

Canadian Sleep
Society



Société Canadienne
du Sommeil

Vigilance

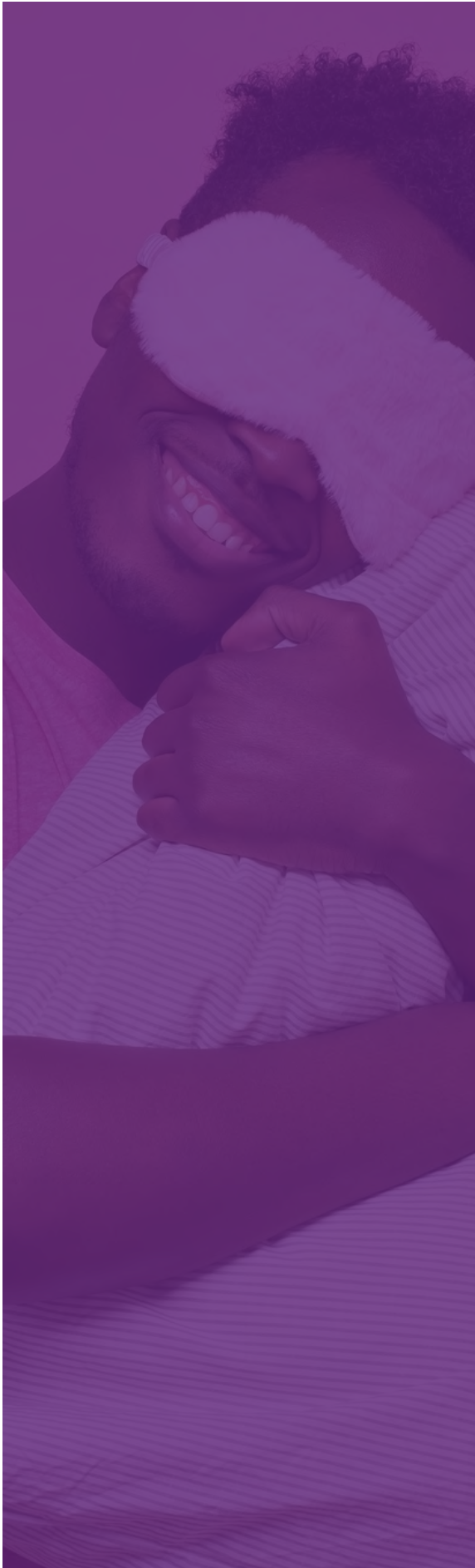
Newsletter

HEALTHY SLEEP FOR HEALTHY CANADIANS • WINTER 2023 • VOLUME 27

Learn what we do to promote healthy sleep

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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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.



Sleep
On
It

DID YOU KNOW...?

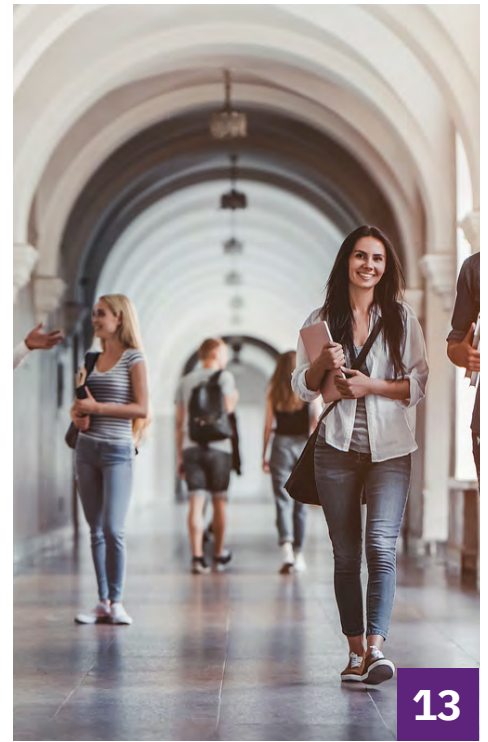
We are very happy to announce that **CSS** has acquired **Sleep on it**. This will benefit both organizations and ensure that our continued public awareness and advocacy efforts will work efficiently and create a greater impact on Canadians. We will have access to all resources and many benefits with joining our efforts. We hope it will open new opportunities for us and our success.

