



# Vigilance

## Newsletter

HEALTHY SLEEP FOR HEALTHY CANADIANS • WINTER 2021 • VOLUME 26

## Learn what we do to promote healthy sleep

### A word from the President

Dear colleagues,

The year 2021 has been a challenging one. Experts (researchers, educators, technicians, trainees, etc) have been hard at work to adjust to external demands imposed by the pandemic or its consequences. Throughout these hardships, the Canadian Sleep Society (CSS) is stronger than ever. After our first virtual scientific meeting held just last October, the CSS is proud to say that sleep research and sleep medicine is more than ever active throughout Canada. With 11 keynote speakers, more than 15 symposia and many oral and poster sessions were held, the scientific program spearheaded by our VP Research, Dr. Thanh Dang-Vu was a success. You will see by his report what this fantastic event brought by and to researchers, trainees, technologists, dentists, physicians, and other professionals of our society.

Of course without the help of the industry and of our generous sponsors we couldn't have made it. Luckily, the exhibit hall was highly attended. Industry is now a CSS

partner on its own while it also supports the great Canadian Public Sleep Campaign, 'Sleep on it' which will most likely become a very effective advocacy tool for the CSS. The CSS vision of 'Healthy sleep for healthy Canadians' has also reached a different level of

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*The CSS is proud to say that sleep research and sleep medicine is more than ever active throughout Canada*

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acknowledgement as many public lectures and patients' engagements sessions were held virtually during the meeting.

As we will now turn around to organize the 2022 CSS Educational Days to be held face-to-face in Montreal in May (stay tuned for more details soon and visit our website [www.css-scs.ca](http://www.css-scs.ca)), we will have to wait till April 2023 to be face-to-face for another full scientific meeting.

The CSS strives again to develop and extend its expertise, start new initiatives and be part of exciting events and opportunities. For this we need and invite you to become a member, participate in conferences, sponsor CSS, or be part of the many ad-hoc committees that arise from your interests and passions.

Sincerely,

**Célyne Bastien, PhD**

President, Canadian Sleep Society  
Professor, School of Psychology  
Laval University

10th Virtual CSS Congress

04

CSS/CSCN Trainee Task Force

05

CSS-SCS Technologist Task Force

07

**Do you have something you want to share?**

Contact us at [communications@css-scs.ca](mailto:communications@css-scs.ca)

# A WORD FROM THE VICE PRESIDENT

This year's activities have been mainly dedicated to the preparation and delivery of the 10th National Conference of the CSS, including the scientific program (keynotes, symposia, abstracts), continuous professional education, and trainee activities. The conference was successful with more than 500 participants registered to the online conference.

Other activities included the strategic discussions over the common interests of the CSS and CSCN, including the Sleep-on-it campaign. Different public outreach activities also took place (public lectures, media interviews).

## **Thanh Dang-Vu, MD, PhD**

Vice- President, Canadian Sleep Society  
Director, Sleep, Cognition & Neuroimaging Laboratory (SCNLab)  
Associate Director for Clinical Research, Centre de Recherche de l'Institut Universitaire de Gériatrie de Montréal (CRIUGM)  
Professor, Dpt of Health, Kinesiology and Applied Physiology, Concordia University  
Montréal, Canada

Chief Editor  
Liza Perez

## **CSS EXECUTIVE COMMITTEE**

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Vigilance is the official newsletter of the Canadian Sleep Society (CSS).

Vigilance est le bulletin officiel de la Société canadienne du sommeil (SCS).

The Canadian Sleep Society (CSS) / Société Canadienne du Sommeil (SCS) is a professional association of clinicians, scientists and technologists formed in June 1986 to further the advancement and understanding of sleep and its disorders through scientific study and public awareness.

La Société canadienne du sommeil (SCS) est une association professionnelle de cliniciens, de scientifiques et de technologues mise sur pied en juin 1986 afin de favoriser l'avancement des connaissances et la compréhension du sommeil et des troubles qui l'affectent par la recherche scientifique et la sensibilisation du grand public.



