

Canadian Sleep  
Society



Société Canadienne  
du Sommeil

# 6th Conference of the Canadian Sleep Society

October 4-6, 2013  
Halifax, Nova Scotia

**GENERAL  
PROGRAM**






# MedSleep

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## Greetings from the Prime Minister's Office



PRIME MINISTER • PREMIER MINISTRE



*I am pleased to extend my warmest greetings to everyone attending the sixth conference of the Canadian Sleep Society.*

*Over the next three days, you will have opportunities to share your expertise with your peers from the medical and scientific communities and to exchange information on the latest research into sleep and its disorders. I am sure that you will take full advantage of the planned panel discussions and symposia, and that you will make the most of this exchange of ideas and best practices.*

*I would like to commend you for your commitment to the advancement of sleep research and sleep disorders medicine in Canada. Your important contributions to the health and well-being of your fellow Canadians are appreciated.*

*Please accept my best wishes for a most enjoyable and successful meeting.*

*The Rt. Hon. Stephen Harper, P.C., M.P.*

OTTAWA  
2013





PRIME MINISTER • PREMIER MINISTRE

*Je suis heureux de présenter mes salutations les plus chaleureuses à tous ceux et celles qui assistent à la sixième conférence de la Société canadienne du sommeil.*

*Au cours des trois prochains jours, vous aurez l'occasion de mettre en commun votre savoir-faire avec vos pairs du milieu médical et scientifique et d'échanger de l'information sur les plus récentes recherches dans le domaine du sommeil et de ses troubles. Il ne fait aucun doute que vous bénéficierez des discussions de groupe et des symposiums au programme, et que vous tirerez le meilleur parti de ces échanges d'idées et de pratiques exemplaires.*

*Je tiens à vous féliciter pour votre engagement envers l'avancement de la recherche sur le sommeil et la médecine du sommeil au Canada. Votre importante contribution à la santé et au bien-être de vos concitoyens est appréciée.*

*Je vous souhaite une rencontre aussi productive qu'agréable.*

*Le très honorable Stephen Harper, c.p., député*

OTTAWA  
2013

## Greetings from the Premier's Office

### Premier's Message



On behalf of the Province of Nova Scotia, I'm pleased to welcome you to the 6<sup>th</sup> Conference of the Canadian Sleep Society.

Sleep is something we all seem to want more of, and for good reason. It's fundamental to good health. That makes the work you do incredibly important. This conference is an excellent opportunity for your professional development and networking with others from across the country.

I wish you a productive conference, and also hope you have a chance to explore the city and province while you're here. Nova Scotia is world-renowned for our delectable seafood, lively culture, and warm hospitality. I welcome you to enjoy all that we have to offer, and invite you to come back and visit us anytime.

Sincerely,

A handwritten signature in blue ink that reads "Darrell E. Dexter".

Darrell E. Dexter, Q.C., M.L.A.  
Premier



## Greetings from the Mayor's Office



# Greetings

## from the Mayor



It is my distinct pleasure to extend warm greetings and a special welcome to all attending 'Halifax 2013 the 6<sup>th</sup> Conference of the Canadian Sleep Society' taking place here in Halifax Regional Municipality.

You will be presented with an educational experience covering all areas of sleep science and medicine from basic scientific discoveries to technological advances and clinical applications. These sessions will provide a positive learning and network opportunities with the best in the field.

I want to acknowledge, with gratitude, the Canadian Sleep Society, Conference Committees, their partners and sponsors, for hosting this progressive convention here in our region.

Best wishes as you share with and learn from each other.

Kindest regards,

Mike Savage  
Mayor

## Welcome from the CSS President



Dear Colleagues and Friends,

Welcome to the 6<sup>th</sup> meeting of the Canadian Sleep Society!

We are excited to be able to welcome you to the first Maritime hosted CSS conference! We could not have achieved all we have without our CSS executive board members, and other CSS volunteers, all of whom devote an extraordinary amount of their time, energy and enthusiasm to our society and to this conference. We are especially grateful to Celyne Bastien, Chair of the Scientific Program Committee who has worked tirelessly with her committee to develop this outstanding conference. We also want to thank all of the members of the various conference committees, and most importantly the leadership of the committee chairs, Helen Driver, Stuart Fogel, Margaret Rajda, Penny Corkum, Robyn Stremler, Glendon Sullivan, Natalie Morin, Fernanda Almeida, Samar Khoury, and Christopher Childs.

The conference program is diversified and designed to meet the needs of students, technologist, clinicians, dentists and researchers and - as only sleep folks can truly appreciate - will cover sleep from BENCH to BEDSIDE. This exciting and varied program will allow you to review and discuss the latest advances in sleep research and clinical sleep medicine and network with your sleep colleagues.

New this year is the workshop on Friday morning on CBT-I. As at previous meetings, we have developed a Sleep CME for local health care professionals and two of our keynote speakers, Drs. Jodi Mindell and Joseph De Koninck will be giving public lectures.

Congratulations to the recipients of the student and technologist abstract prizes, to the four winners of the Student Travel Awards (jointly awarded by the CSS/Institute for Circulatory and Respiratory Health (ICRH)) and the winner of the Student Outstanding Achievement Award. The recipient of the Roger Broughton Young Investigator Award 2013 is Dr. Antoine Adamantidis. The Distinguished Scientist Award 2013 recipient is Dr. Joseph De Koninck (an award given at each CSS conference to a scientist to recognize significant contributions to the field of sleep research in Canada).

Special thanks to Roberta Dexter and her colleagues at Plan Ahead Events, our conference managers and also to the corporate sponsors and exhibitors for their support.

Thanks for joining us in Halifax. I hope that your participation in this conference will allow you to connect with colleagues old and new, develop new research ideas, and enhance your clinical practice in sleep medicine. Please join us at the Friday night welcome reception at the Maritime Museum of the Atlantic and also on Saturday night for an enjoyable evening of refreshments and local entertainment at the Atlantic Canada Kitchen Party.

Shelly Weiss, MD  
President, Canadian Sleep Society

Chers collègues et amis,

Bienvenue au 6<sup>e</sup> Congrès de la Société canadienne de sommeil!

Nous sommes heureux de pouvoir vous accueillir pour ce congrès pour une toute première fois dans l'est canadien, les Maritimes. Nous n'aurions pu réussir cet événement sans l'aide des membres de l'Exécutif de la SCS, et autres bénévoles de la SCS, toutes ces personnes ayant dévoué de leur temps sans compter, avec énergie et enthousiasme à notre société et à ce congrès. Nous sommes tout spécialement redevables à Célyne Bastien, Présidente du Comité du programme scientifique qui a travaillé infatigablement de concert avec les membres de son comité afin de développer ce remarquable congrès et programme. Nous désirons également remercier les autres membres des différents comités du congrès, particulièrement pour leur leadership comme responsable de comité, Helen Driver, Stuart Fogel, Margaret Rajda, Penny Corkum, Robyn Stremmler, Glendon Sullivan, Natalie Morin, Fernanda Almeida, Samar Khoury, et Christopher Childs.

Le programme du congrès est diversifié et arrimé afin de rencontrer les besoins des étudiants, technologues, cliniciens, dentistes et chercheurs et – comme seuls vous pouvez l'apprécier – s'attardera au sommeil de la théorie à la pratique. Ce programme excitant et varié vous permettra de réviser et discuter des dernières avancées en recherche sur le sommeil et la médecine du sommeil et la possibilité de réseauter avec vos collègues du domaine.

Cette année, une nouveauté s'ajoute au programme le vendredi matin, soit une session de travail interactive sur le traitement cognitivo-comportemental de l'insomnie. Comme dans les rencontres scientifiques précédentes, nous avons développé une journée de formation continue pour les professionnels de la santé locaux et deux de nos prestigieux conférenciers, Drs. Jodi Mindell et Joseph De Koninck offriront des conférences pour le grand public.

Nous offrons nos sincères félicitations aux récipiendaires des prix pour le meilleur résumé par un étudiant ou un technologue, aux quatre gagnants des bourses de voyage (offertes conjointement par la SCS/ISCR) et la gagnante du prix Réalisation Remarquable – Étudiant (Outstanding Student Award). Le récipiendaire du prix du jeune chercheur Roger Broughton 2013 est Dr. Antoine Adamantidis. Le récipiendaire du prix prestigieux du scientifique de carrière émérite 2013 est le Dr. Joseph De Koninck (un prix offert à chaque congrès SCS à un scientifique afin de souligner ses contributions significatives au domaine de la recherche en sommeil au Canada).

Un merci tout spécial à Roberta Dexter et ses collègues de Plan Ahead Events, nos organisateurs d'événements spéciaux et également à nos contributeurs et exposants corporatifs pour leur soutien. Merci de vous joindre à nous à Halifax! J'espère que votre participation à ce congrès vous permettra de retrouver vos collègues, anciens et nouveaux, de développer de nouvelles idées de recherche, et de faciliter votre pratique clinique en médecine du sommeil. Nous serons heureux de vous accueillir lors de la réception amicale de bienvenue vendredi soir au 'Maritime Museum of the Atlantic' et aussi samedi soir pour une joyeuse soirée où rafraîchissements et divertissements locaux seront de la partie lors de la soirée à la bonne franquette du 'Atlantic Canada Kitchen Party'.

Shelly Weiss, MD  
Présidente, Société canadienne de sommeil



## Welcome from the CSS Vice-President



Dear Colleagues and Friends,

The Scientific Committee has been working very hard to come up with an excellent program again this year, this time in the Eastern part of Canada, the home town of the Bluenose, the beautiful Halifax!

At the Harbourfront Marriott, from October 4<sup>th</sup> to October 6<sup>th</sup>, an exciting educational and scientific program awaits you. A quick look at the program-at-a-glance will inform you that we have five keynote speakers, nine symposiums, three oral sessions, two panel discussions and one workshop listed during the scientific meeting. Throughout the scientific meeting, groups from the technologists' and the dental arenas will also meet and share the latest knowledge from their own area. In addition there will be one course/workshop on insomnia on top of the regular CME, Dental, Students and Technologists programs on the Friday before the scientific meeting per se.

We have received close to 90 abstracts this year. Of those have been assigned to an oral presentation while the remaining accepted ones will be displayed all day on Saturday and Sunday, with a special one-hour dedicated time on Saturday afternoon providing an increased discussion forum between poster presenters and interested visitors.

As you also know, we will hand out many awards during the opening ceremonies (Saturday morning), two of them being the Distinguished Scientist Award to Joseph De Koninck and the Roger Broughton Young Investigator to Antoine Adamantidis. Be sure to be there to salute our awardees.

We were able to secure much sponsorship and more than 20 exhibitors/companies will be available to showcase their latest products and entice you to trying new technologies.

Finally, and not the least, the local organizing committee has put together two very special social events: a welcome reception on the Friday night (on the dockside) and a Kitchen party on the Saturday night (Hotel ballroom). A taste of Scottish music and mouthwatering lobster promises to be plenty of fun and all are welcome of course!!!!

It promises to be a great event! With this fantastic scientific networking opportunity ahead of us, I thus welcome you to Halifax and thank you all for being here to share with us the success of this venue, either from your scientific input and interest, your educational devotion or your newest technology! Looking forward to sharing with you during the meeting.

Cheers to all of you!

Célyne Bastien, Ph.D. CSS Vice-President (Research) Université Laval

Chers collègues et amis,

Le comité scientifique du 6e congrès de la Société canadienne du sommeil a travaillé très fort afin de vous offrir à nouveau cette année un excellent programme. Cette fois-ci, notre congrès se tiendra dans l'est du Canada dans la ville-mère du Bluenose, la merveilleuse Halifax!

Du 4 au 6 octobre 2013, un programme éducationnel et scientifique des plus excitants vous attend au Harbourfront Marriott. Cinq conférenciers prestigieux, neuf symposiums, trois sessions de présentations orales, de même que deux sessions de discussion et un atelier sont à l'horaire. Durant le congrès scientifique, des groupes de technologues et de dentistes se rencontreront et partageront les dernières connaissances dans leur domaine respectif. De plus, dès le vendredi 4 octobre, un cours/atelier sur l'insomnie s'ajoutera aux activités pré-congrès, soit les programmes de formation continue, dentaires, étudiants et technologues.

Nous avons reçu près de 90 résumés cette année, dont 15 ont été assignés à des présentations orales. Le contenu scientifique des autres résumés choisis sera présenté sous forme de présentations affichées samedi le 5 octobre et dimanche le 6 octobre, et une session d'une heure sera ensuite consacrée aux échanges et à la discussion entre les présentateurs d'affiches et les visiteurs intéressés par le sujet à l'étude.

Comme vous le savez, nous offrirons plusieurs prix importants pendant les cérémonies d'ouverture du congrès (samedi matin), deux de ceux-ci étant le Prix pour le scientifique émérite de Joseph De Koninck, ainsi que le prix du jeune chercheur Roger Broughton à Antoine Adamantidis. Votre présence est vivement souhaitée afin de saluer ces distingués gagnants.

En plus des présentations par affiche et des autres activités figurant au programme scientifique, la SCS est parvenue à obtenir plusieurs commandites et plus de 20 exposants corporatifs seront présents sur place afin de vous dévoiler et d'échanger avec vous sur leurs dernières trouvailles, produits et avancées technologiques.