LEARN MORE ABOUT
'SLEEP ON IT'

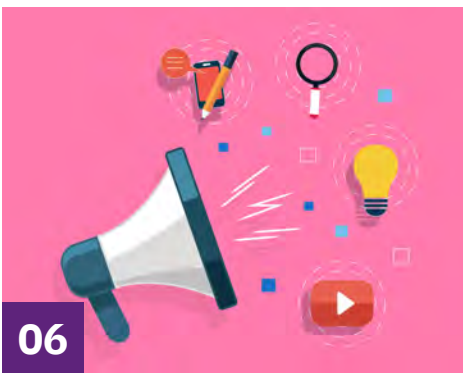




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11th National Conference of the Canadian Sleep Society



Canadian Sleep Society  Société Canadienne du Sommeil

National Conference 2023 Conférence Nationale 2023

April 27-29 | 27-29 avril
Westin, Ottawa

About the 2023 Conference

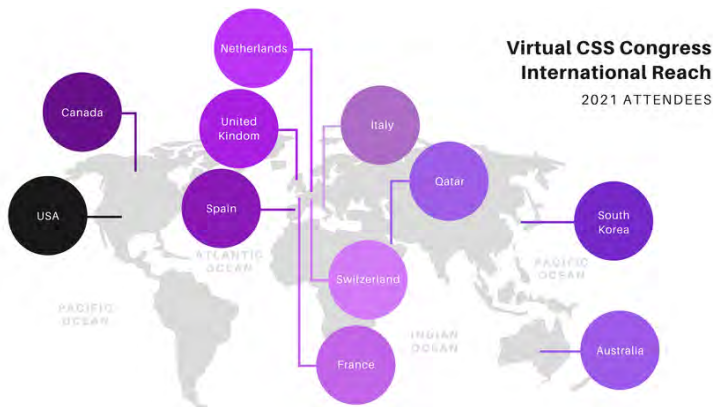
Our scientific committee is working hard on our program for 2023 and we look forward to seeing everyone at the beautiful **Westin Ottawa**. For those who aren't able to join in person, there will be options for you as well but we know how excited people are to collaborate in person for the first time in several years.

The 2023 program will run for 3 days with day 1 consisting of specialty programming for family physicians, technologists, trainees and psychologists. The official opening of the conference will take place on April 27 starting at 4 pm with Opening Remarks and Awards followed by our opening keynote presenter. After the keynote presentation, we will enjoy a sponsor welcome reception in our exhibit hall at the conference.

Stay tuned for more updates. Mark the dates in your calendar!! We hope to see you in 2023.

sleepconference.ca

Look at our attendees from 2021



*Thank you to
our sponsors*



Looking to Exhibit in 2023?

- Generate leads for your company
- Gain exposure for your brand/product
- Seek publicity/PR

Whatever your goals, our team will work with you. So get in touch today to find out how we can help!

Companies considering sponsorship should email marina@strategicmeetingdesigns.com to request a copy of the Partner Opportunity Package and she will send it to you.

Online Presence

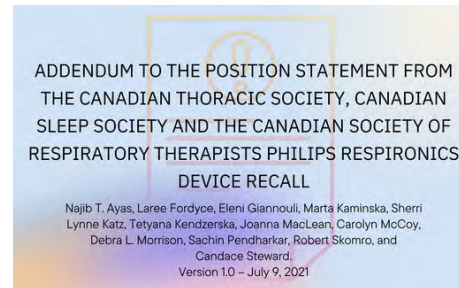
The Canadian Sleep Society's online visibility grows with each share and interaction we have with the content. Keep sharing and tagging @Canadian Sleep Society to make sure we can increase our reach.

