scs.ca



Member-at-Large (Membership)
Malgorzata Rajda, MD
Capital District Health Authority
Department of Psychiatry
QEII Health Sciences Centre
membership@css-scs.ca



Vice President Clinical
John Fleetham, MD, FRCP(C)
Vancouver Coastal Health
Research Institute
vpclinical@css-scs.ca



Member-at-Large (Dental)
Luc Gauthier, DMD, MSc
Centre de santé et de services sociaux de Chicoutimi
dentist@css-scs.ca



Secretary/Treasurer
Manisha Witmans, MD, FRCP(C)
Athabasca Professional Centre
treasurer@css-scs.ca



Member-at-Large (Communications)
Célyne Bastien, PhD
École de Psychologie
Université Laval
communications@css-scs.ca



Member-at-Large (Technologist)
Michael Eden, RPSGT, RST(ABSM)
Cobourg Sleep Clinic
Memorial Hospital Sleep Clinic
srtech@css-scs.ca



Member-at-Large (Media)
Brian Murray, MD, FRCPC, D,ABSM
Sunnybrook Health Sciences Centre
media@css-scs.ca



Member-at-Large (Technologist)
Natalie Morin, RPSGT, TEPM
Sleep Strategies
jrtech@css-scs.ca



Member-at-Large (Website)
Stuart Fogel, PhD
The Brain & Mind Institute,
Department of Psychology
Western University
website@css-scs.ca

30 Years of Presidents

At the 7th Congress of the CSS in Toronto, a group past-presidents and CSS board members gathered to record a history video. Dr. Brian Murray of Sunnybrook Hospital hosted the event and asked each of them to “tell us about memorable events during your time on the board”.



From right to left:

Brian Murray (host), Roger Broughton (founding President), Robert Ogilvie (vice-president on the inaugural board and 2nd President), Carlyle Smith (secretary-treasurer on inaugural board), Alistair MacLean (President 1993-96), Charlie George (President 1996-1999), Joseph DeKoninck (President 1999-2002), Charles Morin (President 2002-2005), Ben Rusak (Vice-President Research 2002-2005), Helen Driver (first woman President, 2008-11), Shelly Weiss (Current Past-President), Kimberly Cote (current President).
Missing from Photo: Mier Kryger (1990-1993); Gilles Lavigne (President 2005-08)

The history video will be made available on the society website.

1986-1988	Roger Broughton, MD, PhD
1988-1990	Robert D.Ogilvie, PhD
1990-1993	Meir H. Kryger, MD
1993-1996	Alistair MacLean, PhD
1996-1999	Charlie George, MD
1999-2002	Joseph DeKoninck, PhD
2002-2005	Charles Morin, PhD
2005-2008	Gilles Lavigne, DMD, PhD
2008-2011	Helen S. Driver, PhD, RPSGT, DABS
2011-2014	Shelly Weiss, MD

CSS Strategic Planning Meeting,

February 2015

Following a general membership survey, an extended survey was sent to 50+ stakeholders in the field to ask for detailed input on the following: Vision, Mission, Strengths, Weaknesses, Opportunities, Threats, Most important issue, Greatest Hope, and Greatest Concern.

The CSS Executive then met to discuss new vision and mission statements for CSS, and to establish priorities for future initiatives.

Vision:

Healthy Sleep for Healthy Canadians

Mission:

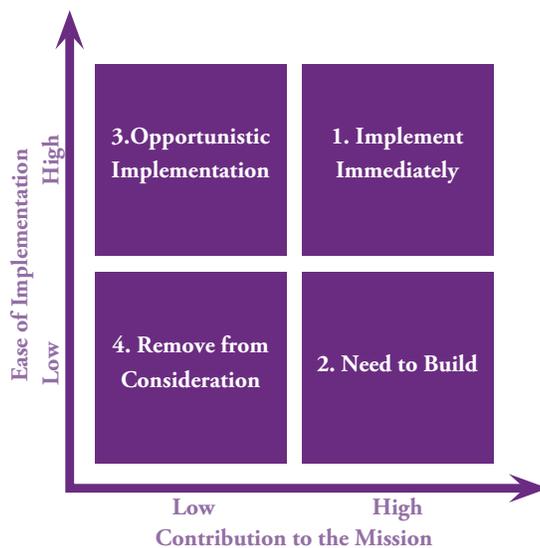
The Canadian Sleep Society is a national organization committed to improving sleep for all Canadians through: support for research; promotion of high quality clinical care; education of professionals and the public; and advocacy for sleep and sleep disorders medicine.

