

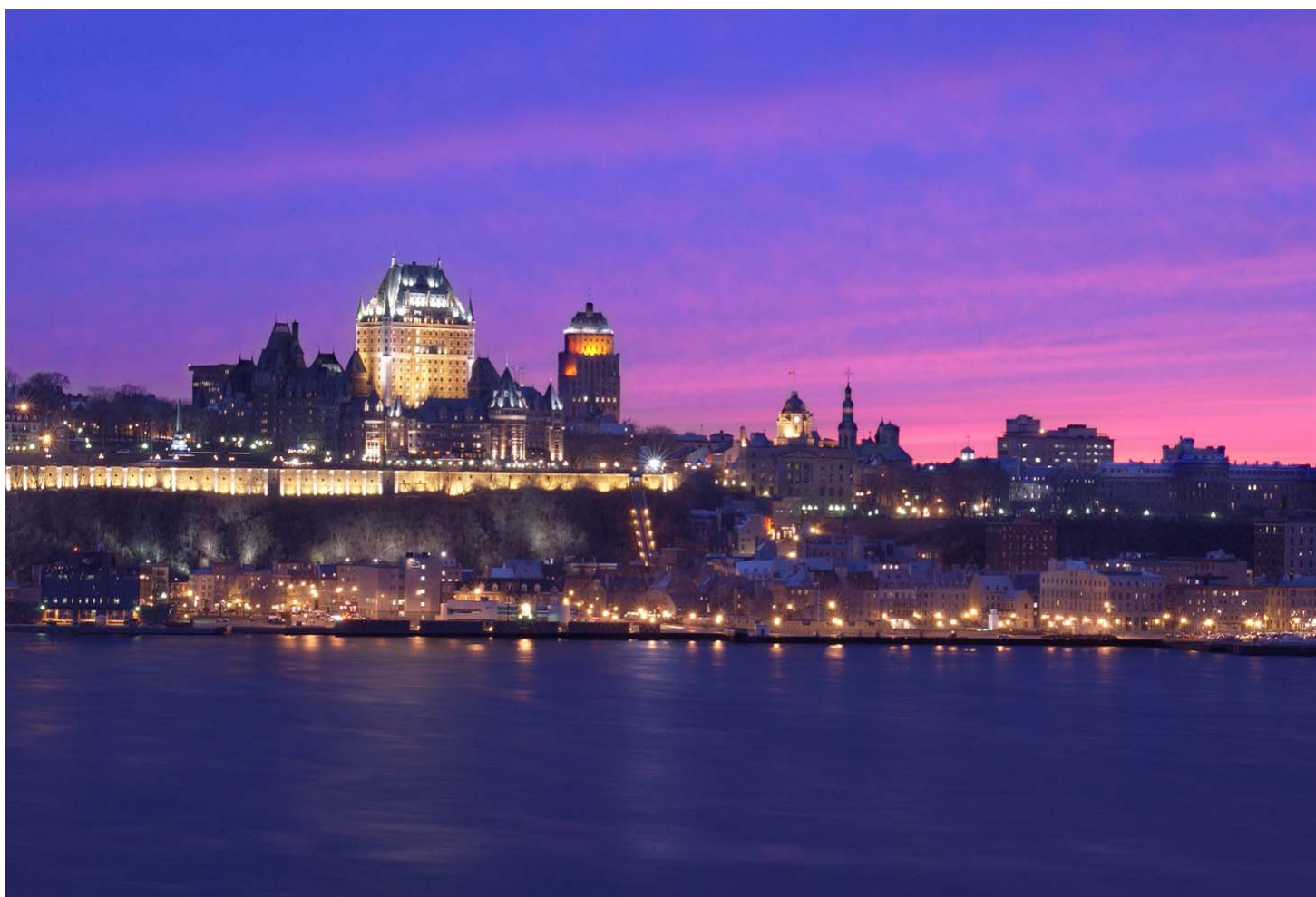
**Société Canadienne
du Sommeil**

2^e congrès



**Canadian Sleep
Society**

2nd Congress



QUÉBEC

Mai 13-15 May 2004

Programme des conférences / Conference Program

Organisé par / Organized by

Société canadienne du sommeil / Canadian Sleep Society

Charles M. Morin, Ph.D., Président / President
Célyne Bastien, Ph.D., Secrétaire trésorière / Secretary Treasurer
Kimberly Cote, Ph.D., Directrice / Member-at-Large
Benjamin Rusak, Ph.D., Vice-président (Recherche) / Vice-President (Research)

Comité scientifique / Scientific committee

Ben Rusak, Ph.D., Chair	Jonathan Fleming, M.D.
Célyne Bastien, Ph.D. (ex officio)	Meir Kryger, M.D.
Diane Boivin, M.D., Ph.D.	Rachel Morehouse, M.D.
Julie Carrier, Ph.D.	Charles Morin, Ph.D. (ex officio)
Helen Driver, Ph.D.	Kathleen Spurr

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Lynda Bélanger, Ph.D.	Ginette Pugh-Morency
Geneviève Belleville, M.Ps.	Julie Roberge Simard
Manon Lamy	

Formation médicale continue / Continuing medical education

Charles M. Morin, Ph.D., Chair	Bernard Guay, M.D.
Lucie Baillargeon, M.D.	

Ateliers / Workshops

Étudiants / Students	Geneviève Belleville, M.Ps.
	Stuart Fogel
Technologues / technologists	Manon Lamy
	Kathleen Spurr

Comité d'évaluation / Reviewers

Célyne Bastien, Ph.D.	Roger Godbout, Ph.D.
Diane Boivin, M.D., Ph.D.	Meir Kryger, M.D.
Julie Carrier, Ph.D.	Alistair MacLean, Ph.D.
Kimberly Cote, Ph.D.	Ralph Mistlberger, Ph.D.
Marie Dumont, Ph.D.	Robert Ogilvie, Ph.D.
Joseph De Koninck, Ph.D.	Carlyle Smith, Ph.D.
Charlie George, M.D.	