Some highlights from this past year.



Activities and Media

Look at our year



Philips Recall

As per our previous statement, there should be shared decision-making between the patient, their family or other supports, and physicians to carefully balance risks of continuing versus interrupting the use of affected devices, and consideration of alternative treatments/devices available. The decision to continue prolonged use of a recalled device needs to be individualized and documented in the medical record.



Paper to be submitted regarding the DST Practices

We present here our own review of available research literature including that used by other associations of researchers to formulate recommendations. Particular attention is given to the northern geographical location of Canada and its consequences on the relationship between time zones and natural light exposure.



How has the Philips Respironics PAP Recall Affected Your Patients?

Researchers from the University of Ottawa and University of Calgary are speaking with healthcare providers from across Canada whose patients have been affected by this recall.



Health Canada Product Recall – Respironics Masks

Message from the Canadian Thoracic Society, the Canadian Sleep Society, and the Canadian Society of Respiratory Therapists



Position statement of the Canadian sleep society on the practice of daylight saving time (DST)

A systematic review of the literature was conducted on behalf of CSS concerning the scientific evidence about the practice of DST.



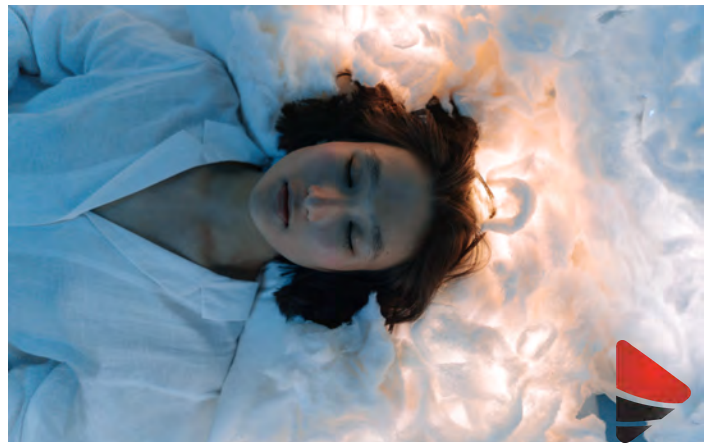
Canadians are not getting enough sleep – and that's a big problem

COVID-19 descended in early 2020 and sleep issues – not just in Canada but around the world – went from being a serious health concern to something verging on a crisis.



Should you really be taking melatonin to help you sleep? Experts weigh in on potential risks

Researchers found that by 2018, U.S. adults were taking more than twice the amount of melatonin than they did a decade earlier.



Dream on

Sleep is such an essential component of our overall sense of well-being, affecting everything from our emotional and physical health to our productivity and mental acuity.



Is revenge bedtime procrastination ruining your sleep?

The revenge of it all comes from the mindset of, “I live a busy life, I deserve a little time to unwind.” Dr. Jonathan Charest, director of athlete sleep services at the Centre for Sleep & Human Performance, says that one of the ways to counteract this is to focus on sleep hygiene.



Insomnia May Up the Risk of Memory Decline in Middle-Aged and Older Adults

Since sleep is important for memory consolidation and other cognitive functions, disrupted sleep is likely to make cognition more vulnerable,” Thanh Dang-Vu, MD, PhD.



Get enough sleep and live longer!

The study found that healthy sleep duration increases life expectancy by 1.2 years compared with sleeping too little and by 2.6 years compared with sleeping too much.



Daylight saving time gave Canadians an extra hour of sleep this weekend. Can it help the country’s sleep crisis?

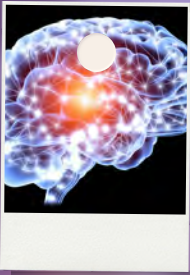
Just how bad is Canada’s sleep crisis, and what are the consequences of an under-rested population?