Finalement, le comité organisateur local a conjugué ses efforts pour vous offrir deux occasions spéciales pour vous divertir: une réception d'ouverture le vendredi soir (sur les quais) et une soirée à la bonne franquette soit le 'Kitchen party' le samedi soir (Hôtel-hôte). Musique écossaise et homard sont au menu et promettent du plaisir à profusion pour tous!!!

L'évènement promet d'être digne de la SCS. Avec cette opportunité fantastique de réseautage qui nous attend, je vous souhaite donc la bienvenue à Halifax et je vous remercie à l'avance de votre présence qui contribuera au succès de cet évènement, que ce soit par votre contribution éducationnelle dévouée, votre contribution scientifique inégalée, ou encore vos avancées technologiques incomparables.

Au plaisir d'échanger et de discuter avec vous durant ce congrès!

Cordialement,  
Célyne Bastien, Ph.D. Vice-Présidente (Recherche) de la SCS Université Laval

## Contents

Greetings from the Prime Minister's Office.....	2
Greetings from the Premier's Office.....	4
Greetings from the Mayor's Office .....	5
Welcome from the CSS President.....	6
Welcome from the CSS Vice-President.....	8
Committees .....	11
About the Canadian Sleep Society.....	13
Distinguished Scientist Award .....	14
Roger Broughton Young Investigator Award .....	15
Student Outstanding Achievement Award .....	16
Student and Technologist Abstract Prize Winners .....	16
Canadian Sleep Society (CSS) / Institute for Circulatory and Respiratory Health (ICRH) Student Travel Awards .....	16
KEYNOTE ADDRESSES .....	17
Keynote 1 - Optimization of Melatonin and Light Therapy to Correct Human Clock Disorders .....	18
Keynote 2 - Infant and Toddler Sleep Disturbances; Parental Concerns and Empirical Evidence .....	19
Keynote 3 - The Study of Dreams: Past, Present and Future .....	20
Keynote 4 - Is Longer Better? Pros and Cons of Brief Therapy for Comorbid Sleep Disorders .....	21
Keynote 5 - Advances in Sleep Apnea Phenotyping: A Guide to Future Therapies.....	22
Public Lectures.....	23
2013 SPONSORS & EXHIBITORS.....	24
Exhibitors .....	25
Exhibitor Floor Plan .....	25
Program Accreditation CEC, CDE and CME information.....	26
HALIFAX MAP .....	27
SCHEDULE AT A GLANCE - Friday, October 4, 2013 .....	28
SCHEDULE AT A GLANCE -Saturday, October 5, 2013 .....	29
SCHEDULE AT A GLANCE - Sunday, October 6, 2013 .....	30
SOCIAL PROGRAMS.....	31
Welcome Reception - Friday, October 4, 2013 .....	31
Atlantic Canada Kitchen Party - Saturday, October 5, 2013.....	31
PROGRAM .....	32

## Committees

### Scientific Program Committee

**Chair: Célyne Bastien, Ph.D. CSS Vice-President (Research), Université Laval, QC**

**Members:**

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Glendon Sullivan, M.D. CSS Member-at-Large (Membership), Atlantic Health Sciences Centre, Saint John, NB

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Gilles Lavigne, Ph.D., Université de Montréal  
Penny Corkum, Ph.D., Dalhousie University  
Benjamin Rusak, Ph.D., Dalhousie University  
Josée Savard, Ph.D., Université Laval  
Kimberly Cote, Ph.D., Brock University  
Robyn Stremler, Ph.D., University of Toronto  
Marta Novak, M.D., University of Toronto  
Margaret Rajda, M.D., Dalhousie University  
Roger Godbout, Ph.D., Université de Montréal  
Antoine Adamantidis, Ph.D., McGill University  
Manisha Witmans, M.D., Alberta

### Organizing Committee

**Chair: Margaret Rajda, MD FRCPC DABSM, Dalhousie University**

**Members:**

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Helen Driver, Ph.D. CSS Past-President, Queen's University  
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Charles Samuels, M.D. CSS Vice-President (Clinical), Calgary

Glendon Sullivan, M.D. CSS Member-at-Large (Membership), Atlantic Health Sciences Centre, Saint John  
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Benjamin Rusak, Ph.D., Dalhousie University  
Penny Corkum, Ph.D., Dalhousie University  
Christopher Childs, M.D. Dalhousie University  
Katy Schurman, Dalhousie University  
Sharon Cooper, RPSGT  
Carrie Edwards-Young, RPSGT, Kelmarie Cole, RPSGT

### Technologist Committee

**Chair: Natalie Morin, RPSGT CSS Member-at-Large (Technologist), Sleep Strategies**

**Co-Chair: Sharon Cooper, RPSGT, QEII Health Sciences Centre**

**Members:**

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(Technologist), Hospital for Sick Children  
Carrie Edwards-Young, RPSGT, QEII Health Sciences Centre  
Laree Fordyce, RPSGT  
Rui de Sousa, RPSGT, RST

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Hospital Civic Campus  
Kimberly Cote, Ph.D., Brock University  
Benjamin Rusak, Ph.D. Dalhousie University  
Margaret Rajda, M.D. Dalhousie University  
Kathy Lutley, RPSGT

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Julie Carrier, Ph.D. Université de Montréal  
Josée Savard, Ph.D. Université Laval  
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Université Laval

Josée Savard, Ph.D., Université Laval  
Glenn Legault, Ph.D., Laurentian University  
Judith Davidson, Ph.D., C. Psych., Queen's University  
Valérie Mongrain, Ph.D., Université de Montréal

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President, Clinical

**Members:**

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University of Western Ontario

Gilles Lavigne, Ph.D., Université de Montréal  
Julie Carrier, Ph.D., Université de Montréal  
Catherine Wiseman-Hakes, University of Toronto  
Célyne Bastien, Ph.D. CSS Vice-President (Research)  
Université Laval

#### Planning / Professional Organizations involved:

Allan O'Bryan, Clue Consulting Inc.

Roberta Dexter and Beth Wohlfahrt, Plan Ahead Events



Frank Huntley, Kingston Software Factory

#### Reviewers

We would like to thank those individuals who gave their time to review and adjudicate abstracts and awards.

#### General Abstracts and Student and Technologist Abstract Prize Reviewers:

Célyne Bastien, Ph.D., Université Laval  
Julie Carrier, Ph.D., Université de Montréal  
Kimberly Cote, Ph.D., Brock University  
Judith Davidson, PhD, Queen's University  
Helen Driver, Ph.D., Queen's University  
Gilles Lavigne, Ph.D., Université de Montréal

Marta Novak, M.D., University of Toronto  
Benjamin Rusak, Ph.D., Dalhousie University  
Charles Samuels, M.D., Calgary  
Robyn Stremler, Ph.D., University of Toronto  
Glendon Sullivan, M.D., Atlantic Health Sciences  
Sleep Centre  
Shelly Weiss, M.D., University of Toronto

## About the Canadian Sleep Society

The CSS 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. The Society has established the following objectives:

- To facilitate the advancement of education in the area of sleep research and sleep disorders medicine.
- To help consolidate and advance sleep research in Canada.
- To promote and support the growth and quality of sleep disorders medicine in Canada.
- To increase the profile and support for sleep research in Canada.
- To increase public awareness of the importance of sleep research and sleep disorders medicine, and Canada's contribution to this area.
- To engage in educational activities and facilitate support for trainees

### Current CSS Executive

President	Shelly K. Weiss, MD
Past President	Helen S. Driver, PhD, RPSGT, DABSM
Vice-President, Research	Célyne H. Bastien, PhD
Vice-President, Clinical	Charles Samuels, MD, CCFP, DABSM
Secretary/Treasurer	Reut Gruber, PhD
Member-at-Large (Technologist)	Jeremy Gibbons, BSc, RPSGT
Member-at-Large (Technologist)	Natalie Morin, RPSGT
Member-at-Large (Student)	Samuel Laventure
Member-at-Large (Student)	Samar Khoury
Member-at-Large (Membership)	Glendon Sullivan, MD
Member-at-Large (Physician speciality)	Judith A. Leech, MD, FRCPC
Member-at-Large (Dental)	Fernanda Almeida, DDS, MSc, PhD
Member-at-Large (Newsletter/Website)	Stuart Fogel, PhD

### Past-Presidents of the Canadian Sleep Society

Roger Broughton, MD, PhD (1986-1988)  
 Robert D. Ogilvie, PhD (1988-1990)  
 Meir H. Kryger, MD (1990-1993)  
 Alistair MacLean, PhD (1993-1996)  
 Charlie George, MD (1996-1999)  
 Joseph De Koninck, PhD (1999-2002)  
 Charles Morin, PhD (2002-2005)  
 Gilles Lavigne, DMD, PhD (2005-2008)  
 Helen S. Driver, PhD, RPSGT, DABSM (2008-2011)

## Distinguished Scientist Award



The Canadian Sleep Society (CSS) is pleased to announce that the recipient of the 2013 Distinguished Scientist Award is **Dr. Joseph De Koninck, Ph.D., FRSC**, University of Ottawa. This award is in recognition of a scientist who has made significant contributions to the field of sleep research in Canada.

Joseph De Koninck holds a Master's in Psychology from Laval University and a PhD in Psychology from the University of Manitoba (1973). He has been a professor of Psychology at the University of Ottawa since 1972 and is currently Emeritus Professor. The focus of his research is the study of sleep and dreams as outlined below. He is a Fellow of the Canadian Psychological Association, and was its Honorary President in 1996-97. In 2002, he was recipient of the Prix Adrien Pinard of the Société Québécoise pour la recherche en Psychologie. In 2007 he was elected Fellow of the Royal Society of Canada. His administrative positions have included that of Director of the School of Psychology and Associate Dean of the Faculty of Social Sciences (1978-1987 and 1993-1994). He was Vice-Dean of the School of Graduate Studies and Research between 1987 and 1990, and Dean of the Faculty of Graduate and Postdoctoral Studies from July 1994 through 2004. During the later period, he has served as Vice-President (1996), President (1997) and Past President (1998-1999) of the Canadian Association for Graduate Studies (CAGS) and as Chair of the Ontario Council on Graduate Studies (2001-2002). He is currently also Visiting professor at the University of Ottawa Institute of Mental Health Research and Chair of the Scientific Committee of Montfort Hospital in Ottawa.

Dr. De Koninck has been involved in sleep and dream research for 40 years now. On the sleep side, his main interests and contributions have been on sleep and learning/memory, sleep motility and positions, biological rhythms and sleep including napping, and sleep disorders particularly insomnia. On the dreaming side, he has studied the socio-cultural, personality, developmental and gender determinants of dreams. His main contributions have been however focused on dreams and adaptation to stress and more recently, nightmares and their treatment. This work was carried out mainly in the context of the supervision of more than 15 doctoral students and more than 100 Honours and Masters Theses. He has also been visiting professor and scholar in several sleep laboratories, notably at the Université de Montpellier (France), the University of California at San Diego, the University of Arizona (Tucson), the University of Adelaide (Australia) and the University of Florence (Italy). He has served the sleep community as President (1999-2002) and Past-President (2002-2005) of the Canadian Sleep Society. During his tenure as President, Ottawa hosted the first conference of the Canadian Sleep Society.

He will receive his award during the Opening ceremonies on Saturday morning at 8 :00. Dr. De Koninck is also one of our keynote speakers during the scientific meeting this year. Come and join us for his address, scheduled on Saturday afternoon (1 :30) which title is 'The Study of Dreams: Past, Present and Future'.

## Roger Broughton Young Investigator Award



Dr. Antoine Adamantidis graduated from University of Liege, Belgium (2005) and trained as a postdoctoral fellow at Stanford University, USA (2010). Since 2010, he is an assistant professor at the Department of Psychiatry, McGill University and the Douglas Mental Health University Institute, Montreal, Canada and was awarded the Canadian Research Chair in Optogenetics and neural circuits. Dr. Adamantidis's objectives aim at investigating the wiring, dynamics and plasticity of the neural circuits regulating brain states during innate behaviour in normal and pathological states using in vitro and in vivo optogenetics combined to genetics and electrophysiological methods. Together with his colleagues at Stanford University, he has pioneered the use of in vivo optogenetics to probe

neural circuits controlling the wakefulness and sleep states. Optogenetics has opened new perspectives and unprecedented experimental strategies to assess the sufficiency or necessity of neuronal networks in selective behaviours, including arousal and reward. Eventually, his research will help to better understand the mechanisms underlying brain arousal and motivated behaviour and identify new therapeutic strategies through significant improvement of sleep conditions and pathologies associated with sleep disturbances including depression, schizophrenia and cognitive-related disorders.

He will receive his award during the opening ceremonies on Saturday morning at 8:00. Be sure not to miss Dr. Adamantidis' presentation on Saturday morning in Symposium 1: Advances in the Basic Science and Clinical Understanding of Brain Arousal States.



## Student Outstanding Achievement Award

This award is for the scientific merit of a single publication by a student in the field of sleep research. Funding for these awards is made through the CSS student fund – thank you to CSS members who made contributions to the student fund with their CSS registration. The CSS is pleased to present this year's award to **Jennifer Lapierre** for her innovative publication: Symmetrical Serotonin Release during Asymmetrical Slow-Wave Sleep: Implications for the Neurochemistry of Sleep–Waking States. Madam Lapierre will present her pioneering work during the Student day and will receive her award during the opening ceremonies on Saturday morning at 8:00.

## Student and Technologist Abstract Prize Winners

This year we have two student abstract prize winners. Both of them will receive their award during the opening ceremonies on Saturday morning at 8:00am and will also present the results of their studies during the Scientific meeting and in an Oral session on Sunday morning.