**Anciens présidents, Société canadienne du sommeil /
Past Presidents, Canadian Sleep Society**

Roger Broughton, M.D., Ph.D. (1986-88)

Robert D. Ogilvie, Ph.D. (1988-90)

Meir H. Kryger, M.D. (1990-93)

Alistair MacClean, Ph.D. (1993-96)

Charlie George, M.D. (1996-99)

Joseph De Koninck, Ph.D. (1999-2002)

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Horaire d'inscription / Registration Hours

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Vendredi 14 mai / Friday May 14 th	07 :30-17 :00
Samedi 15 mai / Saturday May 15 th	07 :30-13 :00

Horaire des exposants / Exhibit Hall Hours

Vendredi 14 mai / Friday May 14 th	08 :30-17 :00
Samedi 15 mai / Saturday May 15 th	08 :30-16 :00

Hôtel Delta Hotel

690, boul. René-Lévesque Est
Québec (QC) (418) 647-1717

Mot de bienvenue du Président / Welcome from the President

Charles M. Morin, Ph.D.
Président / President
Société Canadienne du Sommeil /
Canadian Sleep Society

Il me fait plaisir de vous souhaiter la bienvenue à Québec pour ce deuxième congrès de la Société Canadienne du Sommeil. Nous avons un programme de conférences riche et diversifié, touchant autant la recherche fondamentale sur les mécanismes de régulation des états de veille et de sommeil que la recherche clinique sur les approches thérapeutiques pour des pathologies du sommeil comme l'insomnie, l'apnée et les cauchemars. La programmation comporte des sessions à l'intention des étudiants, technologues, chercheurs et cliniciens. Nous avons également un volet «grand public» afin de répondre à un intérêt croissant de la population pour des thématiques comme le sommeil et les rêves, le travail de nuit, le sommeil chez les enfants et l'insomnie. Nous espérons que cette programmation saura stimuler de nouvelles idées de recherche, améliorer votre pratique clinique ou simplement renforcer votre réseau de contacts avec des collègues travaillant dans ce merveilleux monde du sommeil. Je tiens à remercier tous les bénévoles et membres des différents comités qui ont contribué à la préparation du congrès, les conférenciers, ainsi que tous nos commanditaires qui ont généreusement contribué au soutien financier de cet événement. Bon congrès!

I am pleased to welcome you to Quebec City for this second meeting of the Canadian Sleep Society. We have an exciting and diversified program with presentations addressing basic research on sleep-wake regulation mechanisms as well as clinical research on therapeutic approaches for sleep disorders such as insomnia, sleep apnea, and nightmares. The program features sessions for students, technologists, researchers, and clinicians. It also includes lay public conferences in order to respond to an increasing interest from the general population for information on themes such as sleep and dreaming, shift work, sleep in children, and insomnia. We hope this program will stimulate new research ideas, improve your clinical practice, or simply reinforce your network with colleagues working in this wonderful world of sleep. I wish to thank all the volunteers and members of the different committees who have participated in the planning and organization of this meeting, as well as the speakers and presenters, and all our major sponsors who have made generous financial contributions to this event. Have a great meeting!

Conférenciers invités / Keynote speakers



**Meir H. Kryger, MD,
FRCPC**

Dr. Meir Kryger is Professor of Medicine at the University of Manitoba and a Diplomate of the American Board of Sleep

Medicine. Following training at McGill University, Michael Reese Hospital and the University of Colorado, Dr. Kryger established the first laboratory studying patients with sleep breathing problems in Canada in 1978 at St. Boniface General Hospital in Winnipeg. His many distinguished contributions to the fields of sleep medicine and sleep research include his role as chief editor of the principal textbook used in sleep medicine, *The Principles and Practice of Sleep Medicine*, the 4th edition of which is currently in preparation. He has served as the President of both the Canadian Sleep Society and the American Academy of Sleep Medicine. He is currently on the Board of Directors of the National Sleep Foundation in Washington D.C., Chair of its Education Committee and its Vice-President. In 1996, he received the William C. Dement Award for Academic Achievement in sleep medicine.

Dr. Kryger's internationally recognized and funded clinical research program includes the areas of sleep-related breathing disorders and neurological disorders affecting the sleep of both adults and children. Among his contributions have been showing the feasibility of ventilating people with post-polio syndrome at home using non-invasive techniques; elucidating the interaction between heart failure and sleep respiration; pioneering the use of computers in analyzing sleep breathing patterns; and developing techniques for providing and evaluating CPAP treatments.



David F. Dinges, Ph.D.

David F. Dinges, Ph.D. is an internationally recognized expert on excessive sleepiness and fatigue in relation to human performance and cognitive functions; on

sleep deprivation, disturbed sleep and circadian rhythms; on the effects of prolonged waking and shift work on human physiology, performance, health and safety; and on behavioral, physiological and technological countermeasures and interventions for the effects of sleep deprivation. He is a Professor of Psychology in Psychiatry, Director of the Unit for Experimental Psychiatry, Chief of the Division of Sleep and Chronobiology in the Department of Psychiatry, and Associate Director of the Center for Sleep and Respiratory Neurobiology at the University of Pennsylvania School of Medicine.

During the past 25 years, Professor Dinges has published the results of many experiments on the physiological and neurobehavioral effects of acute sleep deprivation, circadian rhythm disruption, chronic sleep restriction, and countermeasures for preventing, detecting and mitigating the neurocognitive, psychological, and biological effects of inadequate sleep in humans. His research has been funded by NIH, NASA, and the Departments of Defense and Transportation. Professor Dinges has served as President of the Sleep Research Society, and on the Boards of Directors of the American Academy of Sleep Medicine and the National Sleep Foundation. He is currently President of the World Federation of Sleep Research Societies. He has been the recipient of numerous awards for teaching and research, including two NASA Group Achievement Awards; the Senator Mark O. Hatfield Public Policy Award from the American Academy of Sleep Medicine; and a 2004 Decade of Behavior Research Award from the Federation of Behavioral, Psychological and Cognitive Sciences.