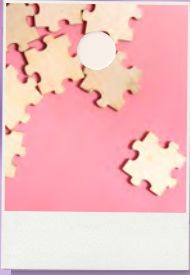
Development of Insomnia Leads to Worsened Middle- and Late-Age Cognition

Findings from a study of more than 25,000 participants showed a longitudinal association between probable insomnia status and subjective memory decline in middle-aged and older adults, potentially raising the importance of targeting insomnia to address age-related cognitive decline.

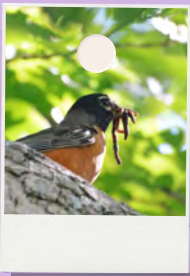
Papers and Posters



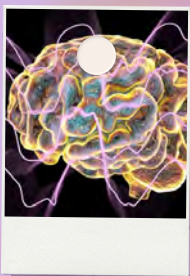
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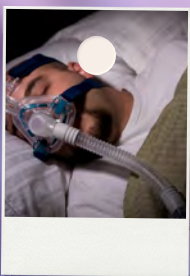
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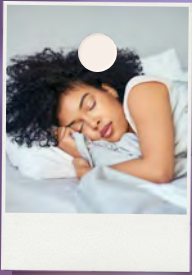
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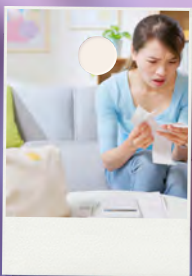
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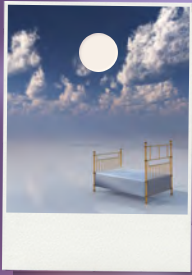
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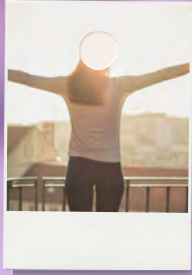
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Papers and Posters



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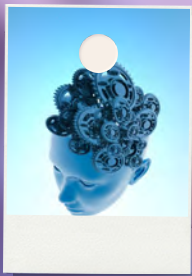
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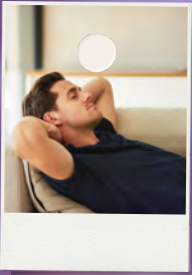
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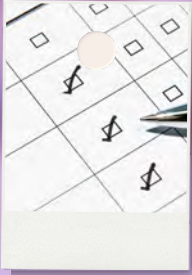
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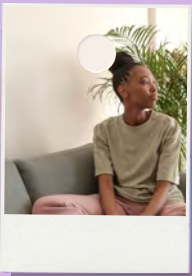
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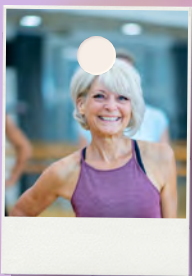
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The Canadian Sleep Society has continued to support trainees at all levels in their research, knowledge outreach, and networking. This past year has been an exciting time for trainees in the sleep field. Going virtual these past few years has allowed sleep trainees across Canada greater networking potential. We have updated our Trainee Network to promote collaboration, networking, and knowledge translation, as prioritized by Canadian Society trainees.

We have collaborated on several projects these past few years. Most recently, we've continued with a second year of funding exclusively for trainee members of the CSS who have a project in knowledge translation.

This year, we look forward to seeing how our funding by trainees, for trainees, will help with projects on promoting healthy sleep for healthcare shift workers (Doctoral Student Despina Artenie, Université du Québec à Montréal), and sleep health promotion tools and DOZE app development (Doctorate Student Parky Lau, Ryerson University). Look out this year for more exciting projects, and if you're a Trainee in the sleep field, we encourage you to join our team! See <https://css-scs.ca/css-cscn-trainee-task-force/> for details.



This year the Student Members-at-Large have worked to expand and strengthen the Trainee Network at CSS. Specifically they have written a Charter for the CSS/CSCN Trainee Task Force, and have begun writing a '5-Year Plan' to clarify objectives and goals for the Task Force. We continue to work on our Trainee-led initiatives to optimize the value of a trainee membership with CSS.

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