**FREE  
VIRTUAL  
PUBLIC  
LECTURES &  
PATIENT  
ENGAGEMENT  
SESSIONS**

Thursday Oct 28th, 2021 to  
Saturday Oct 30th 2021

**05**



**06**



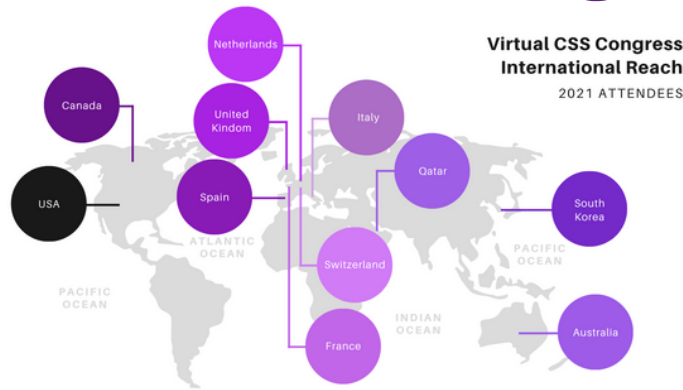
**THE GREAT CANADIAN  
SLEEPWALK  
THE ROAD TO GOOD NIGHTS**

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Dedicated to Technologists across the country.

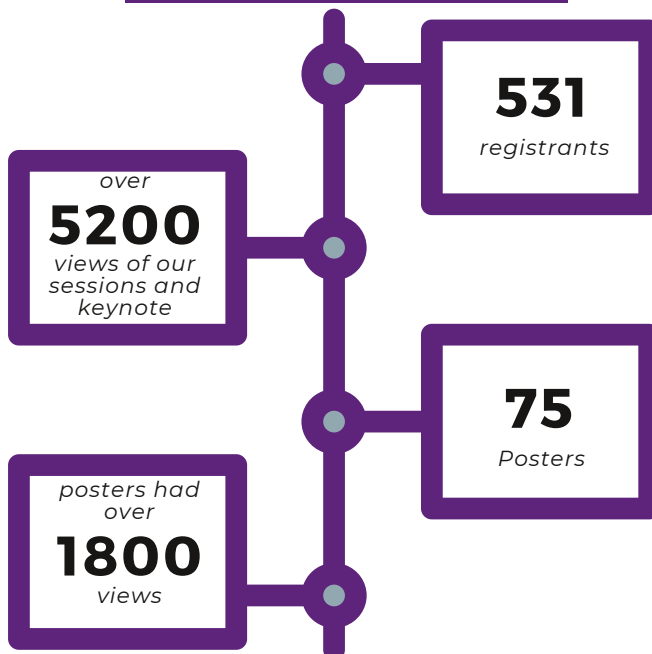


# 10th Virtual CSS Congress

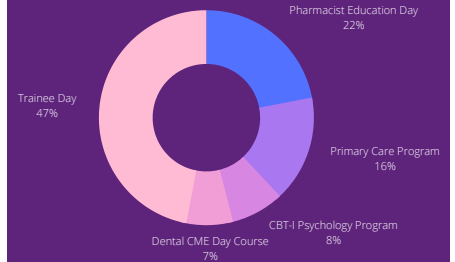


This virtual event took place thanks to the numerous people who worked tirelessly to make this conference a success. We had a high-quality and energetic program. We were able to plan many sessions, which ran in parallel and were recorded, allowing attendees to watch them even after the conference. In addition to our Distinguished Scientist and Distinguished Lecturer presentations, the conference featured 9 keynote speakers, twelve scientific symposia, 6 oral sessions and two poster sessions.