Jeudi 13 mai / Thursday, May 13th

12:30 - 20:00

Inscription / Registration

14:00 - 16:45

Crémazie / Garneau

Programme étudiant / Student Program**Organisateurs/Organizers:** Geneviève Belleville, M.Ps. & Stuart Fogel, B.A.

14:00 - 14:45

Strategies to get student funding for sleep research in Canada

Robert D. Ogilvie, Ph.D.

This workshop will describe sources of funding available to students, including federal (NSERC, SSHRC, NIH, CGS) and provincial organizations. Strategies to write competitive applications will be described, as will features that set apart good applications from great applications.

15:00 - 15:45

Pursuing a career in sleep research in Canada

Diane Boivin, M.D., Ph.D.

Topics to be discussed will include the development of a good CV, post-doctoral fellowships and beyond, the challenges and benefits of working in Canada, and the steps involved in the development of a career as a sleep researcher.

16:00 - 16:45

Going American / International

Carlyle Smith, Ph.D., Kimberly Cote, Ph.D., Anne Germain, Ph.D.

This seminar is designed to be an interactive discussion about the pros and cons of staying in Canada to conduct sleep research compared to the opportunities in the USA and internationally. Topics that will be discussed include: What are the challenges of working in Canada? What are the benefits? How do Canadian Institutions compare to American/ European facilities, students, places to live, and choice of supervisors?

17:00 - 18:30

Foyer

Réception des étudiants / Students' Reception

Vous êtes également invités à passer au salon des étudiants (Buade) pendant la durée du congrès pour échanger avec amis et collègues. / You are also welcomed to stop by our student lounge (Buade) during the conference to meet friends and colleagues.

18:30 – 20:00

Le Conseil

Réunion de l'exécutif de la SCS /CSS Executive meeting

Vendredi 14 mai / Friday, May 14th

7:30 - 17:00

Inscription / Registration

8:00 - 8:15

Jonquière

Mot de bienvenue / Welcome remarks

Charles M. Morin, Ph.D., Président SCS/CSS President

8:15- 9:15

Jonquière

Conférencier invité / Keynote Speaker**Meir H. Kryger, M.D., FRCP (C), University of Manitoba,
Winnipeg, Manitoba****Costs and benefits of sleep disorders and their treatment**

09:15 – 9:45

Lauzon / Foyer

Pause / Break

9:45 – 11:45

Jonquière

Symposium 1**Sleep-Circadian System Interactions****Président/Chair:** Benjamin Rusak, Ph.D., FRSC, Halifax, Nova Scotia

Summary: Sleep initiation and maintenance are controlled by both homeostatic and circadian regulatory mechanisms. Historically, research on sleep and circadian rhythms followed somewhat separate paths and there was limited understanding of the connections between these systems. The impact of the circadian system on sleep has since been thoroughly documented, including both the role of the suprachiasmatic nucleus (SCN) in regulating the temporal distribution of sleep and the role of circadian organization in mediating the effects of jet lag and shift work. More recently, effects of sleep and sleep loss on the activity of circadian regulatory mechanisms, including the SCN, have also been demonstrated. The speakers will explore the anatomical, physiological and functional connections between the sleep and circadian regulatory systems from the level of single neurons to that of human behaviour.

Anatomical and neurophysiological links between the sleep and circadian systems

Kazuo Semba, Ph.D., Halifax, Nova Scotia

Effects of sleep/wake state on suprachiasmatic nucleus neuronal activity

Thomas de Boer, Ph.D., Leiden, The Netherlands


Role of sleep and arousal in phase-shifting the circadian system

Ralph Mittleberger, Ph.D., Burnaby, British Columbia

The interaction of sleep/wake and circadian mechanisms in humans

Diane Boivin, M.D., Ph.D., Montréal, Québec

8:15 - 17:00 Duquesne	Programme de formation médicale continue / CME Program (en français; frais d'inscription additionnels) Organisateurs/Organizers: Charles M. Morin, Ph.D., Bernard Guay, M.D., Lucie Baillargeon, M.D.
8:30- 9:00	Le sommeil normal et ses déterminants Célyne Bastien, Ph.D.
9:15-10:00	Évaluation de la plainte de sommeil par l'omnipraticien Bernard Guay, M.D.
10:15-11:00	L'insomnie et son traitement Charles M. Morin, Ph.D.
11:00-11:45	Les hypersomnies Jacques Montplaisir, M.D., Ph.D.
13:30-14:15	L'apnée du sommeil Frédéric Séries, M.D.
14:15-15:00	Sommeil et vieillissement Anne Décary, Ph.D.
15:15-16:00	Sommeil et troubles psychiatriques Roger Godbout, Ph.D.
16:00-16:45	Rythmes biologiques et travail de nuit Marie Dumont, Ph.D.
10:00-16:00	Programme des technologues / Technologists' Program Organisateurs/Organizers: Kathleen Spurr & Manon Lamy
Wolfe	(Sessions in English)
10:00- 11:00	Coping With, and Educating About Shift Work Terrie Walker, RPSGT
11:00- 12:00	Light Therapy For Shift Workers Marc Hébert, Ph.D.
13:00- 14:00	BRPT Exam Michèle Castonguay, RPSGT
14:00- 15:00	Artifact Recognition Workshop Iain Boyle, MS, MLT, RPSGT
15:00- 16:00	Non-Invasive Ventilation: How Can The Sleep Lab Help? Lori Davis, BSc., RCPT (P), RPSGT