**Shannon Hall**, Dalhousie University: Chronic Sleep Restriction Induces Neuronal  $\Delta$ FosB in Specific Thalamic and Hypothalamic Nuclei in Rats.



**Dr. Tatyana Mollayeva**, University of Toronto: Sleep Dysfunction in Ontario Workers with Head Injury: Preliminary findings.

## Canadian Sleep Society (CSS) / Institute for Circulatory and Respiratory Health (ICRH) Student Travel Awards

Congratulations to the recipients of the 2013 CSS/ICRH Student Travel Awards (\$1000 each):

**Catherine Duclos** (University of Montreal): Rest-Activity Cycle Disturbances in the Acute Phase of Moderate to Severe Traumatic Brain Injury

**Andrée-Ann Baril** (University of Montreal): Association Between Waking EEG and Cognitive Evoked Potentials in Obstructive Sleep Apneas

**Michelle Carr** (University of Montreal): REM Sleep Associative Memory Reconsolidation

**Mark Boulos** (University of Toronto): Restless Legs Syndrome is Associated with Lower Quality of Life and Depressive Symptoms in High-Risk TIA and Minor Stroke



## KEYNOTE ADDRESSES

### **Keynote 1 - Optimization of Melatonin and Light Therapy to Correct Human Clock Disorders**

*Dr Debra Skene*, B.Pharm, M.Sc., Ph.D., Professor of Neuroendocrinology, University of Surrey  
Saturday, October 5, 2013 8.30 – 9.30 am. Nova Scotia Ballroom B, C

### **Keynote 2 - Infant and Toddler Sleep Disturbances; Parental Concerns and Empirical Evidence**

*Dr Jodi Mindell*, Ph.D., Professor of Psychology and Director of Graduate Psychology, St-Joseph University Psychology Department  
Saturday, October 5, 2013 9.30 – 10.30 am. Nova Scotia Ballroom B, C

### **Keynote 3 - The Study of Dreams: Past, Present and Future**

*Dr. Joseph De Koninck*, Ph.D., FRSC, Emeritus Professor, University of Ottawa  
Saturday, October 5, 2013 1.30 – 2.00 pm. Nova Scotia Ballroom B, C

### **Keynote 4 - Is Longer Better? Pros and Cons of Brief Therapy for Comorbid Sleep Disorders**

*Dr Anne Germain*, Ph.D., Associate Professor of Psychiatry and Psychology, University of Pittsburgh Sleep and Chronobiology Center  
Sunday, October 6, 2013 8.00 – 9.00 am. Nova Scotia Ballroom B, C

### **Keynote 5 - Advances in Sleep Apnea Phenotyping: A Guide to Future Therapies**

*Dr David White*, MD, Clinical Professor of Medicine at the Harvard Medical School, Harvard Medical School Division of Sleep Medicine Brigham & Women's Hospital  
Sunday, October 6<sup>th</sup>, 2013 3.30 – 4.30 pm. Nova Scotia Ballroom B, C



## Keynote 2 - Infant and Toddler Sleep Disturbances; Parental Concerns and Empirical Evidence

**Dr Jodi Mindell, Ph.D., Professor of Psychology and Director of Graduate Psychology, St-Joseph University Psychology Department**

**Saturday, October 5, 2013 9.30 – 10.30 am. Nova Scotia Ballroom B, C**

In young children, bedtime difficulties and frequent night wakings are both common and persistent. It is estimated that 20-30% of children under the age of three experience sleep issues. Studies have found a plethora of etiological risk factors, including child, family, environmental, and cultural factors. Interventions for infant and toddler sleep disturbances have been supported by a broad foundation of research and are highly efficacious. In addition, recent advances in areas of tele-health have made such interventions more widely available to families and practitioners. Finally, concerns have been raised about the impact of behavioral sleep interventions on child development and the parent-child relationship, including attachment, security, and mental health outcomes. A review of evidence-based outcomes of behavioral management strategies will be presented.

### Objectives:

1. Discuss etiological and risk factors for behaviorally-based sleep problems in young children
2. Present empirically-supported treatments for infant and toddler sleep disturbances
3. Review evidence-based outcomes of behavioral management



Dr. Jodi A. Mindell is Professor of Psychology and Director of Graduate Psychology at Saint Joseph's University in Philadelphia. Dr. Mindell is also the associate director of the Sleep Center at the Children's Hospital of Philadelphia and clinical professor of psychology at the University of Pennsylvania School of Medicine.

Dr. Mindell has written extensively on pediatric sleep disorders and has published over a 100 articles and chapters on pediatric sleep, as well has presented over 250 papers at national conferences. She is the author of *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* (HarperCollins) and *Sleep Deprived No More: From*

*Pregnancy to Early Motherhood*, as well as co-author of *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems* (Lippincott Williams & Wilkins) and *Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens* (Marlowe). The majority of her research focuses on the assessment and treatment of common sleep problems in children, as well as sleep problems related to pregnancy and parenting.

### Notes :

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### Keynote 3 - The Study of Dreams: Past, Present and Future

**Dr. Joseph De Koninck, Ph.D., FRSC, Emeritus Professor, University of Ottawa**  
**Saturday, October 5, 2013 1.30 – 2.00 pm. Nova Scotia Ballroom B, C**

Despite 60 years of laboratory study, we are still struggling to understand the nature and functions of dreaming. However the recent decades have brought more rigorous research with new methodologies leading to new information and new theoretical models. After a brief historical sketch, we will review progress in uncovering the sources of dreams and the mechanisms of their formation, namely physiological, cognitive and environmental. For example, it has been observed that if sleep mentation tends to be in continuity with waking mentation, the memory sources of dreams are significantly transformed into new expressions of past experience and current concerns that can have adaptive and creative value.

However, negative emotions prevail in dreams and can culminate in nightmares. Electrophysiological and neuro-imaging studies suggest that these unique features of dreaming are due to the fact that key brain structures are activated and interact differently in sleep than in waking. Fortunately, research has demonstrated that dreams can be controlled by suggestion, imagery rehearsal, and lucid dreaming so that new models of therapy are available. The challenges for future research to determine whether dreaming by itself serves an adaptive function are outlined.

#### Objectives:

1. Review briefly the historical roots of the study of dreams and their relevance to today's research
2. Outline our current knowledge on the sources and factors mediating dream formation
3. Review current theories of dream functions, their empirical support and propose approaches to test them with recently developed methodologies
4. Discuss the use of dreams in psychotherapy and recent techniques of dream control particularly in the context of nightmares
5. Conclude on future challenges for the study of dreams



Joseph De Koninck has been a professor of Psychology at the University of Ottawa since 1972 and is currently Emeritus Professor. He is currently also Visiting professor at the University of Ottawa Institute of Mental Health Research and Chair of the Scientific Committee of Montfort Hospital in Ottawa. Dr De Koninck has been involved in sleep and dream research for 40 years. His main interests and contributions have been on sleep and learning/memory, sleep motility and positions, biological rhythms and sleep including napping, and sleep disorders particularly insomnia. On the dreaming side, he has studied the socio-cultural, personality, developmental and gender determinants of dreams. His main contributions have been however focused on dreams and adaptation to stress and more recently, nightmares and their treatment. Dr. De Koninck is also this year's recipient of the Distinguished Scientist Award.

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## Keynote 4 - Is Longer Better? Pros and Cons of Brief Therapy for Comorbid Sleep Disorders

**Dr Anne Germain, Ph.D., Associate Professor of Psychiatry and Psychology, University of Pittsburgh Sleep and Chronobiology Center**

**Sunday, October 6, 2013 8.00 – 9.00 am. Nova Scotia Ballroom B, C**

Sleep complaints are a risk factor for poor psychiatric outcomes, and a prevalent feature of all psychiatric disorders. Sleep disturbances can hinder response to treatments targeting psychiatric illnesses, as well as precipitate relapse or recurrence of psychiatric episodes. Brief sleep treatments can offer unique opportunities for cost-effective, evidence-based interventions in at-risk populations. They may also facilitate the education of non-specialists in sleep medicine, and the dissemination of effective treatments. However, brief sleep treatments also carry a number of shortcomings that must be acknowledged and considered in the development of care management plans for patients suffering from psychiatric disorders. This presentation will highlight the pros and cons of brief treatments of sleep disturbances comorbid with psychiatric disorders.

### Objectives:

1. To appreciate the role of sleep in psychological health and resilience.
2. To identify the pros of brief behavioral sleep treatments.
3. To recognize the limitations and missed opportunities that characterize brief behavioral sleep treatments.



Dr. Anne Germain is Associate Professor of Psychiatry at the University of Pittsburgh School of Medicine at Western Psychiatric Institute and Clinic. She received her Ph.D. in Clinical Psychology from the Université de Montréal in 2001, and completed her post-doctoral training in clinical sleep research at the University of Pittsburgh in 2005. Dr. Germain's research program has two main areas of interest. A first area of interest focuses on the mechanisms underlying of sleep disturbances occurring in the context stress-related psychiatric disorders, with a special emphasis on posttraumatic stress disorder (PTSD). To do, she uses multimodal sleep measurement methods including self-report measures, actigraphy and polysomnography, quantitative EEG, pharmacological probes, sleep neuroimaging techniques, as well as novel

animal models. A second area of interest focuses of the development, adaptation, and testing of treatments targeting stress-related sleep disturbances as a means to enhance psychological resilience and to hasten recovery from trauma exposure.

### Notes :

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## Keynote 5 - Advances in Sleep Apnea Phenotyping: A Guide to Future Therapies

**Dr David White MD, Clinical Professor of Medicine at the Harvard Medical School, Harvard Medical School Division of Sleep Medicine Brigham & Women's Hospital**  
**Sunday, October 6<sup>th</sup>, 2013 3.30 – 4.30 pm. Nova Scotia Ballroom B, C**

There are at least four primary traits that dictate whether a given individual has sleep apnea or not: pharyngeal airway anatomy/collapsibility, the sleeping upper airway response, the arousal threshold to a respiratory stimulus, and loop gain (a measure of ventilatory control stability). Each trait will be discussed in detail as well as how the trait can be measured in a sleeping patient. The traits will then be combined into a graphic model which demonstrates both whether the individual has sleep apnea and, if apnea is present, how the individual traits could be manipulated to best treat the disorder in that given patient. Finally examples of therapies based on phenotyping will be presented.

### Learning Objectives:

1. Participants should grasp the various components of OSA pathophysiology and how these characteristics may dictate, in a given individual, whether sleep apnea is present or not.
2. Attendees should understand how the physiologic traits that lead to sleep apnea can be measured during sleep and then placed into a graphic model demonstrating the cause of the OSA in that individual.
3. Participants should then grasp, from the graphic model, the therapeutic options available to treat each patient in an individualized manner.



Dr. White is currently a Clinical Professor of Medicine at the Harvard Medical School. He is also the Chief Medical Officer for Philips Respironics. Much of his career has been conducting research addressing the pathophysiology of obstructive sleep apnea and breathing abnormalities during sleep. He is a past-president of the American Academy of Sleep Medicine and previous Chair of the Advisory Board to the National Center on Sleep Disorders, Research at NIH.

### Notes:

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## Public Lectures

6th Conference of the Canadian Sleep Society - October 4-6, 2013

## PUBLIC INFORMATION SESSIONS

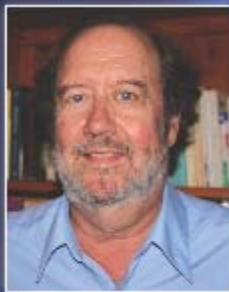
Windsor Foundation Lecture Theatre • Art Gallery of Nova Scotia • 1723 Hollis Street, Halifax, Nova Scotia



Friday, October 4, 2013 at 4:00 PM

### Origins, Functions and Consequences of Dreams

**Presenter:** Dr. Joseph De Koninck - Holds a Master's in Psychology from Laval University and a PhD in Psychology from the University of Manitoba. He has been involved with sleep and dream research for more than 40 years. Join him as he discusses:



- When do we dream?
- How do we remember our dreams?
- Where do dreams come from?
- What do we dream about?
- What effects dreams have and are they useful?
- How to change our dreams
- Nightmares and bad dreams
- Dreams and daily life



Saturday, October 5, 2013 at 1:00 PM

### *Sleeping Through the Night: Helping your little one get a good night's sleep*



**Presenter:** Dr. Jodi Mindell is a world-renowned expert in pediatric sleep disorders will discuss how to help young children, ages birth to 5, get a good night's sleep.





## 2013 SPONSORS & EXHIBITORS

The CSS graciously acknowledges the following Sponsors & Exhibitors for their participation and support:

### Platinum Sponsor:



### Bronze Sponsors:



### Sponsored Breakfasts and Luncheons:

#### **VitalAire Breakfast - Saturday October 5th: 6:45 am - 7:45 am**

Breakfast Symposium on Metabolic Syndrome and OSA (Pre-registration Required) Acadia Ballroom  
Dr. Sean Gilman is a Practicing Sleep Physician and Pulmonologist at both the McGill University Health Center and Verdun Hospital in Montreal and is also Medical Director, VitalAire Quebec.