From the vision and mission of an organization flow a set of high-level goals representing broad areas of focus for the organization's activities. These goals are presented below:

1. *Facilitate the advancement of education in the area of sleep and sleep disorders medicine.*
2. *Promote and support the growth and quality of sleep disorders medicine in Canada.*
3. *Advocate for appropriate access to diagnosis and treatment of sleep disorders.*
4. *Advance sleep research in Canada.*
5. *Increase public awareness of the importance of sleep research and sleep disorders medicine, and Canada's contribution to this area.*
6. *Engage in educational activities and facilitate support for trainees and sleep professionals.*

Respondents to the survey produced a combined list of 184 potential activities / initiatives for the CSS to engage in as part of their new mandate. These were categorized under six topic headings of: **Clinical; Research; Technology; Engagement of Members; Education; and Public Advocacy.**

The CSS executive first categorized each initiative into one of four quadrants (see below), based on the axes of ease of implementation and importance for furthering the organizational mission and goals.



Each of the initiatives was then prioritized beneath the six goals identified above. These priorities for action would constitute the strategic direction for the organization for the next 3 years. In addition, the executive identified a number of cross-cutting initiatives, representing enhancements to organizational capacity or infrastructure that would require development to support all of the other priority activities.

Based upon the Strategic Planning exercise, 4 new action committees were formed to address some of the goals. The mandate and activities of the four new ad-hoc committees are summarized below:

1. Royal College Diploma Application Committee

Chair: John Fleetham

Members: Shelly Weiss, Manisha Witmans, Rob Skomro, Maureen Ceresney

Objective: Submit a detailed proposal for an area of focused competence in sleep disorder medicine by Sept 2015.

Action: an application was submitted in September to the Royal College of Physicians and Surgeons of Canada for an Area of Focused Competence in Sleep Disorder Medicine.

2. Education Committee

Chair: Michael Eden

Members: Kimberly Cote, Margaret Rajda, Jamie McFarlane, Natalie Morin, Stuart Fogel, Tina Meisami

Objectives:

1. Enhance educational opportunities for CME/CE/BRPT credit; and
2. Create educational content for medical

Action: Several keynotes, symposia and oral presentations were recorded at the Toronto 2015 conference. An on-line delivery platform will be purchased and integrated with the website to offer the programs for pay/credit.

3. Membership and Communication Committee

Chair: Margaret Rajda

Members: Celyne Bastien, Samuel Laventure, Kevin Grace

Objectives:

1. Increase membership, including corporate membership;
2. Increase communication to members.

Action: a membership drive will launch at the start of 2016. An e-vigilance newsletter was launched to be able to communicate more frequently with membership. Student board members initiated a Facebook and twitter account for the society.

4. Dental Committee

Chair: Luc Gauthier

Members: Fernanda Almeida, Leslie Dort, David Côté, Gilles Lavigne

Objective: develop dental sleep medicine in Canada.

Activities:

1. Preparing list of dental sleep medicine specialists to CSS site.
2. Revised patient information pamphlet on oral appliances.
3. Offered programs for dental sleep specialists at the CSS national conference.

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

The CSS website is continually evolving using the latest web technology to deliver a better experience for our members and the public.

The CSS homepage was recently renovated and can be found at: <http://www.css-scs.ca> or <http://www.canadiansleepsociety.ca>. You can also follow us on Facebook, LinkedIn and Twitter.



Learn About Sleep

Get information about sleep and sleep disorders, find books on sleep authored by Canadian experts, and get current scientific and clinical developments concerning the screening, diagnosis, and management of insomnia. Use our list of [sleep links](#) to access some of the latest content and research from internationally recognized agencies and sleep medicine providers.