D'Auteuil	(Sessions en français)	
10:00-11:00	Physiopathologie de l'apnée Frédéric Sériès, M.D.	
11:00-12:00	Potentiels évoqués cognitifs et Complexe-K Célyne Bastien, Ph.D.	
13:00-14:00	Facilité à l'adaptation au travail de nuit Marc Hébert, Ph.D.	
14:00-15:00	Cauchemars et parasomnies associés aux troubles mentaux Anne Germain, Ph.D.	
11:45 – 13:00	Pause repas / Lunch Break	
13:00 – 14:40 Jonquière	Présentations orales / Oral Presentations Présidents/Chairs: J. Todd Arnedt, Ph.D. & Roger Broughton, M.D., Ph.D.	
13:00 – 13:20	Kimberly A. Cote, Ph.D., Brock University Winner of the Roger Broughton Young Investigator Award Waking brain function and performance following sleep disruption	
13:20 – 13:30	Are modifications of melatonin circadian rhythm in the middle years of life related to habitual patterns of light exposure A. Kawinska, J. Paquet, B. Selmaoui, F. Issid, J. Carrier	
13:30 – 13:40	Investigating the efficacy of orange lens glasses that could be used by shift-workers to block the undesired resynchronising effect of morning light A. Sasseville, N. Paquet, J. Sévigny, M. Hébert	
13:40 – 13:50	Circadian readaptation of the salivary cortisol rhythm in the presence of a judicious pattern of light exposure F. O. James, D. B. Boivin	
13:50 – 14:00	A comparison of neurobehavioral performance in pediatric residents following heavy call and alcohol J. T. Arnedt, J. Owens, M. Crouch, J. Stahl, M.A. Carskadon	
14:00 – 14:10	Sleep and anxiety in rats born from chronically mild stressed mothers T. M. Bah, N. Le Marec, R. Godbout	
14:10 – 14:20	Effect of paradoxical sleep deprivation during the first half of pregnancy on cognitive performance in offspring B. D'Anjou, T.M. Bah, D. Coupey, N. Le Marec, R. Godbout	

- 14:20 – 14:30 Effects of morningness-eveningness and gender on sleep stages and quantitative sleep EEG
V. Mongrain, M. Dumont
- 14:30 – 14:40 Improvement and inertia on psychomotor performance following short naps in healthy adults : time of day effects
M. Labrosse, J. Montplaisir, R. Godbout
- 13:00 – 17:30 **Présentations par affiches / Poster Session**
Crémazie / Garneau **Hôtes/Hosts:** Carlyle Smith, Ph.D. & Joseph De Koninck, Ph.D.
Brébeuf / Kent
- 14:30 – 15:30 Pause et discussion avec présentateurs d'affiches /
Break and discussion with poster presenters
- Temperature and activity in bilateral olfactory bulbectomy
B. P. Wann, G. Rousseau, H.H. Webster, R. Godbout
- Lack of NPY immunoreactivity in light-activated intergeniculate leaflet neurons in rats
S. Thankachan, B. Rusak
- Daily light exposure in morning-type and evening-type individuals
G. Goulet, C. Desrosiers, V. Mongrain, M. Dumont
- Pattern of light exposure in a case of hypernycthemeral syndrome
F. O. James, D.B. Boivin
- Low Wavelength Lighting and Melatonin Production: Possible Prevention of Increased Cancer Risk in Shift-Workers
L. Kayumov, N. Hossain, R.F. Casper, P. Deb, C.M. Shapiro
- Sleep Spindles and the First Night Effect
M.A. Gingras, É. Chevrier, R. Godbout
- The effects of 200 mg of caffeine on spectral analysis of sleep EEG in the middle years of life
C. Drapeau, S. Frenette, A. Kawinska, I. H. Hébert, D. Filipini, J. Carrier
- Analysis of post-arousal EEG activity during sleepwalking episodes from slow wave sleep and stage 2 sleep
M. Pilon, A. Zadra, S. Joncas, S. Rompré, J. Montplaisir
- Measuring Mood, Sleepiness and Performance in a Home-based Study of Continuous Sleep Restriction (CSR)
K.A. Cote, C.E. Milner, B.P. Cuthbert, S.L. Osip

Effectiveness of Smoke Alarms in Sleeping Children
D. Ethridgew, K. Thiele, D.R.T. Davies, A.W. MacLean

A novel ERP paradigm for investigating information processing at sleep onset
K.A. Cote, K. Yasuda, L.B. Ray, R.D. Ogilvie

Sleep Spindles and Sigma Power Predict Motor Performance Improvements
S.M. Fogel, C.E. Milner, K.A. Cote

The Effects of Sleep Deprivation on Memory Retrieval Processes: An Event-Related Potential Study
M. Mograss, F. Guillem, C. Jean, R. Godbout

Complex Procedural Learning and Sigma Power in the Last Stage 2 Sleep Episode of the Night
S.M. Fogel, C.T. Smith, K.A. Cote

Sex Differences in Reference Memory Impairment Following Paradoxical Sleep Deprivation on the Radial Arm Maze
K.J. Delaney, C.T. Smith

The Effects of Melatonin Secretion on Driving Performance
L. Kayumov, H.J. Moller, A. Lowe, N.K. Hossain, S. Sokalsky, C.M. Shapiro



Behavioral problems associated with reduced total sleep time among preschoolers
(Meilleure présentation par un étudiant / Best paper by a student)
E. Touchette, D. Petit, J. Paquet, R. Tremblay, J. Montplaisir

Sleep disorder in nurses who work in "Imam Khomeini Hospital"
K. S. Haghighi, R. Mehrdad, E. Shahsavand, S. Beheshti

Sleep Loss and Fatigue in Pediatric Residents: Self-Report of Sleep Patterns and Impact on Performance
J. Owens, J.T. Arnedt, M. Crouch, J. Stahl

Headway Distance and Simulated Driving: Effects of Prolonged Wakefulness, Size and Speed of Lead Vehicle
K. Dawson, D.R.T. Davies, A.W. MacLean

The Assessment of Cognitive Workload Associated With Simulated Steering Task Performance: Effects of Prolonged Wakefulness and Task Demand
D. R. T. Davies, A.W. MacLean

Individual Differences in a Daytime Nap: A More Powerful "Power" Nap In Habitual Nappers
C. E. Milner, S.M. Fogel, K.A. Cote