#### **Braebon Dentists Luncheon - Saturday, October 5<sup>th</sup>**



#### **Natus Workshop Station 1 – Student Program – Friday, October 4th**

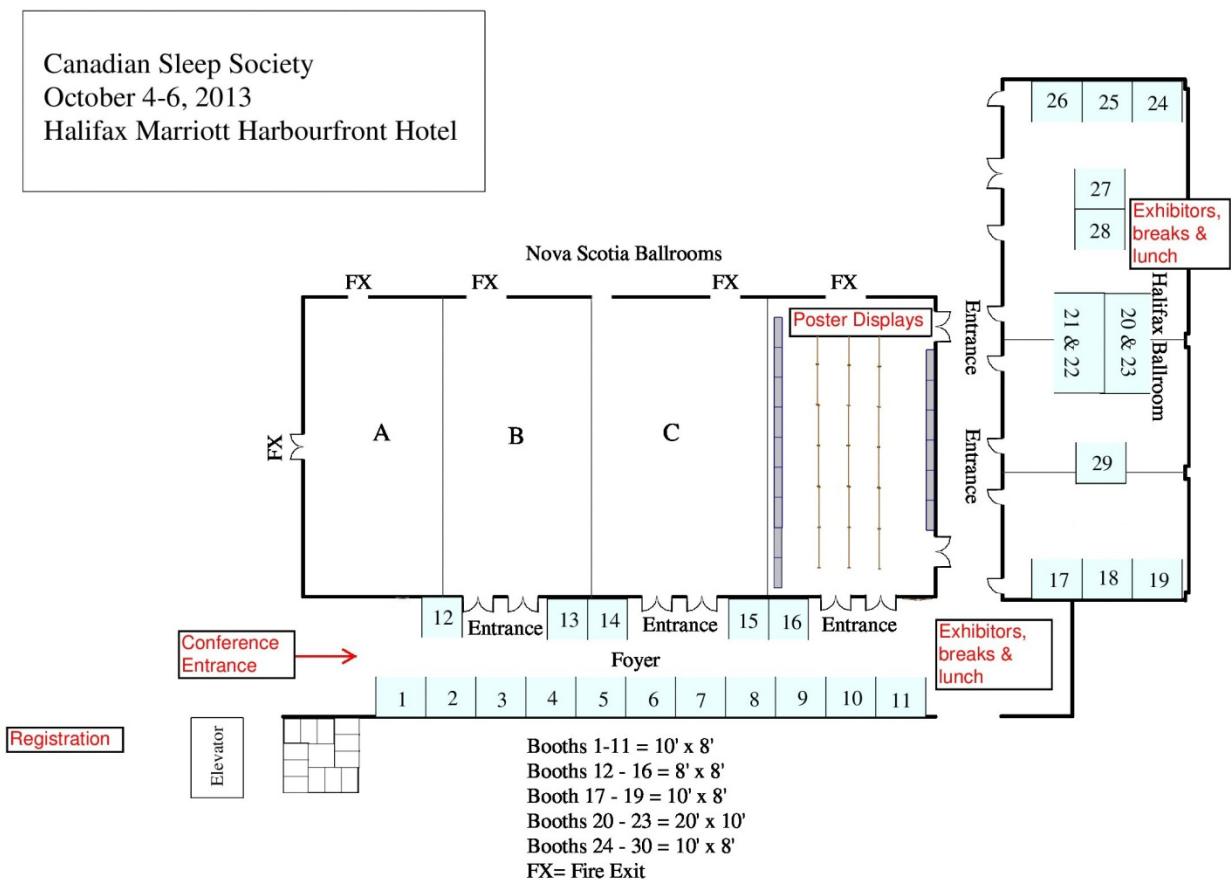
Recording PSG with an Ambulatory System



## Exhibitors

Company	Booth Number	Company	Booth Number
aveosleep (Ethics International)	12	MedSleep Inc.	24
BRAEBON Medical Corporation	11	Natus Neurology Incorporated	18
BRPT	5	Paladin Labs	28
DeVilbiss Healthcare	7	Philips Respironics	25-26
Dymedix Diagnostics Inc	17	ResMed Corp.	20, 23
Fisher & Paykel Healthcare	3-4	Shoppers Home Health Care	2
ioSleep	8	Sleep Strategies Inc.	10
KEGO Corporation	13-14	STI Technologies Limited	29
McArthur Medical Sales Inc.	6	Strong Dental	27
Meda Valeant Pharma Canada Inc.	21-22	The Snore Shop	19
Medigas, a Praxair Canada Company	15-16	VitalAire	9
		Weaver and Company	1

## Exhibitor Floor Plan



## Program Accreditation CEC, CDE and CME information

### CEC Credit Information

Continuing Education Credits (CEC) for Technologists for attendance at CSS conferences are recognized by the Board of Registered Polysomnographic Technologists (BRPT).

The total number of CEC hours for attendance at the three day program in English is 19.75 credit hours.

Friday: 7.00 Hours; Saturday: 6.00 Hours; Sunday: 6.75 Hours

The total number of CEC hours for attendance at the three day program in French is 19.75 credit hours.

Friday: 7.00 Hours; Saturday: 6.00 Hours; Sunday: 6.75 Hours

### CDE Credit Information

The total number of CDE hours for attendance at this three day program is 11.0 credit hours.

Friday: 5.50 Hours; Saturday: 3.50 Hours; Sunday: 2.00 Hours

### CME Credit Information

As an accredited provider, Dalhousie University, CME designates this continuing medical education activity for up to 19.75 credit hours for MAINPRO M-1 of the College of Family Physicians of Canada and as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Friday: 7.50 Hours; Saturday: 6.00 Hours; Sunday: 6.25 Hours

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## HALIFAX MAP

### HALIFAX

#### Major Attractions

- 1 Alexander Keith's Brewery
- 2 Art Gallery of Nova Scotia
- 3 Bishop's Landing
- 4 Casino Nova Scotia
- 5 Cathedral Church of all Saints
- 6 City Hall
- 7 Cornwallis Street Baptist Church
- 8 Cunard Centre
- 9 Discovery Centre
- 10 Ferry Terminal
- 11 Government House
- 12 Halifax Explosion Carillon
- 13 Historic Properties
- 14 Little Dutch Church
- 15 Maritime Museum of the Atlantic
- 16 Museum of Natural History
- 17 Neptune Theatre
- 18 NS Centre for Craft and Design
- 19 NS Sport Hall of Fame
- 20 Old Town Clock
- 21 Our Lady of Sorrows Church
- 22 Pier 21 National Historic Site
- 23 Province House
- 24 St. David's Church
- 25 St. Mary's Basilica
- 26 St. Matthew's Church
- 27 St. Paul's Anglican Church
- 28 Saint George's Round Church
- 29 VIA Rail Train Station
- 30 Waterfront Visitor Info Center

#### Accommodations

- 1 Best Western Chocolate Lake
- 2 Cambridge Suites Hotel Halifax
- 3 Citadel Halifax Hotel
- 4 Courtyard by Marriott, Halifax Downtown
- 5 Dalhousie University Residences
- 6 Delta Halifax
- 7 Delta Barrington
- 8 Four Points by Sheraton Halifax
- 9 Future Inns Halifax
- 10 Halifax Marriott Harbourfront
- 11 Link System
- 12 Halliburton, The
- 13 Holiday Inn Express Halifax/Bedford
- 14 Holiday Inn Select Halifax Centre
- 15 Lord Nelson Hotel & Suites
- 16 Mount Saint Vincent University
- 17 Prince George Hotel
- 18 Quality Inns & Suites Halifax
- 19 Radisson Suite Hotel Halifax
- 20 Residence Inn by Marriott
- 21 Saint Mary's University Residences
- 22 Westin Nova Scotian Hotel
- 23 Waterfront Boardwalk



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## SCHEDULE AT A GLANCE - Friday, October 4, 2013

7:00	6:30	Registration Open					
Start	End	CME	Dental	Technologist	Student	CBT-I	
		Opening Remarks		Opening Remarks			
8:15	8:30						
8:30	8:45	Pathophysiology of Obstructive Sleep Apnea Syndrome		Demystifying Sleep Research			
8:45	9:00						
9:00	9:15						
9:15	9:30						
9:30	9:45	Diagnosis of Obstructive Sleep Apnea Syndrome, Explain Polysomnography, Home Study		Provent - Insight for the Sleep Technologist			Opening Remarks
9:45	10:00	Role of the Health Professional in Identifying Patients Who Should be Screened for OSA					Fascination, Relevance and Challenges of Dream Research
10:00	10:15						
10:15	10:30	Health Break					
		Non Surgical Treatment for the OSA Patient		Sleep Disorders in the Pediatric Population with Case Studies	Mild Cognitive Impairment in Obstructive Sleep Apnea: A Pilot Study	Cognitive Behavioural Therapy for Insomnia Workshop	
10:30	10:45						Nocturnal Limb Movements are Correlated with Cerebral White Matter Hyperintensities and Fronto-Executive Deficits
10:45	11:00						
11:00	11:15	Efficacy of Dental Appliances in the Treatment of OSAS		Scoring & WEE Sleep with Big Waves	Health Break		
11:15	11:30				Improving Sleep for Families		
11:30	11:45	Soft Tissue Surgery in the Management of OSAS		Therapeutics for Kids			
11:45	12:00						
12:00	12:15	Use of Maxillomandibular Advancement Surgery to improve the Pharyngeal Airway					
12:15	12:30						
12:30	12:45	Lunch			Lunch with Mentors/Experts		
12:45	13:00						
13:00	13:15						
13:15	13:30						
13:30	13:45	Other Disorders of Sleep Except OSA	Long Term Effectiveness of Oral Appliance Therapy	Sleep and Teens	Symmetrical Serotonin Release during Chronic Sleep Restriction Induces		
13:45	14:00		Mandibular Advancement for		Optogenetic Dissection of Sleep-wake Circuits in the Brain		
14:00	14:15	Insomnia in children: From PEARLS	Titration of Mandibular Positioning in OSA Patients, When is it Enough?	PTSD			
14:15	14:30						
14:30	14:45						
14:45	15:00				Health Break		
15:00	15:15	Health Break	Compliance Monitoring in Oral Appliance	Health Break	3 Workshop Stations 1. Recording PSG with an Ambulatory System 2. Actigraphy: Recording and Reading Data 3. Codifying Sleep Stages		
15:15	15:30		Why would surgery ever be an option to CPAP in the treatment of Obstructive Sleep Apnea Syndrome				
15:30	15:45	Circadian Rhythm Disorders with Special Reference to Teenagers and Shift Workers	Health Break				
15:45	16:00		Dental and TMJ Side Effects of Oral Appliance Therapy				
16:00	16:15						
16:15	16:30						
16:30	16:45	Treating Chronic Insomnia without Medication		Dental Appliance Research and Technologist Perspective			
16:45	17:00		Closing Remarks				
17:00	17:15					Closing Remarks	Closing Remarks
17:15	17:30						
17:30	17:45	Closing Remarks					
19:00	20:30	Welcome Reception					



## SCHEDULE AT A GLANCE -Saturday, October 5, 2013

6:30	6:30	Registration Open				
Start	End	General Sessions		Technologist	Dental	
6:45	7:00	Breakfast Symposium on Metabolic Syndrome and OSA (Pre-registration Required)				
7:00	7:15					
7:15	7:30					
7:30	7:45					
7:45	8:00					
8:00	8:15	Opening Ceremonies and Awards				
8:15	8:30	Keynote 1 - Optimization of Melatonin and Light Therapy to Correct Human Clock Disorders				
8:30	8:45					
8:45	9:00					
9:00	9:15					
9:15	9:30	Keynote 2 - Infant and Toddler Sleep Disturbances; Parental Concerns and Empirical Evidence				
9:30	9:45					
9:45	10:00					
10:00	10:15					
10:15	10:30					
Start	End	General Sessions		Technologist	Dental	
10:30	10:45	Health Break, Poster Viewing, Exhibits Open			Break	
10:45	11:00					
11:00	11:15	Symposium 1: Advances in the Basic Science and Clinical Understanding of Brain Arousal States	Symposium 2: The Relationship between Sleep and Attention- Deficit/Hyperactiv ity Disorder	Panel Discussion 1: Population Health and Economic Impacts of Sleep Disorders	Sleep in Unusual Environments	Braebon Presentation
11:15	11:30					
11:30	11:45			Free time/Join General Sessions		
11:45	12:00					
12:00	12:15					
12:15	12:30	Lunch, Guided Poster Tours, Exhibits Open			Dentist General Assembly and Lunch sponsored by Braebon	
12:30	12:45					
12:45	13:00					
13:00	13:15					
13:15	13:30	Keynote 3 - The Study of Dreams: Past, Present and Future			Sommeil et les rêves	Pediatric Sleep Apnea- Long-term Treatment Follow-up
13:30	13:45					Pediatric Sleep Apnea, The Orthodontist Role
13:45	14:00					
14:00	14:15					
14:15	14:30	Health Break, Poster Viewing, Exhibits Open			Cardiovascular Consequences of OSA and CPAP Impact	
14:30	14:45					
14:45	15:00	Symposium 3: Neurobehavioural, physiological and psychosocial consequences of chronic sleep restriction	Symposium 4: Sleep and mental health	Symposium 5: Obstructive Sleep Apnea- From Basic Science to Clinical Application	Provincial Panel of PSG in Canada - Where are We and Where are We Going?	Cardiovascular Effects from Oral Appliance Treatment
15:00	15:15					Health Break
15:15	15:30					
15:30	15:45					
15:45	16:00					Guided Poster Tours, Exhibits Open
16:00	16:15					
16:15	16:30					
16:30	16:45					
16:45	17:00					
17:00	17:15					
17:15	17:30					
17:30	19:00	Annual General Meeting				
19:30	22:30	Atlantic Canada Kitchen Party: (Optional: Tickets Available for Purchase)				