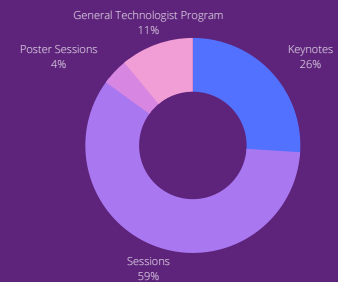
[sleepconference.ca](http://sleepconference.ca)



## Breakdown of attendance for Continuous Education Courses



## Breakdown of attendance for Keynotes and Sessions



Thank you to our sponsors



## Online Presence

The Canadian Sleep Society's online visibility grows with each share and interaction we have with the content. Keep sharing and tagging @Canadian Sleep Society to make sure we can increase our reach.

Some highlights for #CSSSleep2021 during the 2021 Virtual Conference.



53.5 k  
reach

240  
interactions



161  
likes

# Free Sessions and Lectures

## Patient Engagement Sessions and Public Lectures 2021



From Thursday Oct 28th, 2021 to Saturday Oct 30th 2021, the Canadian Sleep Society organized free online events for the public and for patients with sleep disorders such as insomnia, sleep apnea, narcolepsy and hypersomnia. It was a great opportunity to ask questions to Canadian Sleep Experts!

**636**  
attendees

**3 most attended  
lectures and sessions**

*Sleep and Shift work*  
*Sleep, Sport, Performance*  
*Narcolepsy Hypersomnia*

# The Great Canadian Sleepwalk



THE GREAT CANADIAN  
**SLEEPWALK**  
THE ROAD TO GOOD NIGHTS

## The Road to Good Nights

The Great Canadian Sleepwalk was held virtually again this year. Eighty-six participants walked or ran 5 km for sleep research and sleep medicine during the week of our virtual conference, between October 24th and October 30th. Three teams were on the charts, Eisai Pharmaceutical (sponsored of this walk) classifying as the top one, having 42 participants in its team! Altogether, close to 4500\$ was raised in donation and registration. Thanks to all for your participation!



This year we were able to complete a major initiative of the CSS/CSCN Trainee Task Force. This was to create a 'Supervisor Map' of researchers currently recruiting graduate students. On this map we were able to identify 45 researchers at 17 academic institutions across Canada.

At this year's CSS conference, we also had the pleasure of hosting Trainee Research Day. Trainee Research Day was a day-long session of the conference organised by trainees for trainees. At this event we had over 80 registrants and saw presentations by 7 trainees, whose abstracts were selected for their excellence. Trainee Day also included an academic publishing panel, career panel and workshop on how to give effective presentations. We believe Trainee Research Day at CSS 2021 was a huge success and look forward to hosting future events.



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*Trainee Highlight*  
*Narges Kalantari*  
*PhD candidate in*  
*Psychology- cognitive*  
*neuroscience*  
*Université de Montréal,*  
*Québec*

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Narges Kalantari is currently pursuing her Ph.D. studies under the co-supervision of Dr. Julie Carrier and Dr. Nadia Gosselin at the University of Montreal. Her Ph.D. project focuses on the changes in sleep architecture following traumatic brain injury. She joined the Trainee Task Force in January 2021 to help create the Move for Sleep initiative. The goal of this rewarding experience was to promote better sleep and raise funds for sleep health awareness projects conducted by undergraduate and graduate students across Canada. She looks forward to working on similar projects with the Trainee Task Force during her Ph.D. studies.



## CSS-SCS Technologist Task Force



The purpose of this Task Force is to focus on engaging Sleep Technologists across Canada to promote the Sleep Technology profession and patient sleep health in Canada on behalf of the CSS-SCS.

With the arrival of COVID and worldwide lockdowns in early 2020, we were automatically thrust 5 years into the future into a world more dependent upon the internet. No longer advisable to meet in person in large groups, we must now use telehealth, google web meetings and virtual zoom conferences to meet, learn and come together.

Early in the year, the Board made the decision to improve the CSS-SCS website to make it more user friendly. We updated the [Technologist CEC information](#); however, we are now in the process of creating an even easier online application process for those wanting to apply to offer CEC educational events. We also hope to create a more informative section dedicated to Technologists across the country including the formation of a Technologist Task Force.