Paradoxical Sleep Deprivation Effect On Plasma Corticosterone Levels
In Three Strains Of Rats

V. Brazzini-Poisson, T.M. Bah, B. Selmaoui, N. Le Marec, R. Godbout

REM Deprivation is Associated with More Dream-like Sleep Onset
Mentation

P. M. Stenstrom, T.A. Nielsen, T. Takeuchi

Evidence of Higher Incorporation Into Dreams of Events Related To
Social Adaptation And Spatial Memory After A One-Week Delay

G. Alain, T.A. Nielsen, P. Stenstrom, D. Kuiken, J. Paquet, R. Powell

Threat Simulation In Recurrent Dreams

S. Desjardins, É. Marcotte, A. Zadra

Threat Simulation In Nightmares

S. Desjardins, A. Zadra

15:30 - 17:30

Jonquière

Symposium 2

Contribution of Functional Imaging Studies to Sleep Research

Présidente/Chair: Anne Germain, Ph.D., Pittsburgh, Pennsylvania

Summary: In recent years, there has been an enormous development of functional brain imaging techniques that enabled new and unique ways to evaluate the mechanisms underlying the regulation of the sleep-wake cycle in normal individuals and in patients suffering from sleep disorders. The main objective of the symposium is to provide a portrait of contributions of functional imaging techniques (SPECT, PET, FMRI) in sleep research.

What happens in our brains during good and bad sleep?

Eric A. Nofzinger, M.D., Pittsburgh, Pennsylvania

Contribution of functional imaging studies in understanding of the pathophysiology of specific sleep disorders.

Jacques Montplaisir, M.D., Ph.D., Montréal, Québec

Use of functional magnetic resonance imaging in understanding the effects of sleep deprivation.

Sean P.A. Drummond, Ph.D., San Diego, California

Neuroimaging studies of normal sleep in human.

Thanh Dang-Vu, B.S., Liège, Belgique

18:00 - 19:30

Jonquière

**Assemblée générale des membres de la SCS /
CSS Annual General Meeting**

19:30 - 21:00

Foyer / Duquesne

Réception / Reception

Merci à nos commanditaires / Thank You To Our Sponsors

La Société canadienne du sommeil remercie chaleureusement les commanditaires suivants pour leur support et leur engagement dans le domaine de la recherche sur le sommeil et la médecine des troubles du sommeil:

The Canadian Sleep Society expresses its sincere thanks and appreciation to the following sponsors for their generous support and strong commitment to the field of sleep research and sleep disorders medicine:

**Nellcor Puritan Bennett
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**Respironics
Aventis**



Samedi 15 mai / Saturday, May 15th

7:30 – 12:00

Inscription / Registration

8:30 – 9:30

Jonquière

Conférencier invité / Keynote Speaker**David F. Dinges, Ph.D., University of Pennsylvania,
Philadelphia, Pennsylvania****Effects of chronic sleep restriction in humans: Theory, science and
public policy.**

9:30 – 10:00

Lauzon / Foyer

Pause / Break

10:00 – 12:00

Jonquière

Symposium 3**Insomnia: New findings in the epidemiology, etiology, and treatment.****Présidents/Chairs:** Charles Morin, Ph.D. & Célyne Bastien, Ph.D.,
Sainte-Foy, Québec

Summary: Insomnia is the most prevalent of all sleep disorders and is associated with a significant burden for the individual and society. This symposium will provide an update of current research on the epidemiology, pathophysiology, and treatment of insomnia. The first speaker (LeBlanc) will present new data on the prevalence of insomnia and on the use of sleep aids in the Province of Quebec. Three presentations will address different etiological factors of insomnia, including its psychological (Vincent), neurophysiological (Bastien), and circadian (Boivin) underpinnings. The last speaker (Morin) will present recent findings on the treatment of insomnia with behavioral and medication therapies.

Prevalence of insomnia and use of sleep aidsMélanie LeBlanc, M.Ps., Charles M. Morin, Ph.D., Chantal Mérette, Ph.D., Josée Savard, Ph.D.,
Jean-Pierre Grégoire, Ph.D., Lucie Baillargeon, M.D., Sainte-Foy, Québec**The role of psychological factors in insomnia**

Norah Vincent, Ph.D., Winnipeg, Manitoba

Insomnia: More than a misperception?

Célyne Bastien, Ph.D., Sainte-Foy, Québec

The role of circadian factors in insomnia

Diane Boivin, M.D., Ph.D., Montréal, Québec

Treatment of insomnia with behavioral therapy and medication

Charles M. Morin, Ph.D., Sainte-Foy, Québec

10:00-12:00
Duquesne

Symposium 4

Sleep, Breathing Disorders and Cardiovascular Function

Présidente/Chair: Rachel Morehouse, M.D., FRCPC, St. John, New Brunswick

Summary: This symposium will review recent research related to the changes in respiratory and circulatory function that occur during sleep and their implications for human health and for alertness and performance during the day. The first presentation will review research in a model system that investigates mechanisms relevant to understanding apneas of prematurity, apparent life-threatening respiratory events, and sudden infant death syndrome. The second presentation will review issues surrounding heart failure, a condition with high mortality risk, identified in 5-6 million North Americans. This presentation will also review the pathophysiological and therapeutic implications of coexisting sleep apnea in patients with heart failure. The final presentation will review issues related to the effects on waking function of disrupted and inadequate sleep during the night. Specifically, it will explore the risks associated with driving while sleepy and review the evidence for current practice in this area.

Larynx-apnea relationships in the newborn

Jean-Paul Praud, M.D., Ph.D., Sherbrooke, Québec.

Sleep, sleep apnea and the failing heart

Douglas Bradley M.D., FRCPC, Toronto, Ontario

Driving and sleep disorders: risk assessment and consequences

Charles George M.D., FRCPC, London, Ontario

12:00 – 13:00 Pause repas / Lunch Break

13:00 – 14:30
Jonquière

Présentations Orales / Oral Presentations

Présidents/Chairs: Annie Vallières, Ph.D. & Alistair MacLean, Ph.D.