## SCHEDULE AT A GLANCE - Sunday, October 6, 2013

7:00	12:00	Registration Open				
Start	End	General Sessions		Technologist	Dental	
8:00	8:15	Keynote 4 - Is Longer Better? Pros and Cons of Brief Therapy for Comorbid Sleep Disorders				
8:15	8:30					
8:30	8:45					
8:45	9:00					
9:00	9:15	Break - Divide the Breakout Rooms				
9:15	9:30	Oral Session 1: Sleep Restriction and Insomnia	Oral Session 2: Treatment	Oral Session 3: Brain Matters	Attend Oral Sessions	
9:30	9:45					
9:45	10:00					
10:00	10:15					
10:15	10:30					
10:30	10:45	Health Break, Poster Viewing, Exhibits Open			Physiology of Breathing and Sleep	Canadian Guidelines on Oral Appliance Therapy
10:45	11:00					
11:00	11:15	Symposium 6: Cognitive Neuroscience Approaches to Understanding Relationships between Sleep and	Symposium 7: Towards Better Nights and Better Days for Canadian children with behavioural insomnias	Workshop 1: Sleep and Aggression/Violence: Insights and Quandaries	New Emerging Therapies for Obstructive Sleep Apnea	Combination Therapies
11:15	11:30					
11:30	11:45					
11:45	12:00					
12:00	12:15					
12:15	12:30					
12:30	12:45	Lunch, Guided Poster Tours, Exhibits Open				
12:45	13:00					
13:00	13:15					
13:15	13:30					
13:30	13:45	Symposium 8: Insomnia and Cognitive Processes: From Psychological to Psychophysiological and	Symposium 9: Restless legs syndrome in adults - update on research progress and clinical management	Panel Discussion 2: Why Bother with Sleep? Increasing Capacity in Canada for Sleep Research and	Le bébé de la respiration en PSG	Attend Symposiums or Panel Discussion
13:45	14:00				Assurance de Qualité et Meilleures Pratiques pour votre Laboratoire	
14:00	14:15					
14:15	14:30					
14:30	14:45					
14:45	15:00					
15:00	15:15	Health Break, Poster Viewing, Exhibits Open				
15:15	15:30	Keynote 5 - Advances in Sleep Apnea Phenotyping: A Guide to Future Therapies				
15:30	15:45					
15:45	16:00					
16:00	16:15					
16:15	16:30	Closing Ceremonies				
16:30	16:45					
16:45	17:00	Board transport to airport/Airport departure				
17:00	17:30					

## SOCIAL PROGRAMS

### Welcome Reception - Friday, October 4, 2013

7:00 PM - 8:30 PM, Maritime Museum of the Atlantic

Join us for a Welcome Reception at the Maritime Museum of the Atlantic with light appetizers, cash bar, entertainment and access to an amazing museum in downtown Halifax. The Maritime Museum of the Atlantic is the oldest and largest Maritime Museum in Canada. The original concept of the Museum can be credited to a group of Royal Canadian Navy officers who envisioned a maritime museum where relics of Canada's naval past could be conserved. The Museum is a valuable historical, cultural and educational institution. It is the largest site in Nova Scotia that collects and interprets various elements of Nova Scotia's marine history. Visitors are introduced to the age of steamships, local small craft, the Royal Canadian and Merchant Navies, World War II convoys and The Battle of the Atlantic, the Halifax Explosion of 1917, and Nova Scotia's role in the aftermath of the Titanic disaster..

### Atlantic Canada Kitchen Party - Saturday, October 5, 2013

7:30 PM - 11:00 PM, Halifax Marriott Harbourfront Hotel

**Have you ever been to an authentic Atlantic Canada Kitchen Party?  
You won't want to miss this one!**

This party is uniquely Atlantic Canada..... we are going to have fun, Kitchen Party Style!

**MUSIC:** We have famous local artists Tony and Shannon Quinn who will delight you with guitar and fiddle work considered among the best our region has to offer. Check them out on YouTube: <http://youtu.be/YGxqdENvEFl>. There will be a variety of fun shakers and spoons for those who want to join in and play along...Kitchen Party Style!



**FOOD:** We have food stations with lots of local favourites including chowders (seafood & corn), bacon wrapped scallops, lobster mac & cheese (regular too), a whipped potato bar, fish & chips, hip of beef, pasta bar and wonderful sweets to top it off. All will be served as help yourself...Kitchen Party Style!

**STEP DANCE:** We have a professional dance troupe to demonstrate the fine art of step dancing. Join in the fun, kick up your heels and learn a step or two...Kitchen Party Style!



*Atlantic Canada Kitchen Party: A limited number of tickets are available for purchase onsite at \$70 each and discounted tickets for \$35 for students. A cash bar is available at the party.*

## PROGRAM

### Pre-Conference Activities : Friday, October 4, 2013

6:30 AM - 6:30 PM

**Registration Open (Registration Desk, 2nd Floor)**

8:30 AM - 12:30 PM

#### **Cognitive Behavioural Therapy for Insomnia Workshop**

##### **Atlantic Suite**

Dr. Judith Davidson, Ph.D., C. Psych.

Kingston Family Health Team and Queen's University, Kingston, Ontario

This workshop provides an introduction to the evidence-based, and fun (!) treatment for insomnia, called cognitive behavioural therapy for insomnia, or “CBT-I.” It will update participants on practice guidelines for insomnia treatment, show the science and rationale for the treatment components, and allow participants, through exercises, to practice new skills directly applicable to their clinical work. This workshop is suitable for psychologists, family physicians, psychiatrists, nurse practitioners, nurses, counsellors and other clinicians interested in helping people with insomnia.

## PROGRAM

### CME combined with Dental Program for Friday Morning Sessions All Sessions - Nova Scotia Ballroom B

8:15 AM - 8:30 AM	<b>Opening Remarks</b>
8:30 AM - 9:15 AM	<p><b>Pathophysiology of Obstructive Sleep Apnea Syndrome</b> Dr. Rachel Morehouse, MD FRCPC FAASM DFCCA Academic/Clinical Chief of Psychiatry Saint John Zone, Horizon Health Medical Director, Atlantic Sleep Centre, SJRH</p> <p>This talk will focus on the anatomy and physiology of Obstructive Sleep Apnea and its sub types, and some of its consequences. It will also look at the risk factors for sleep disordered breathing.</p>
9:15 AM - 9:45 AM	<p><b>Diagnosis of Obstructive Sleep Apnea Syndrome, Explain Polysomnography, Home Study</b> Dr. Debra Morrison, Clinical Director, Sleep Disorders Clinic</p> <p>This talk will describe home studies (Level 3) for OSA, what they can reliably diagnose and their limitations as well as their interpretation. It will also describe nocturnal polysomnography, what it can tell us and how to understand the reports. By the end of this session, attendees should be able to: 1. Describe the variables tested/measured by polysomnography and home testing. 2. Be familiar with the CTS and CSS guidelines regarding the use of PSG and Level 3 studies. 3. Describe the limits of level III testing and polysomnography.</p>
9:45 AM - 10:15 AM	<p><b>Role of the Health Professional in Identifying Patients Who Should be Screened for OSA</b> Dr. Robert Skomro, University of Saskatoon</p> <p>There has been a dramatic change in the approach to OSA diagnosis and management in Canada and elsewhere. Introduction of portable testing for OSA and recognition that OSA is one of the most common and still under recognized conditions have led to the development of OSA management pathways. The role of Health care providers from primary care practitioners to medical and dental sleep medicine specialists and home care organizations has quickly evolved. This presentation will review existing literature on the role of various health care professionals, describe some of the existing OSA care models and stimulate the discussion on the future of OSA care in Canada.</p>
10:15 AM - 10:30 AM	<b>Health Break</b>
10:30 AM - 11:00 AM	<p><b>Non Surgical Treatment for the OSA Patient</b> Dr. Glendon Sullivan, M.D., Atlantic Health Sciences Sleep Centre</p> <p>The first steps in the non surgical management of OSA is to ensure that the patient is medically stable with co-morbidities optimally managed and that the diagnosis is complete. The gold standard treatment remains pressure therapy. Dental devices may be gaining popularity. Positional therapy may have some potential benefit. Potential drug therapies have not yet reached clinical practice.</p>



## PROGRAM

11:00 AM - 11:30 AM

### **Efficacy of Dental Appliances in the Treatment of OSAS**

Dr. Fernanda Almeida, DDS, MSc, PhD Assistant Professor, Faculty of Dentistry  
University of British Columbia

This session will focus on oral appliance efficacy for snoring and sleep apnea patients. In the last 15 years there has been an increased concern on sleep apnea consequences on overall health status. It is well known that the most efficacious treatment for sleep apnea is nasal CPAP, but because of its cumbersome nature, compliance rates are lower than what physicians would desire. The second best treatment for sleep apnea is oral appliance therapy. There are now many randomized controlled trials focusing on this type of treatment which has a higher compliance rate, and in some characteristics such as control of blood pressure and reducing markers of cardiovascular disease, it has similar efficacy as to nasal CPAP. The data from recent study and treatment outcomes will be discussed.

11:30 AM - 12:00 PM

### **Soft Tissue Surgery in the Management of OSAS**

Dr. Robin Leblanc, Medical Director, CEO, Co-Owner, The Snore Shop

At the end of this presentation, the viewer will have a better understanding of assessing the soft tissue airway and what procedures are available to improve obstructive features, or optimize positive pressure therapy.

12:00 PM - 12:30 PM

### **Use of Maxillomandibular Advancement Surgery to improve the Pharyngeal Airway**

Dr. Reg Goodday Professor and Chair, Department of Oral Maxillofacial Sciences  
Faculty of Dentistry, Dalhousie University

Oral and maxillofacial surgeons have considerable experience and expertise in the diagnosis and treatment of dentofacial deformities. Application of the same surgical principles and procedures in patients who have anatomic abnormalities that contribute to narrowing or obstruction of the pharyngeal airway during sleep will produce predictable and successful outcomes. This presentation will explain the biologic basis for using maxillomandibular advancement surgery to treat obstructive sleep apnea.

12:30 PM - 1:30 PM

### **Lunch for CME/Dental Program**

## PROGRAM

### CME Program: Friday Afternoon Sessions

All Sessions - Nova Scotia Ballroom B

1:30 PM - 2:15 PM

#### **Other Disorders of Sleep Except OSA**

Dr. Gosia Phillips, Neurologist, Dalhousie University

This session will cover key points on restless legs syndrome (RLS) and periodic limb movement disorder (PLMS). Hypersomnias of central origin will also be discussed, with focus on narcolepsy.

2:15 PM - 3:00 PM

#### **Insomnia in children: From PEARLS (behavioural strategies) to PILLS (the role of pharmacotherapy)**

Dr. Penny Corkum, Associate Professor, Psychology Department, Dalhousie University

Dr. Shelly Weiss Paediatric Neurologist, Sickkids, Associate Professor of Paediatrics, The Hospital for Sick Children & University of Toronto

Insufficient sleep in children was declared a public health concern by an international pediatric task force. Increasingly later bedtimes, with unchanged school start times, has led to a decrease in children's total sleep duration. Moreover, sleep problems are highly prevalent, with 25% of typically developing children and 80% of children who have neurodevelopmental disorders (NDD) experiencing sleep difficulties. The most common sleep problem in both typically developing children and children with NDD is insomnia. There is mounting evidence suggesting dramatic negative consequences of inadequate sleep, including decreased physiological, cognitive, and emotional functioning, as well as decreased quality of life for children and their families. This presentation will begin by summarizing the literature on children's sleep, focusing on behavioural insomnia and the impact of insufficient sleep. Following this, we will provide strategies to address insomnia in children across the age span, including those who are typically developing as well as children with NDD. These strategies will include sleep hygiene, behavioural interventions, and pharmacotherapy. The presentation will include some cases, which will allow the audience to consider the application of these strategies in their clinical settings.

3:00 PM - 3:30 PM

#### **Health Break**

3:30 PM - 4:30 PM

#### **Circadian Rhythm Disorders with Special Reference to Teenagers and Shift Workers**

Dr Debra Skene B.Pharm, MSc, PhD Professor of Neuroendocrinology University of Surrey

Circadian rhythm disorders are characterized by a mismatch between the endogenous circadian timing system and the external environment. The talk will focus on two examples of circadian rhythm disorders: shift work sleep disorder (SWSD) and delayed sleep phase syndrome (DSPS), prevalent in teenagers. The possible causes, physiological consequences and chronotherapeutic treatment strategies of these conditions will be discussed.

## PROGRAM

4:30 PM - 5:30 PM

### **Treating Chronic Insomnia without Medication**

Dr. Judith Davidson Ph.D., C. Psych.

Kingston Family Health Team and Queen's University, Kingston, Ontario

Chronic insomnia is reported by 10-40% of primary care patients. Physicians are reluctant to prescribe benzodiazepine receptor agonists because of problems with tolerance, dependence and risk of falls. The recommended first-line treatment for chronic insomnia, cognitive behavioural therapy for insomnia (CBT-I), is rarely available in Canadian communities. This session reviews the evidence base for this treatment and looks at ways of providing CBT-I in primary care, including effective group programs and interventions that can be done in 15-minute appointments.