In Oct 2021, the first ever CSS -SCS Virtual Conference was held over an

online platform with 143 Technologists taking part. As with all virtual formats, it was not without some technological issues, however overall, it was a success. The Technologist Program occurred over 2 days with several excellent speakers.

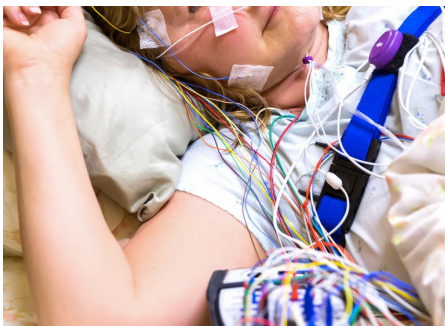
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*We also hope to create a more informative section dedicated to Technologists across the country including the formation of a Technologist Task Force.*

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We wish to once again thank all the speakers for their interesting and informative talks.

- **Day 1:** Resmed opened up the program with Doug Scullion discussing the importance of choosing the right therapy for more complicated patients with complex sleep issues and asynchronies. Then Lindsay McFarland highlighted some new features at Resmed including the new AirSense 11, their Personal Assistant Patient Support Program and their digital mask selector to help each patient optimize the correct mask for consistent treatment. Dr. James MacFarlane then highlighted the importance of how recreational drugs such as Cocaine, Alcohol and Marijuana effect our sleep patterns. To end the day, we had Chris Fernandez, Andrea Ramberg and Cindy Braden from EnsoData lend us insights into the expanding role of sleep therapists and AI-assisted sleep scoring in helping clinicians navigate a newly virtual landscape.



- Day 2:** Ali Jalini from Philips Respironics started the program highlighting their new i-pad based Mask Selector used to aid clinicians in finding the best possible mask for each patient using the patient's own photograph. In the next presentation, Michael Eden discussed some medical ethics surrounding sleep labs, cpap vendors and expectations facing clinicians. Finally, Dr. Johnathan Charest explained how many elite athletes suffer mental health issues and sleep inadequacies which can affect their athletic performance.

In early September, we sent out a Technologist Survey asking for technologist opinions on what they liked or didn't like and what changes they would like to see as part of the CSS-SCS. Although it was informative, unfortunately only 40 techs across Canada completed this survey.

Based on suggestions from this survey, an email was sent out in early November regarding the formation of a **CSS-SCS Technologist Task Force**. The purpose of this Task Force is to focus on engaging Sleep Technologists across Canada to promote the Sleep Technology profession and patient sleep health in Canada on behalf of the CSS-SCS. We are looking to create a team of sleep technologists from each province and territory to help address the disparities of technologists existing across Canada. An information session was held on Nov 23 to address many of the concerns from the survey which Technologists identified.

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*We want to improve the Technologist Section of the CSS-SCS Website to better represent "The Technologist"*

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Some of our goals for the Technologist Portfolio with the Task Force for the coming year are:

- to create an improved procedure for the Technologist Award
- to improve the Technologist Section of the CSS-SCS Website to better represent "The Technologist"
- to create a centralized database of all sleep techs across Canada
- to create a centralized 'Certification' through the CSS-SCS
- to create a CSS-SCS Technologist Newsletter

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Canadian Sleep Society / Société Canadienne du Sommeil





## Call for Members for our Communications Team

The Canadian Sleep Society is looking for individuals to nominate themselves to join the CSS Communications team in order to help us promote Canadian Sleep Society activities.

We are looking for members in the field and would appreciate your insight and input. We anticipate that there will be about 5-10 meetings over the next 12 months.

If interested, contact us at [communications@css-scs.ca](mailto:communications@css-scs.ca)

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*“You miss 100%  
of the naps you  
don’t take.”*

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