- | | |
|---------------|---|
| 13:00 – 13:10 | The effects on infants of a pilot intervention aimed at resolving behavioural sleep problems in 6 to 12-month old infants
W.A. Hall, M. Clauson, E. Carty, P. Janssen, R. Saunders |
| 13:10 – 13:20 | Traiter les cauchemars fréquents des enfants : est-ce possible?
M. St-Onge, J. De Koninck |
| 13:20 – 13:30 | The direct and indirect costs associated with insomnia
M. Daley, C.M. Morin |
| 13:30 – 13:40 | Attribution of sleep improvements in combined drug and behavioral therapies for primary insomnia
A.Vallières, L.J. Bélanger, H. Ivers, B. Guay, C.M. Morin |

13:40 – 13:50	Error processing after extended wakefulness : a deficit of awareness or evaluation? T. Murphy, M. Richard, H. Masaki, S. Segalowitz
13:50 – 14:00	Psychomotor vigilance performance is associated with objective daytime sleepiness in patients with myotonic dystrophy L. Laberge, G. Lacroix, P. Bégin, M. Beaudry, J. Mathieu
14:00 – 14:10	Does mirtazapine increase or decrease daytime sleepiness of major depressive disorder patients? J. Shen, N. Hossain, F. Wang, S. Chung, P. Deb, F. Sun, X. Huang, C.M. Shapiro
14:10 – 14:20	CPAP increases premature ventricular contractions (PVCs) at initial pressures A. Douglass, L.L. Orr, F. Willsey, J. Walker, R. Dales
14:20 – 14:30	The adaptive and maladaptive transport behaviours of patients with suspected obstructive sleep apnea (OSA) N. Raghavan, M.A. Baltzan
13:00 – 17:30 Crémazie / Garneau Brébeuf / Kent	Présentations par affiches / Poster Session Hôtes / Hosts: Roger Godbout, Ph.D. & Gilles Lavigne, D.M.D.
14:30 – 15:30	Pause et discussion avec présentateurs d'affiches / Break and Discussion with Poster Presenters
	Do anxious patients complain more of insomnia than anxiety to general practitioners? L.J. Bélanger, G. Belleville, R. Ladouceur, C.M. Morin
	Characteristics of Individuals with Insomnia who Seek Treatment in a Clinical Setting Versus those who Volunteer for a Research Study J.R. Davidson, A. Aimé, H. Ivers, C.M. Morin
	Quantifying the elusive daytime impairment of insomnia M. Rajda, C.D. Billsbury
	Time Estimation in Chronic Insomnia Sufferers I. Rioux, C.H. Bastien, C.M. Morin, S. Tremblay
	Sleep Misperception: Clinical Characteristics of Over and Under Estimators Among Insomnia Sufferers C.H. Bastien, A. Vallieres, H. Ivers, D. Forget, C.M. Morin
	The Utility of the Insomnia Severity Index to Assess Insomnia in Cancer Patients M.H. Savard, J. Savard, S. Simard, H. Ivers

Évaluation d'une bibliothérapie de l'insomnie avec sevrage des hypnotiques assisté chez des adultes souffrant d'insomnie : Exploration des données préliminaires

G. Belleville, C. Guay, B. Guay, C.M. Morin

Does cognitive behavioral therapy for insomnia alter the microstructure of NREM sleep?

É. Fortier-Brochu, C.H. Bastien, C.M. Morin

Efficacy of a Self-Help Treatment for Insomnia Delivered in the Context of a Larger Community-Based Epidemiological Study

S. Beaulieu-Bonneau, M. LeBlanc, C.M. Morin

Insomnia and Utilization of Hypnotics in men with Prostate Cancer

L. Casault, S. Simard, S. Hervouet, J. Savard

Hot Flashes and Sleep Disturbance in Women with Breast Cancer

J. Savard, J.R. Davidson, H. Ivers, D. Rioux, C. Quesnel

Arousal Index Correlates With Multiple Polysomnographic Measurements in Sleep Apnea Patients

J. Shen, F. Sun, N. Huterer, C.M. Shapiro

Clinical Clues of Asymptomatic Sleep Apnea-Hypopnea in Stable Patients Treated with Continuous Positive Airway Pressure (CPAP).

H. Kamel, M.A. Baltzan, I. Kassissia, R. Dabrusin, D. Small, M. Palayew, N. Wolkove

Relationship between sleep apnea-hypopnea, daytime sleepiness, and respiratory function tests in myotonic dystrophy.

L. Laberge, G. Lacroix, M. Beaudry, M. Laforte, J. Mathieu, P. Bégin

Relation of waking EEG to executive and psychomotor performance in the Obstructive Sleep Apnea Syndrome (OSAS)

A. Mathieu, A. Décary, D. Petit, J. Malo, S. Rompré, B. Adam, J. Montplaisir

Extreme obesity: a model to examine the other predictors of sleep-disordered breathing

J.A. Leech, M.J. Lewis

Sleep Apnea in Older Adults in the Primary Care Setting

S. Bailes, E. Libman, M. Baltzan, I. Spector, L. Creti, N. Morin, E. Benjamin, V. Laroche, C.S. Fichten

Mesures polysomnographiques du sommeil chez des adultes atteints d'autisme de haut niveau ou du Syndrome d'Asperger

É. Limoges, C. Bolduc, L. Mottron, R. Godbout

Adult ADHD and Sleep Disorder Symptoms

T.M. Bauermann, J.D.A. Parker, S.A. Majeski, L.M. Wood

Rivastigmine Effects On Procedural Memory And Attention In Patients With Schizophrenia: Preliminary Results

S. Chouinard, E. Stip, J. Poulin, R. Godbout, F. Guillem, H. Cohen

Sleep and dream habits in middle-aged, non hospitalized patients with chronic schizophrenia: Effects of neuroleptics and adjuvant pharmacotherapy

J. Poulin, S. Chouinard, T. Pampoulava, Y. Lecomte, E. Stip, R. Godbout

How Do Daytime And Nighttime Functioning Relate To Sleep Disorder In Chronic Fatigue Syndrome?