September 12-16, 2016 in Belgium
European Sleep Research Society Congress

April 28-30, 2017 in Calgary
Canadian Sleep Society Conference

October 7-11, 2017 in Prague
World Sleep Congress 2017

CSS 2017 Conference

Save the date for the next conference in Calgary, Alberta. April 28th - 30th, 2017. Our biennial scientific conference is an opportunity to share scientific discoveries, network with colleagues, and learn about the latest innovations and technologies in the sleep field. Thanks to all that attended to make the CSS 2013 Conference a great success! Visit the [past meetings page](#) to download the the final program and conference abstracts.

Help support the advancement of sleep medicine in Canada.

CHARITABLE DONATION

BECOME A MEMBER

2014 CSS/SCS Annual Report

Each year, the CSS/SCS Executive produces a report that outlines the society's major activities, pursuits, and overall successes. The information contained in the report is aimed at the general public, and is a great way to learn more about how the mission of the CSS/SCS is enhancing sleep medicine, research, and treatment in Canada.

We invite you to submit any comments or feedback via our [contact us page](#).



Recent Headlines

Keep up to date on the latest news in the field, headlines, upcoming events, important challenges and opportunities.

VIEW SOCIETY NEWS

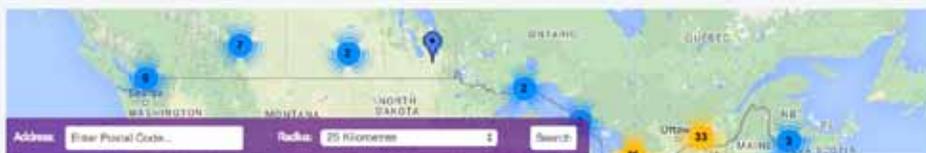
Employment Opportunities

Find employment opportunities in the field of sleep research and sleep medicine, or post a job opportunity to member benefit by contacting us.

SEE POSTINGS

CONTACT US

National Sleep Clinic Map



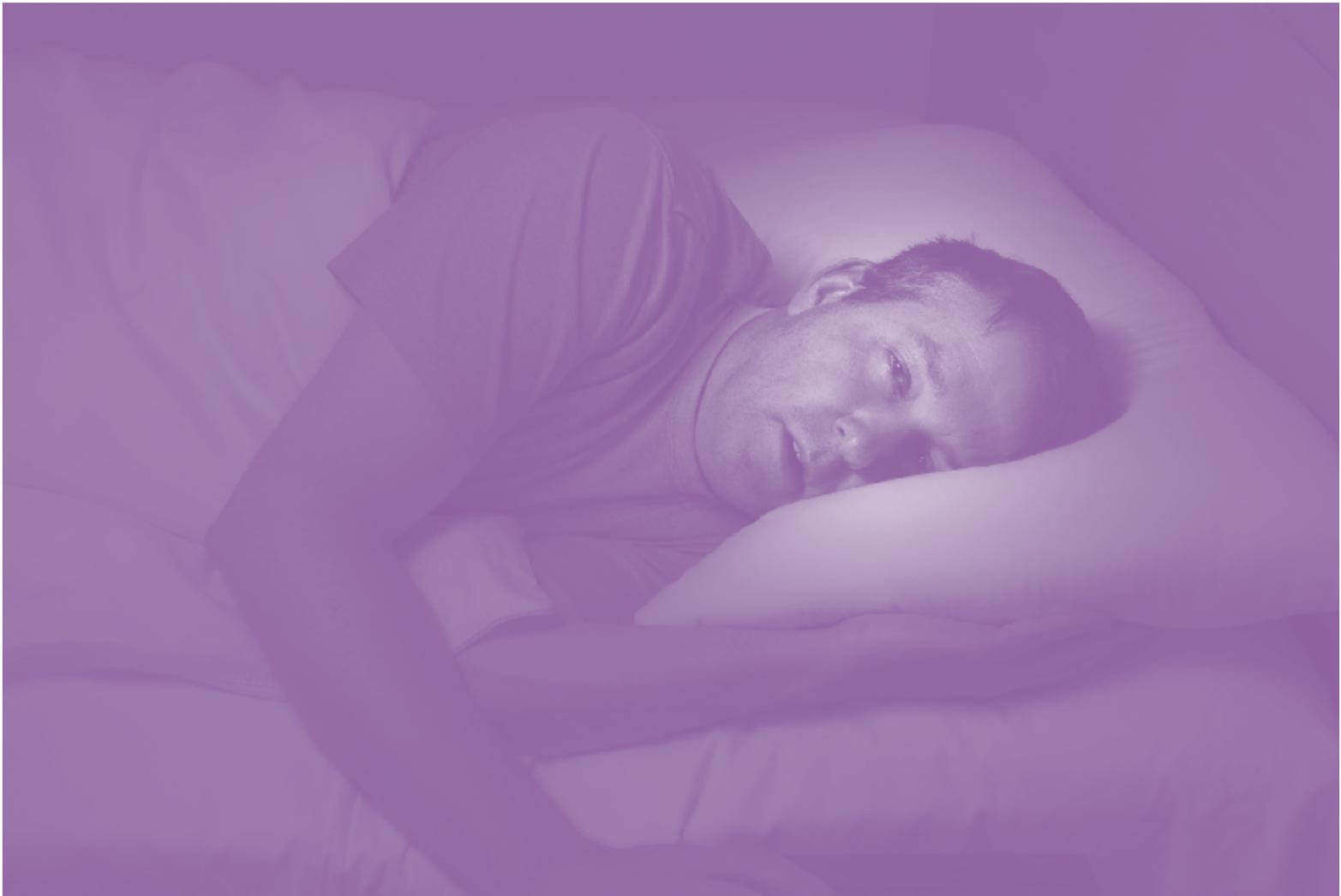
Our comprehensive list of Canadian Sleep Disorders Centres is designed to assist both individuals and health care professionals in finding local sleep clinics - yet another way we are working to enable and promote easy access to sleep disorder treatments for all Canadians. Simply enter your address or type your postal code and our interactive map will locate the nearest sleep clinic!