5:30 PM - 5:45 PM

### **Closing Remarks**

7:00 PM - 8:30 PM

Welcome Reception, Maritime Museum of the Atlantic

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## **Dental Program: Friday Afternoon Sessions**

All Sessions - Atlantic Suite

1:30 PM - 2:15 PM

### **Long Term Effectiveness of Oral Appliance Therapy**

Olivier Vanderveken, MD, PhD, University of Antwerp

Recently micro-sensors became available for objective measurement of the compliance during oral appliance therapy for sleep-disordered breathing. The product of objective compliance and therapeutic efficacy allow for calculation of the mean disease alleviation (MDA) as a measure of the overall therapeutic effectiveness. The results of a clinical trial reporting on the 1-year objectively measured compliance during oral appliance therapy for sleep-disordered breathing will be presented and discussed.

2:15 PM - 3:00 PM

### **Titration of Mandibular Positioning in OSA Patients, When is it Enough?**

Dr. Fernanda Almeida DDS, MSc, PhD Assistant Professor, Faculty of Dentistry  
University of British Columbia

Progressive mandibular advancements are required to achieve the optimal therapeutic outcomes with mandibular advancement splints. Previous studies have shown that not every patient though, needs to be advanced to the maximum forward position and some patient needs minimum or no titration beyond 50% of maximum mandibular advancement. This session will focus on the literature to understand titration and focus on titration methods currently available.

## PROGRAM

3:00 PM - 3:30 PM

### **Compliance Monitoring in Oral Appliance**

Olivier Vanderveken MD, PhD, University of Antwerp

Recent studies have been demonstrating that a temperature-sensitive compliance monitor can safely be used to measure compliance in an objective fashion during oral appliance therapy for the treatment of sleep-disordered breathing. The results of the reported studies will be discussed. In addition, an overview will be provided on the characteristics of the different micro-sensors that are currently available for the purpose of objective compliance monitoring during oral appliance therapy for sleep-disordered breathing.

3:30 PM - 3:45 PM

### **Health Break**

3:45 PM - 4:45 PM

### **Dental and TMJ Side Effects of Oral Appliance Therapy**

Dr. Fernanda Almeida DDS, MSc, PhD Assistant Professor, Faculty of Dentistry  
University of British Columbia

As a life-long therapy, oral appliance side-effects are an important concern of the clinical practice of Dental Sleep Medicine. Based on the current literature, short and long-term side-effects will be reviewed. The contra-indications of oral appliance therapy related to Temporomandibular joint (TMJ) will be debated together with the consequences on the TMJ related to oral appliance therapy. Dental and occlusal changes due to the use of CPAP therapy will be presented and the clinical relevance of these dental changes to the patient will be debated in the scope of the treatment of this chronic disease; Obstructive Sleep Apnea Syndrome. Possible new strategies of combination therapy will be presented and the role of multidisciplinary teams will be reviewed.

4:45 PM - 5:00 PM

### **Closing Remarks**

7:00 PM - 8:30 PM

Welcome Reception, Maritime Museum of the Atlantic

## PROGRAM

### Technologist All Day Program: Friday, October 4th, 2013

Nova Scotia Ballroom C, D

8:15 AM - 8:30 AM

#### **Opening Remarks**

8:30 AM - 9:15 AM

#### **Demystifying Sleep Research**

Dr. Stuart Fogel, Research Scientist, Brain & Mind Institute, University of Western Ontario

The goal of this presentation is to provide information on how to effectively read and interpret scientific research articles. Dr. Fogel will summarize the different types of articles, how they are organized, and review techniques for critically evaluating and interpreting articles. This talk will interest technologists and trainees who are interested in keeping up-to-date on the latest developments in the field through their continuing education

9:15 AM - 10:15 AM

#### **Provent - Insight for the Sleep Technologist**

Becky Walker, West Ottawa Sleep Centre

The presentation will review cases of patients that presented to the sleep center with clinical symptoms ranging from snoring to moderate OSA and the outcomes of Provent as a treatment option will be explored.

10:15 AM - 10:30 AM

#### **Health Break**

10:30 AM - 11:00 AM

#### **Sleep Disorders in the Pediatric Population with Case Studies**

Dr. Manisha Witmans, Medical Director, Sound Sleep Solutions

This session will illustrate examples of encountered sleep disorders in a pediatric sleep medicine practice, including obstructive sleep apnea (pre and post-adenotonsillectomy). Red flags for referral and further management will be outlined using case examples. The cases will also include discussion about management of children with comorbid sleep disorders.

11:00 AM - 11:45 AM

#### **Scoring "WEE Sleep with Big Waves"**

Colin Massicotte, RPSGT, Acting Team Lead, Sleep Laboratory, Division of Respiratory Medicine, The Hospital for Sick Children

This session will introduce the technologist to staging pediatric sleep studies. The ontogeny of EEG will be the focus, and the differences in frequency and amplitude in neonates, infants and older children will be explored, as will normal and abnormal variants.



## PROGRAM

11:45 AM - 12:30 PM

### **Therapeutics for Kids**

Debra Medin, MS RRT RPSGT, The Hospital for Sick Children

Learning objectives: At the conclusion of the session, the technologist will be able to: 1. Discuss the complexities for achieving successful PAP therapy in the pediatric population to include systematic and programmatic barriers, environmental factors, and the interrelationship of sleep disordered breathing with co-morbidities. 2. Discuss the critical elements for a successful ambulatory care program of pediatric PAP therapy. 3. Describe a number of techniques and resources to engage the patient and family as learners for successful PAP therapy. 4. Give specific examples of appropriate interventions that may be used by the sleep technologist to affect good outcomes in pediatric PAP therapy.

12:30 PM - 1:30 PM

### **Lunch**

1:30 PM - 2:15 PM

### **Sleep and Teens**

Cathy Lynn Lawlor, RRT, RPSGT RPSGT, Atlantic Sleep Centre

This is an information talk about Sleep Stages, Sleep Requirements, and the challenges experienced specifically by teens to acquire the appropriate amount of sleep. It focuses on sleep hygiene, common sleep disorders and the consequences of sleep deprivation. Tips and tricks to improve sleep habits and sleep duration are discussed.

2:15 PM - 3:00 PM

### **PTSD**

Dr. Rachel Morehouse, MD FRCPC FAASM DFCCA Academic/Clinical Chief of Psychiatry Saint John Zone, Horizon Health Medical Director, Atlantic Sleep Centre, SJRH

3:00 PM - 3:15 PM

### **Heath Break**

3:15 PM - 4:00 PM

### **Why Would Surgery ever be an option to CPAP in the Treatment of Obstructive Sleep Apnea Syndrome**

Dr. Reg Goodday, Professor and Chair, Department of Oral Maxillofacial Sciences Faculty of Dentistry, Dalhousie University

CPAP is the accepted first line therapy for patients with OSA and is highly efficacious, virtually eliminating OSA. The major limitation to the clinical effectiveness of CPAP is nonadherence or inability to tolerate CPAP therapy. When CPAP adherence is defined as four hours or greater of nightly use, 29-83% of patients with OSA have been reported to be nonadherent to treatment. Several observational studies indicate that maxillomandibular advancement surgery may be a clinically effective alternative therapy for patients with moderate to severe OSA who are unable to adhere to CPAP therapy. This session will explain the biological basis for this finding.

## PROGRAM

4:00 PM - 5:00 PM

### **Dental Appliance Research and Technologist Perspective**

Laree Fordyce, RPSGT, RST, CCRP President and Technical Director  
Sound Sleep Solutions

Dr. John Remmers, MD Chief Medical Officer  
Zephyr Sleep Technologies

The objectives for this presentation will be: \* To review the use of oral appliance therapy (OAT) in obstructive sleep apnea (OSA) \* To learn about methods and procedures for conducting a PSG study for dental titration using a remote-controlled mandibular positioner (RCMP) \* To understand the scoring and interpretive guidelines for a PSG attended dental titration study \* To understand the predictive criteria used to accurately identify patients that will be successful OAT candidates

5:00 PM - 5:15 PM

### **Closing Remarks**

7:00 PM - 8:30 PM

Welcome Reception, Maritime Museum of the Atlantic

## PROGRAM

### Student All-Day Program: Friday, October 4, 2013

Nova Scotia Ballroom A

9:30 AM - 9:45 AM	<b>Opening Remarks</b>
9:45 AM - 10:30 AM	<b>Fascination, Relevance and Challenges of Dream Research</b> Dr. Joseph De Koninck, PhD, FRSC Emeritus Professor University of Ottawa  Following a brief sketch of the field of dream research, participants will have an opportunity to exchange on their interests and questions on what the scientific study of dreams entails.
10:30 AM - 10:45 AM	<b>Mild Cognitive Impairment in Obstructive Sleep Apnea: A Pilot Study</b> Katia Gagnon, B.Sc. Candidate au doctorat (Ph.D/Psy.D.), Université de Montréal  Obstructive sleep apnea (OSA) causes sleep disruption and intermittent nocturnal hypoxemia, which can lead to daytime sleepiness and cognitive deficits. The cognitive deficits reported in OSA can sometimes be severe enough to warrant a diagnosis of mild cognitive impairment (MCI). However, the frequency of diagnosed MCI in OSA is still unknown. <b>Objective:</b> We sought to determine the proportion and subtypes of MCI in OSA.
10:45 AM - 11:00 AM	<b>Nocturnal Limb Movements are Correlated with Cerebral White Matter Hyperintensities and Frontal-Executive Deficits</b> Mark Boulos, MSC Candidate, University of Toronto  <b>Objective:</b> To explore the cross-sectional association of nocturnal limb movements, white matter hyperintensities and cognition in a behavioural neurology clinic population
11:00 AM - 11:15 AM	<b>Health Break</b>
11:15 AM - 12:00 PM	<b>Improving Sleep for Families – Broughton Award Winner 2011</b> Robyn Stremmler, RN, Ph.D Associate Professor, Lawrence S. Bloomberg Faculty of Nursing University of Toronto  Sleep can be difficult to achieve, yet is critically important for families. Studies to be presented include prospective examinations of sleep and related health outcomes and evaluations of interventions to improve sleep in various populations, including pregnant women, families with a newborn, hospitalized child and their parents.
12:00 PM - 1:30 PM	<b>Lunch with Mentors/Experts</b>
1:30 PM - 1:45 PM	<b>Symmetrical Serotonin Release during Asymmetrical Slow-Wave Sleep: Implications for the Neurochemistry of Sleep–Waking States</b> Jennifer Lapierre - Outstanding Student Achievement Award Winner, 2013

## PROGRAM

1:45: PM - 2:00 PM	<b>Chronic Sleep Restriction Induces Neuronal <math>\Delta</math>FosB in Specific Thalamic and Hypothalamic Nuclei in Rats.</b> Shannon Hall, Abstract Winner, 2013
2:00 PM - 2:45 PM	<b>Optogenetic Dissection of Sleep-wake Circuits in the Brain - Broughton Award Winner 2013</b> Antoine Adamantidis Ph.D. Assistant Professor, Douglas Mental Health University Institute, McGill University
2:45 PM - 3:00 PM	<b>Health Break</b>
3:00 PM - 5:00 PM	<b>3 Workshop Stations</b>  Station 1: Recording PSG with an Ambulatory System: Alexandre Gaucher Station 2: Actigraphy: Recording and Reading Data: Melissa Gendron, M.Sc. Station 3: Codifying Sleep Stages: Samuel Laventure
7:00 PM - 8:30 PM	Welcome Reception, Maritime Museum of the Atlantic

## PROGRAM

### SCIENTIFIC MEETING: SATURDAY, OCTOBER 5<sup>TH</sup> /SUNDAY OCTOBER 6<sup>TH</sup> 2013 All Conference Attendees

**Saturday, October 5, 2013**

#### General Sessions

6:30 AM - 6:30 PM	<b>Registration Open (Registration Desk, 2nd Floor)</b>
6:45 AM - 7:45 AM	<b>Breakfast Symposium on Metabolic Syndrome and OSA Sponsored by VitalAire (Pre-registration Required)</b> Acadia Ballroom <b>Chair: Dr. Glendon Sullivan, Saint John Regional Hospital, New Brunswick</b>  Dr. Sean Gilman, McGill University Health Center and Verdun Hospital in Montreal; Medical Director, VitalAire Quebec Diagnostic.  Metabolic Syndrome Prevalence * Prevalence is expected to increase * Body of evidence links Metabolic Syndrome with OSA Components of Metabolic Syndrome * Prevalence of OSA: * 3 of 4 Obstructive Sleep Apnea Patients remain undiagnosed Effective CPAP treatment * Can lead to reversal of metabolic syndrome * May lead to associated decreased CV risk Signs and Symptoms of Obstructive Sleep Apnea Screening patients, Referral and Testing Diagnosis and Treatment, Monitoring Outcomes
8:00 AM - 8:30 AM	<b>Opening Ceremonies and Awards</b> Nova Scotia Ballroom B, C
8:30 AM - 9:30 AM	<b>Keynote 1 - Optimization of Melatonin and Light Therapy to Correct Human Clock Disorders</b> Nova Scotia Ballroom B, C Dr. Debra Skene B.Pharm, MSc, PhD Professor of Neuroendocrinology University of Surrey Objectives: 1. Define human circadian rhythm sleep disorders; 2. Characterize the acute and chronic health consequences of circadian misalignment; 3. Describe factors affecting melatonin efficacy in the treatment of clock disorders; 4. Describe factors affecting the effectiveness of light therapy in the treatment of clock disorders.