L. Creti, S. Bailes, C.S. Fichten, M. Baltzan, R. Schondorf, M. Jastremsky, V. Laroche, D. Rizzo, E. Libman

Evaluation of subjective fatigue versus sleepiness as independent consequences of sleep disorders

J.L. Hossain, P. Ahmad, L.W. Reinish, L. Kayumov, N.K. Hossain, C.M. Shapiro

Sodium Oxybate For The Treatment Of Cataplexy In Narcolepsy

R. Morehouse



Are we using good exclusion criteria for periodic leg movement of sleep in middle-aged subjects without sleep complaints?

(Meilleure présentation par une technologue / Best paper by a technologist)

S. Frenette, J. Paquet, J. Montplaisir, J. Carrier

Age-Related Changes In Leg Movements During Sleep And Wakefulness In Normal Subjects

M.H. Pennestri, B. Adam, S. Whittom, D. Petit, J. Carrier, J. Montplaisir

The relation between distress about sleep and patterns of alcohol use in those with depression

C.E. Carney, C. Garson, Z.V. Segal

13:30 – 16:30

Grandes conférences publiques (en français) / Conferences for the General Public

13:30 – 14:45

Duquesne

Origines et répercussions des rêves

Joseph De Koninck, Ph.D., Université d'Ottawa

13:30 – 14:45

Wolfe / Montcalm

Rythmes biologiques et sommeil

Marie Dumont, Ph.D., Université de Montréal et
Hôpital du Sacré-Cœur de Montréal

15:15 – 16:30
Duquesne

L'insomnie : causes, conséquences et traitements
Annie Vallières, Ph.D., Université Laval

15:15 – 16:30
Wolfe / Montcalm

Le sommeil chez les enfants
Mélanie St-Onge, Ph.D., Centre hospitalier de l'Université Laval

15:30 – 17:30
Jonquière

Symposium 5
Gender and Sleep
Chair: Helen Driver PhD, RPSGT, DABSM, Kingston, Ontario

Summary: Aspects of sleep, circadian rhythms and sleep disorders across gender and associated with reproductive status in women will be highlighted in this symposium. Surveys reveal a prevalence of sleep problems from 23-51%, in women between 40-60 years of age. The association of sleep difficulties to menopausal transition, sleep-related stress-axis patterns associated with chronically fatiguing conditions, and possible causes and risks associated with sleep disruption during pregnancy and the postpartum will be discussed. The influence of female reproductive hormones on sleep, body temperature and breathing across the menstrual cycle as well as gender differences in circadian rhythms will be examined.

Sleep in midlife women

Joan Shaver, PhD, RN, FAAN, University of Illinois at Chicago

Sleep disruption during pregnancy and the postpartum: causes and risks

Eileen Sloan, PhD, MD, Toronto, Ontario

Sleep changes with the menstrual cycle, dysmenorrhoea and oral contraceptives

Fiona Baker, PhD, Los Angeles, California

Gender Differences in Sleep Disordered Breathing

Helen Driver, PhD, RPSGT, DABSM, Kingston, Ontario

18:00 – 19:00
Foyer

Pause / Cash Bar

19:00 – 22:00
Duquesne /
Jonquière /
Lauzon

Banquet de clôture / Closing Banquet



Exposants / Exhibitors

Ambulatory-Monitoring (Kiosque / Booth # 4)

Ambulatory-Monitoring, presents its line of Motionlogger Actigraphs for long-term, ambulatory sleep/wake recording; Inductotrace inductive plethysmograph; and PVT-192 Psychomotor Vigilance Task Monitor for reaction time measurement.

Ambulatory Monitoring, Inc., 731 Saw Mill River Road, Ardsley, NY 10502 U.S.A.

Tel: 800-341-0066

www.ambulatory-monitoring.com

Apnair (Kiosque / Booth # 15)

Apnair est une entreprise spécialisée dans les soins du sommeil assurant une approche personnalisée à la fine pointe de la technologie en matière d'aide respiratoire.

Brossard : 6955, boul. Taschereau, bureau 3

Laval : 3030, boul. Le Carrefour, bureau 202

Montréal : 5601, rue Bélanger, bureau 112

Pointe-Claire : 269, boul. St-Jean Nord, bureau 206

Tel: 866-923-9222 poste 864; (514) 331-9279 (Montréal et Rive-nord):

Breabon (Kiosque / Booth # 8)

BRAEBON Medical Corporation is the leading designer and manufacturer of diagnostic sleep products including the new and revolutionary MediPalm family of palm-sized sleep recording devices. Our sensors are used to evaluate sleep disordered breathing and include: Esophageal Pressure, Airflow Pressure, Airflow Temperature, Quantitative Respiratory Effort, Qualitative Respiratory Effort, Body Position and Snoring.

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Tel: 613-831-6690; 888-462-4841

Fax: 613-831-6699

info@braebon.com

Fisher & Paykel Healthcare Inc. (Kiosque / Booth # 7)

Fisher & Paykel Healthcare Inc. are pioneers and world leaders in heated humidification for the treatment of sleep apnea. We manufacture innovative integrated CPAP and interfaces to improve patient comfort and acceptance of CPAP therapy.

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Fax: 450-963-4205

Contact Info: alfonso.ambrosone@fphcare.com

www.fphcare.com

Grass-Telefactor Inc. (Div. of Astro-Med Inc.) (Kiosque / Booth # 2)

Grass-Telefactor manufactures a complete line of digital PSG systems for in lab or remote studies. Grass-Telefactor is one of the only companies on the market to manufacture every components of the systems, amplifiers, power supplies, carts, software even the electrodes. Our unique digital video brings new dimension to sleep studies.