Insomnia Interest Group

The Insomnia Interest Group (IIG) was formed in 2013 with the main goal of boosting Canadians' access to evidence-based insomnia treatments. Co-Chairs of the IIG have been Drs. Judith Davidson, Célyne Bastien, and Colleen Carney. The three themes of activity for the IIG are: a) Access and Education; b) Insomnia Treatment Guidelines for Canada; c) Advancing Research.

In 2015, two IIG working groups were in action. A number of individuals worked on updating clinical practice guidelines for the assessment and treatment of insomnia for Alberta physicians and primary care teams. This was a TOP (Towards Optimized Practice) project. The working group was chaired by Dr. Charles Samuels and included contributions from Drs. Célyne Bastien, Tavis Campbell, Judith Davidson, Sheila Garland, Tetyana Kendzerska, Atul Khullar, James MacFarlane, Charles Morin and Eileen Sloan. The guidelines are currently being reviewed and formatted by TOP editors and should be available online in early 2016. <http://www.topalbertadoctors.org>

A second group worked on setting up a list of providers of evidence-based treatment for insomnia in adults and children across Canada. At the CSS meeting in Toronto, Dr. Margaret Rajda, Helen Driver, Penny Corkum, Josée Savard, Judith Davidson, Eileen Sloan, Colleen Carney and some graduate students, met to discuss practical and legal issues involved in forming such a list, as well as to discuss what, if any, credentials should define a provider. The group is now working with CSS Member-at-large on the board, Dr. Stuart Fogel, to make the list of relevant clinicians with contact information available through the CSS website.



Biennial Congress

Past Congress



**The 7th Conference of the
Canadian Sleep Society**
September 25 - 27, 2015
Toronto, Ontario, Canada

Future Congress



**The 8th Conference of the
Canadian Sleep Society**
April 28 - 30, 2017
Calgary, Alberta, Canada

Membership

In 2015, there were 506 CSS members including 45 basic scientists, 88 physicians, 34 dentists, 28 other health care professionals, 221 technologists, and 90 students. Our member 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 2016 in order to support the initiatives of the CSS including development of the website, educational webinars, patient information brochures, standards and guidelines, 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 2016!