## PROGRAM

9:30 AM - 10:30 AM

### **Keynote 2 - Infant and Toddler Sleep Disturbances; Parental Concerns and Empirical Evidence**

Nova Scotia Ballroom B, C

Dr. Jodi Mindell PhD Professor of Psychology and Director of Graduate Psychology  
St-Joseph University Psychology Department

Objectives:

1. Discuss etiological and risk factors for behaviorally-based sleep problems in young children;
2. Present empirically-supported treatments for infant and toddler sleep disturbances;
3. Review evidence-based outcomes of behavioral management

10:30 AM - 11:00 AM

### **Health Break, Poster Viewing, Exhibits Open**

11:00 AM - 12:30 PM

### **Symposium 1: Advances in the Basic Science and Clinical Understanding of Brain Arousal States**

Nova Scotia Ballroom B

**Chair: Stuart Fogel, University of Montreal**

John Peever University of Toronto

*Neurochemical control of sleep-wake states*

Antoine Adamantidis, McGill University

*Optogenetic identification of a REM sleep circuit*

Thanh Dang-Vu, Concordia University

*Functional neuroimaging of sleep rhythms and sleep disorders*

Stuart Fogel, University of Montreal

*The sleeping brain following learning in the young and elderly*

Objectives :

1. Summarize new data concerning the latest basic and clinical research related to sleep-wake control.
2. Integrate and discuss the neurochemical, genetic, and molecular factors that underlie the neurochemical and circuit control of sleep and wakefulness.
3. Present and discuss data examining how brain physiology changes during different sleep states in both young healthy individuals and in the aging brain, as well as during sleep disorders.

11:00 AM - 12:30 PM

### **Symposium 2: The Relationship between Sleep and Attention-Deficit/Hyperactivity Disorder**

Nova Scotia Ballroom C

**Chair: Aimee Coulombe, Co-Chair: Penny Corkum; Dalhousie University**

Fiona Davidson Dalhousie University

*The Impact of Manipulating Sleep Duration on Daytime Functioning in Children*

Jessica Waldon, Mount St. Vincent University

*The Relationship between Sleep and Attention in Children with ADHD and their Typically Developing Peers*

Meredith Bessey, Dalhousie University

*Environmental Influences on Sleep in Children with ADHD and their Typically Developing Peers*

Tamara Speth, Dalhousie University

*Sleep Architecture in Children with ADHD and their Typically Developing Peers*

Objectives :

1. To understand the potential relationships between ADHD and sleep.
2. To have up-to-date knowledge of the research literature related to sleep and ADHD.
3. To appreciate the clinical implications of the impact of poor sleep on attention, learning, and behaviour.

## PROGRAM

11:00 AM - 12:30 PM

### **Panel Discussion 1: Population Health and Economic Impacts of Sleep Disorders**

Nova Scotia Ballroom A

**Chair: Najib Ayas, University of British Columbia**

Najib Ayas, University of British Columbia

***Health Economics of Sleep Apnea***

Louise McRae, Public Health Agency of Canada

***Public Health Impact of Sleep Apnea***

Jason Ellis, Northumbria University

***Economic and Occupational Impacts of Insomnia***

Jean-Phillippe Chaput, University of Ottawa

***Is Sleep Deprivation a Contributor to the Obesity epidemic?***

Sutapa Mukherjee, University of Toronto

***Sleep and population health: Potential Lessons from the Ontario Health Study Cohort***

Objectives:

1. To understand the population health, safety, and economic impacts of insomnia and sleep apnea
2. To understand the potential causative link between short sleep and obesity
3. To review the design and utility of large population based cohorts in answering questions related to sleep

12:30 PM - 1:30 PM

### **Lunch, Guided Poster Tours, Exhibits Open**

1:30 PM - 2:30 PM

### **Keynote 3 - The Study of Dreams: Past, Present and Future**

Nova Scotia Ballroom B, C

Dr. Joseph De Koninck, PhD, FRSC Emeritus Professor

University of Ottawa

Objectives:

1. Review briefly the historical roots of the study of dreams and their relevance to today's research;
2. Outline our current knowledge on the sources and factors mediating dream formation;
3. Review current theories of dream functions, their empirical support and propose approaches to test them with recently developed methodologies;
4. Discuss the use of dreams in psychotherapy and recent techniques of dream control particularly in the context of nightmares;
5. Conclude on future challenges for the study of dreams.

2:30 PM - 2:45 PM

### **Health Break, Poster Viewing , Exhibits Open**

## PROGRAM

2:45 PM - 4:15 PM

### **Symposium 3: Neurobehavioural, physiological and psychosocial consequences of chronic sleep restriction: New insights from animal models and human studies.**

Nova Scotia Ballroom B

**Chair: Kazue Semba, Dalhousie University**

Samuel Deurveilher, Dalhousie University

***Alterations in sleep patterns, sustained attention, and neural activity in response to chronic sleep restriction in a novel rodent model***

Carol Everson, Medical College of Wisconsin

***Cell injury and bone and bone marrow abnormalities: New insights into the wear and tear of sleep loss.***

Kimberly Cote, Brock University

***Impact of sleep deprivation on processing facial displays of emotion.***

Hans Van Dongen, Washington State University

***Chronic sleep restriction, cognitive and performance impairment, and societal impacts.***

Objectives:

1. Recognize neurobehavioural, physiological, cognitive, performance, and psychosocial impacts of chronic sleep loss.
2. Discuss new findings on the effects of chronic sleep restriction (or acute sleep loss) on bone physiology and human emotionality, as well as gene expression in the brain as a possible neurobiological basis of the impairment and adaptation to chronic sleep restriction.
3. Review the pattern of cognitive impairment during chronic sleep restriction in humans, model cognitive deficits, and relate these findings to psychosocial factors.

2:45 PM - 4:15 PM

### **Symposium 4: Sleep and mental health**

Nova Scotia Ballroom C

**Chair: Roger Godbout, Université de Montréal**

Eileen Sloan, Mount Sinai Hospital

***The role of sleep deprivation in the etiology of post partum mental illness***

Ruzica Jokic, Providence Care Mental Health Service

***OSA and depression - Investigating the link***

Anne Germain, University of Pittsburgh School of Medicine

***Nightmares and PTSD in Military Samples***

Roger Godbout, Université de Montréal

***Autism and sleep***

Objectives :

1. To describe risk factors associated with poor sleep as well as the consequences of poor sleep on mental health
2. To characterize sleep disorders in persons with a psychiatric diagnosis
3. To explain diagnostic challenges and available treatment strategies

## PROGRAM

2:45 PM - 4:15 PM

### **Symposium 5: Obstructive Sleep Apnea- From Basic Science to Clinical Application**

Nova Scotia Ballroom A

**Chair: Charles F. P. George, M.D, FRCPC, London Health Science Center**

Richard Horner, University of Toronto

#### ***Pharmacology of Respiratory Control: Lessons from Animal Studies***

Robert Skomro, University of Saskatoon

#### ***OSA and Cardiovascular Disease: Review of Human Studies***

Najib Ayas, University of British Columbia

#### ***Intermittent Hypoxia and Atherosclerosis: Lessons from Animal Studies***

John Fleetham, University of British Columbia

#### ***Management of the Peri-operative Patient with OSA***

Objectives :

1. To appreciate the importance of animal research to clinical medicine
2. To understand the pharmacology of upper airway and ventilatory control, and perioperative management
3. To understand the mechanistic and epidemiologic links between sleep apnea and cardiovascular disease

4:15 PM - 5:15 PM

**Health Break, Guided Poster Tours, Exhibits Open**

5:30 PM - 7:00 PM

**Annual General Meeting – Acadia Ballroom**

7:30 PM - 10:30 PM

**Atlantic Canada Kitchen Party – Nova Scotia Ballroom**

## **Technologist Program: Saturday, October 5, 2013**

All Sessions – Acadia Ballroom

11:00 AM - 12:00 PM

### **Sleep in Unusual Environments**

Dr. Jamie Macfarlane, Director of Education and Clinical Consultant  
MedSleep (Network of Clinics)

This session will explore how sleep physiology changes in extreme environments; from inner space to outer space.

12:00 PM - 12:30 PM

Free time (Join Symposium 1-2 or Panel Discussion or visit Exhibit Hall)

12:30 PM – 1:30 PM

**Lunch, Guided Poster Tours, Exhibits Open**

1:30 PM - 2:30 PM

### **Sommeil et les rêves**

Sebrina Aubin, Université de Montréal

Elizaveta Solomonova, Université de Montréal

Cette présentation examinera le rôle des rêves et sa relation à la fois aux conditions médicales et psychologiques (ex. régulation émotionnelle). La deuxième partie de la présentation présentera une étude et des conclusions sur la privation du sommeil paradoxal et son lien avec le rêve et la régulation émotionnelle. This presentation will review the role of dreams and its relation both to medical and psychological conditions (ex. Emotional regulation). The second part of the presentation will present a study and findings on the REM-sleep deprivation and its link to dream and emotional regulation.

2:30 PM - 2:45 PM

**Health Break**

## PROGRAM

2:45 PM - 4:15 PM

### **Provincial Panel of PSG in Canada - Where are We and Where are We Going?**

**Chair: Natalie Morin, Sleep Strategies**

- Laree Fordyce, AB
- Iain Boyle, BC
- Suzie Laroche, QC
- Michael Eden, ON
- Sharon Cooper, NS
- Helen Driver, ON
- Cindra Altman, USA

Goals of this discussion group:

1. Determine qualifications of technologists/technicians performing sleep technology in Canada / across provinces
2. Examine provincial differences in credential requirement across provinces.
3. Determine educational need for sleep technology in Canada

4:15 PM - 5:15 PM

### **Health Break**

## **Dental Program: Saturday, October 5, 2013**

All Sessions – Atlantic Suite

11:30 AM - 12:00 PM

### **Oral Appliance Compliance - Braebon Sponsored Presentation**

Don C. Bradley, Braebon Medical Corporation

12:00 PM - 1:30 PM

### **Dentist General Assembly and Lunch sponsored by Braebon**

1:30 PM - 2:00 PM

### **Pediatric Obstructive Sleep Apnea Treatment and Long-term Follow up**

Dr. Reshma Amin, University of Toronto

This session will provide a general overview of the treatment of pediatric obstructive sleep apnea. There will be a focus on adenotonsillectomy and Positive Airway Pressure Therapy but other treatments will also be reviewed. A case based approach will be used to discuss the treatment options as well as their success rates and associated limitations based on a review of the literature

2:00 PM - 2:15 PM

### **Pediatric Sleep Apnea, The Orthodontist Role**

Dr. Fernanda Almeida, University of British Columbia

The prevalence's in children and adolescents are 3–27% snoring and 1–10% obstructive sleep apnea (OSA). Few proven treatments are currently available, and most children are managed with tonsil and adenoid surgery, which have not been demonstrated to fully abolish apneas, and/or continuous positive airway pressure devices, which have very poor compliance. Preliminary studies in a very small subset of patients suggest that orthodontic treatments, including maxillary expansion or mandibular advancement with functional appliances, can effectively manage pediatric snoring and OSA. Correction of craniofacial form in the optimal conditions afforded by childhood and growth may reduce snoring and OSA in children. This session will discuss when and how can an orthodontist be part of a pediatric sleep apnea management group.

## PROGRAM

2:15 PM - 3:00 PM

### **Cardiovascular Consequences of OSA and CPAP Impact**

Dr. Robert Skomro, University of Saskatoon

This presentation will review and summarize large epidemiological trials on OSA and cardiovascular disease. Cross sectional and longitudinal studies will be reviewed with particular attention to studies focusing on the association of OSA and arterial hypertension, heart failure and atrial fibrillation. A review of ongoing trials in this area will also be provided.

3:00 PM - 3:30 PM

### **Cardiovascular Effects from Oral Appliance Treatment**

Dr. Fernanda Almeida, University of British Columbia

OSA is a chronic disease and the treatments available are not curative and depend on high patient adherence for proper long-term effectiveness. CPAP is more effective in reducing apneas while MAS is easier to use with likely higher adherence. Despite these differences, they have shown similar results in improving symptoms such as quality of life, sleepiness and health outcomes as seen for surrogates to cardiovascular disease such as blood pressure, endothelial function and microvascular reactivity. This session will discuss the recent trials assessing the impact of MAS on the cardiovascular system.

3:30 PM - 3:45 PM

### **Health Break**

3:45 PM - 4:45 PM

### **Round Table on Oral Appliance Designs**

Dr. Olivier Vanderveken, University of Antwerp

Oral Appliance Designs: What does the Literature Say?



## PROGRAM

**Sunday, October 6, 2013**

7:00 AM - 10:00 AM

**Registration Open (Reception Desk – 2<sup>nd</sup> Floor)**

### General Sessions

8:00 AM - 9:00 AM

**Keynote 4 - Is Longer Better? Pros and Cons of Brief Therapy for Comorbid Sleep Disorders**

Nova Scotia Ballroom B, C

Dr. Anne Germain, PhD Associate Professor of Psychiatry and Psychology  
University of Pittsburgh Sleep and Chronobiology Center

Objectives:

1. To appreciate the role of sleep in psychological health and resilience.
2. To identify the pros of brief behavioral sleep treatments.
3. To recognize the limitations and missed opportunities that characterize brief behavioral sleep treatments.