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Tel : 800-565-2216 - contact: Richard Letourneau, ing.
www.grass-telefactor.com

Medigas (Kiosque / Booth # 5)

De l'hôpital à la maison, Medigas est une compagnie qui offre des produits et services respiratoires à domicile tels que : oxygénothérapie, inhalothérapie, apnée du sommeil CPAP et BIPAP et ventilation.

Medigas, a division of Praxair Canada Inc., has provided clients with home oxygen, respiratory service, sleep therapy and home care equipment for over 35 years.

3200 boul. Pitfield, bureau 100 Ville St-Laurent, QC H4S 1K6
Tel: 514-324-0202; 800-347-0223
Fax: 514-324-9791

Nellcor Puritan Bennett (Kiosque / Booth # 10)

Nellcor Puritan Bennett (Melville) Ltd (NPB) is a leading manufacturer of sleep diagnostic products used in more than 1000 sleep labs/research facilities across North America. NPB has products ranging from portable unattended PSG systems (Suzanne) to fully attended customizable lab systems (Sandman - Elite).

303 Terry Fox Drive, Suite 400 Ottawa, ON K2K 3J1
Tel: 800-663-3336
Fax: 613-238-1291
www.sandmansleep.com/
sandman@tycohealthcare.com

Northern Light Technologies (Kiosque / Booth # 17)

Northern Light Technologies : Light therapy products / Produits de luminothérapie
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Tel: 514-335-1763; 800-263-0066
Fax: 514-335-7764
www.NorthernLightTechnologies.com
info@NorthernLightTechnologies.com
Monique Paré tél: 418-337-3544

OSR Medical Inc. (Kiosque / Booth # 16)

OSR Medical Inc. is a Quebec based company specialized in respiratory care, oxygen and sleep apnea therapy. Established in 1998 and accredited by the Canadian Council on Health Services Accreditation from 2002 to 2005. Direct distributor of Respironics, Tyco Healthcare, Fisher & Paykel Healthcare and DeVilbiss. The services and equipments are offered through medical prescription and are controlled by a medical body headed by our medical director Dr. I. Kassissia.

1400 Sauve Ouest, suite: 1512 Montréal, QC H4N 1C5

Tel: 514-3326387; 877-433-3956

Fax: 514-3328665

elie@osrmedical.com

www.osrmedical.com

Pro-Tech Services Inc. (Kiosque / Booth # 13)

Pro-Tech Services Inc. is a leader in the design, manufacture, and distribution of sensors used for the diagnosis of sleep related breathing disorders. More information on Pro-Tech Services Inc. can be found by visiting the company's website.

Tel: 800-919-3900.

www.pro-tech.com

Quadromed Inc. (Kiosque / Booth # 9)

Quadromed est une société de distribution de produits médicaux fondée en 1986 et ayant pour mission de desservir le marché des soins de santé au Canada. La polyvalence professionnelle de Quadromed lui permet de desservir nombreux domaines médicaux: anesthésie, inhalothérapie, fonction respiratoire, néonatalogie, neurologie, obstétrique et gynécologie, urgence et soins pré-hospitaliers, diagnostique et thérapie du sommeil.

Quadromed is a Canadian medical distribution company established in 1986 with the mission to serve the healthcare market in Canada. Quadromed offers a large variety of products to various medical fields: anesthesia, pulmonary function, respiratory, cardiology, neonatology, neurology, obstetrics and gynecology, emergency and pre-hospital care, diagnostics and sleep therapy, cardiopulmonary diagnostic exercise testing.

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Fax: (514) 332-4771

info@quadromed.com

www.quadromed.com

Respirionics (Kiosques / Booths # 11 & 12)

Respirionics is a global resource in the medical device market that provides innovative products and unique programs to the healthcare providers to help clinicians treat their patients, help providers grow and manage their businesses efficiently and help patients improve their quality of life. In the homecare, hospital and international markets, we provide programs that manage sleep disordered breathing, chronic obstructive pulmonary disease, asthma, allergies and sinusitis, infant jaundice and apnea, hearth failure, and restrictive lung disorders.

Contact : Stephane Plante RRT, RRCP, inh.
Tel: 800-553-5781 ext. 4946; 613-298-7155

Roxon Medi-Tech (Kiosque / Booth # 14)

Roxon Medi-Tech presents the SOMNOSTAR – Flexible Sleep Diagnostic configurations designed to meet all laboratory requirements.

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Shire Biochem (Kiosque / Booth # 1)

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cbagdoo@ca.shire.com
jatallah@ca.shire.com

Stellate (Kiosque / Booth # 6)

Stellate is an organization dedicated to providing health care professionals with advanced digital neurodiagnostic systems and new methods of analysis for EEG and the study of Sleep disorders.

376 Victoria Avenue Suite 200 Montreal QC Canada H3Z 1C3
Tel.: 1 888 742 1306 (Canada & United States) (514) 486 1306
Fax (514) 486 0694
www.stellate.com
info@stellate.com

Sunrise Medical Canada Inc. (Kiosque / Booth # 18)

Produits DeVilbiss

Sunrise Medical Canada Inc est manufacturier des produits DeVilbiss. Depuis plus d'un siècle nous fabriquons des produits d'oxygénothérapie fiables, de grande qualité, incluant de nombreuses innovations majeures, telles que les technologies Pulmo-Aire & Pulse Dose. La gamme novatrice d'appareils modulaires empilables pour le sommeil DeVilbiss met en vedette tous les composants nécessaires pour déterminer une solution thérapeutique supérieure de troubles du sommeil. Ces éléments empilables qui requièrent peu de superficie sauront répondre au besoin esthétique recherché par le patient, aux avantages cliniques souhaités par le médecin et au souci d'épargne du distributeur. Nous n'avons pas inventé le traitement thérapeutique des problèmes de sommeil, mais grâce à nos 110 ans d'innovations en matière d'appareils respiratoires nous avons peut-être pu le perfectionner.

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Sylvie.drolet@sunmed.com

www.sunrisemedical.com

Vital AIR (Kiosque / Booth # 3)

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