9:00 AM - 9:15AM

Mini-Break

9:15 AM - 10:30 AM

**Oral Session 1: Sleep Restriction and Insomnia**

Nova Scotia Ballroom A

**Chair : Dr. Margaret Rajda, Dalhousie University**

Samuel Deurveilher, Dalhousie University

**Disruption of Psychomotor Vigilance Task Performance during Chronic Sleep Restriction in Rats: Evidence for Allostasis**

Jessica Wallingford, Dalhousie University

**Brain-derived Neurotrophic Factor (BDNF) as a Potential Molecular Marker for Allostatic Sleep Adaptation to Chronic Sleep Restriction in Rats.**

Tatyana Mollayeva, University of Toronto



**Sleep Dysfunction in Ontario Workers with Head Injury: Preliminary Findings**

Alexandra D. Pérusse, Université Laval

**Types of Insomnia: Is Hyperarousal Also Present During Napping?**

Amanda LeRoux, Dalhousie University

**Impact of Menstrual Cycle Phase on Metabolic Effects of Sleep Restriction**

## PROGRAM

9:15 AM - 10:30 AM

### Oral Session 2: Treatment

Nova Scotia Ballroom B

**Chair : Robyn Stremler, University of Toronto**

Dr. Kathryn M. Connor, Merck Research Laboratories

**Clinical Profile of Suvorexant, an Orexin Receptor Antagonist, over 3 Months in Patients With Primary Insomnia: Integrated Results From Phase-3 Trials**

Judith R. Davidson, Queens University

**Early Access to Cognitive Behavioural Therapy for Insomnia: A Case Series Study in Primary Care**

Roger Godbout, Université de Montréal

**The Impact of Comorbid Anxiety on Sleep In ADHD Children and the Effect of a Cognitive-Behavioural Therapy For Anxiety.**

John E. Remmers, Zephyr Sleep Technologies

**Pulling the Mandible or Pushing the Air - Can a Remotely Controlled Mandibular Positioner Help Select Osa Patients for Oral Appliance Therapy?**

Aimee Coulombe, Dalhousie University

**Sleep Attitudes and Beliefs Among Canadian Pediatric Health Professionals Average**

9:15 AM - 10:30 AM

### Oral Session 3: Brain Matters

Nova Scotia Ballroom C

**Chair: Antoine Adamantidis, McGill University**

Carolina Gutierrez Herrera, McGill University

**Identification of a Direct Inhibitory Pathway From Lateral Hypothalamus To The Reticular Thalamic Nucleus: A New Arousal Circuit?**

Sharon Chung University Health Network

**SOREMs in Sleep Clinic Patients: A Reliable Indicator of Narcolepsy?**

Sonia Jégo, McGill University

**Optogenetic Dissection of the MCH System: Implications for Sleep-State Modulation**

Mark Boullos, University of Toronto

**Periodic Limb Movements are Associated with White Matter Hyperintensities in High-Risk TIA and Minor Stroke Patients**

Shannon Hall Dalhousie University



**Chronic Sleep Restriction Induces Neuronal  $\Delta$ FosB in Specific Thalamic and Hypothalamic Nuclei in Rats**

10:30 AM - 11:00 AM

**Health Break, Poster Viewing, Exhibits Open**

## PROGRAM

11:00 AM - 12:30 PM

### **Symposium 6: Cognitive Neuroscience Approaches to Understanding Relationships between Sleep and Behaviour**

Nova Scotia Ballroom B

**Chair : Kimberly Cote, Brock University**

Kenneth Campbell University of Ottawa

***ERPs Reveal Changes in Cognitive Processing following Sleep Deprivation Even Though Performance Measures are Unaffected***

Geneviève Albouy, Université de Montreal

***Respective Roles of Striatum and Hippocampus in Acquisition and Sleep-Related Consolidation of Motor Sequence Memory assessed by fMRI***

Tijana Ceklic, Université Laval

***Are ERP Differences Between Insomnia Sufferers and Good Sleeper Attributable to Insomnia or Bad Sleep Quality?***

Objectives:

1. Understand the type of information about brain-behaviour relationships that can be gleaned from Cognitive Neuroscience techniques used in sleep research (e.g., EEG, ERPs, fMRI imaging).
2. Discuss new findings on the neural basis of sleep function and disruption and its relation to waking function in healthy adults and applied populations.

11:00 AM - 12:30 PM

### **Symposium 7: Towards Better Nights and Better Days for Canadian children with behavioural insomnias: Outcomes of five behavioral interventions studies that are informing the development of a national web-based treatment**

Nova Scotia Ballroom C

**Chair : Penny Corkum, Dalhousie University**

**Co-Chair: Aimee Coulombe, Dalhousie University**

Roger Godbout, Université de Montreal

***The treatment of insomnia in children with mental health disorders***

Robyn Stremmler, University of Toronto

***A behavioural-educational intervention in the early postpartum to promote maternal and infant sleep***

Wendy Hall, University of British Columbia

***Using group-based short-term interventions to treat behavioral sleep problems in infants***

Graham J. Reid, Western University

***Using self-help booklets and telephone coaching to deliver treatments for sleep problems among preschool-age children***

Objectives :

1. To summarize outcomes of five pediatric behavioural sleep medicine outcome studies.
2. To propose non-traditional methods of delivering pediatric behavioural sleep interventions as a means of increasing access to evidence-based care.
3. To situate internet or web-based technologies in the delivery of evidence-based pediatric sleep medicine interventions.

## PROGRAM

11:00 AM - 12:30 PM

**Workshop 1: Sleep and Aggression/Violence: Insights and Quandaries**  
Nova Scotia Ballroom A  
**Chairman and Discussion Leader: Colin M. Shapiro, University Health Network**

Julian Gojer, University Health Network

***When Sleep Turns Violent: Medical and Legal Aspects***

Ravinder Mankoo, Youthdale Child and Adolescent Sleep Centre, Toronto.

***Clinical Aspects of Aggression and Sleep***

Sharon Chung, University Health Network

***Aggression in Children and Adolescents: How much can we Attribute to Poor Sleep?***

Objectives :

1. Review evidence of the association between sleep loss/disturbance and aggressive or violent behaviours in adults and children.
2. Present cases of aggressive/violent behaviours including sexual and physical assault and how these relate to sleep loss/disturbance.
3. Present a Medico-Legal perspective of under which circumstances sleep can be used as a defense to a violent act.

12:30 PM - 1:30 PM

**Lunch, Guided Poster Tours, Exhibits Open**

1:30 PM - 3:00 PM

**Symposium 8: Insomnia and Cognitive Processes: From Psychological to Psychophysiological and Neurophysiological Measures**

Nova Scotia Ballroom B

**Chair : Célyne H. Bastien, Université Laval**

Jason Ellis, Northumbria University

***Does cortisol reflect poor sleep adaptation? Understanding the onset of insomnia***

Célyne Bastien, Université Laval

***Probing the EEG during the day: Go/NoGo Responses from Different Types of Insomnia Sufferers***

Sean Drummond, University of California in San Diego

***Effects of Sleep and Sleep Loss on Fear Conditioning and Extinction Memory***

Anne Germain, University of Pittsburgh School of Medicine

***R&R Interrupted: Insomnia and NREM sleep in Combat Exposed Military Veterans with and without PTSD***

Objectives :

1. Summarize the most recent data on insomnia that has come from neurophysiological measurement techniques.
2. Further advance our understanding of the CNS basis of insomnia.
3. Present and discuss cognitive data obtained with psychophysiological and neurophysiological.

## PROGRAM

1:30 PM - 3:00 PM

### **Symposium 9: Restless legs syndrome in adults - update on research progress and clinical management**

Nova Scotia Ballroom C

**Chair : Brian Murray, University of Toronto**

Brian Murray, University of Toronto

***Introduction/Epidemiology/clinical diagnosis/relation of restless legs syndrome to periodic limb movements***

Alex Desautels, Université de Montréal

***Pathophysiology/genetics/iron metabolism/autonomic findings in periodic limb movements***

Mark Boulos, University of Toronto

***Quality of life/imaging findings/cardiovascular and mortality implications***

Eric Frenette, Université de Sherbrooke

***Clinical management/medications***

Objectives :

1. Establish the diagnosis of restless legs syndrome and identify important disease associations
2. Describe the currently understood pathophysiology of the condition
3. Be attuned to the emerging literature and investigations on the cardiovascular implications of restless legs syndrome
4. Formulate an evidence based management approach to patients with restless legs syndrome .

1:30 PM - 3:00 PM

### **Panel Discussion 2: Why Bother with Sleep? Increasing Capacity in Canada for Sleep Research and Clinical Practice: Training Programs, Training Needs of Front-line Health Professionals, and Future Directions**

Nova Scotia Ballroom A

**Chair: Shelly Weiss, University of Toronto, The Hospital for Sick Children**

PANEL CONTRIBUTORS:

- Shelly Weiss, MD, University of Toronto, The Hospital for Sick Children;
- Robyn Stremler, RN, PhD, University of Toronto, The Hospital for Sick Children;
- J. Aimée Coulombe, PhD, Dalhousie University;
- Rachel Morehouse, MD, Atlantic Sleep Center, Saint John Regional Hospital;
- Richard Horner, PhD, University of Toronto;
- Penny Corkum, PhD, Dalhousie University, IWK Health Centre

## PROGRAM

3:30 PM - 4:30

### **Keynote 5 - Advances in Sleep Apnea Phenotyping: A Guide to Future Therapies**

Nova Scotia Ballroom B, C

Dr. David White, MD Clinical Professor of Medicine at the Harvard Medical School  
Harvard Medical School Division of Sleep Medicine Brigham & Women's Hospital

#### Objectives:

1. Participants should grasp the various components of OSA pathophysiology and how these characteristics may dictate, in a given individual, whether sleep apnea is present or not.
2. Attendees should understand how the physiologic traits that lead to sleep apnea can be measured during sleep and then placed into a graphic model demonstrating the cause of the OSA in that individual.
3. Participants should then grasp, from the graphic model, the therapeutic options available to treat each patient in an individualized manner.

4:30 PM - 5:00 PM

### **Closing Ceremonies**

**Nova Scotia Ballroom B, C**



## PROGRAM

### Technologist Program: Sunday, October 6, 2013

All Sessions – Acadia Ballroom

10:30 AM - 11:30 AM

#### **Physiology of Breathing and Sleep**

Acadia Ballroom

Dr. Debra Morrison, Clinical Director, Sleep Disorders Clinic

This session will describe the physiology of the normal sleep cycle and breathing control during sleep, and the anatomy and physiology of the respiratory and neurological systems; classify various sleep breathing disorders (OSA, CSA, UARS, complex SA, hypoventilation) including definitions and describe different symptoms, pathophysiology along with clinical evaluation of sleep disordered breathing.

11:30 AM - 12:30 PM

#### **New Emerging Therapies for Obstructive Sleep Apnea**

Acadia Ballroom

Dr. David White, MD Harvard Medical School

This talk will address current and emerging non-PAP methods to treat obstructive sleep apnea. Briefly oral appliance and surgical approaches will be discussed. However, most of the talk will address novel therapies that have either been recently released or evolving prior to commercialization. This will include, among others: • Provent. • Genioglossal Stimulation. • Oral pressure therapy. • Surgically implanted devices to manipulate tongue position

12:30 PM - 1:30 PM

#### **Lunch, Guided Poster Tours, Exhibits Open**

1:30 PM - 2:15 PM

#### **Technical Program FRENCH-Le bébé de la respiration en PSG**

Acadia Ballroom

Suzie Laroche, Collège Ahuntsic

Cette présentation vous permettra de réviser le système respiratoire normal à l'éveil et de cibler les modifications causées par le sommeil. Une courte révision des capteurs utilisés pour en faire l'analyse polysomnographique sera également présentée. Enfin, certaines pathologies seront utilisées afin d'expliquer le raisonnement justifiant le choix thérapeutique.

2:15 PM - 3:00 PM

#### **Technical Program FRENCH-Assurance de Qualité et Meilleures Pratiques pour votre Laboratoire**

Acadia Ballroom

Natalie Morin, Sleep Strategies

Cette présentation vous permettra de réviser les meilleures pratiques d'assurance de qualité pour votre laboratoire de sommeil ainsi que d'examiner les ressources disponibles afin d'évaluer et d'améliorer les services offerts aux patients et aux clients. Les différentes accréditations provinciales seront considérées et détaillées.

## PROGRAM

### Dental Program: Sunday, October 6, 2013

All Sessions – Atlantic Suite

10:30 AM - 11:00 AM

#### **Canadian Guidelines on Oral Appliance Therapy - Discussion Session in French and English**

Luc Gauthier, Université de Montréal

Fernanda Almeida, University of British Columbia

With the support of the Canadian Sleep Society a group of dentists and physicians have delineated and published an article entitled guidelines on oral appliance therapy. This session will open discussion on the strengths and weaknesses of the proposed guidelines and how to further implement it across the country.

Cette session nous permettra de présenter aux participants quelles sont les nouvelles normes et lignes de conduite clinique lors du traitement de l'apnée obstructive du sommeil avec des appareils dentaires par le dentiste. Les rôles et responsabilités du dentiste y seront détaillés ainsi que le protocole à suivre afin d'optimiser le traitement de l'apnée obstructive du sommeil. Ces nouvelles lignes directrices servent de base pour les Collèges provinciaux afin d'édicter de nouveaux règlements dans le traitement de l'apnée obstructive pour les dentistes.

This session will allow us to present to the attendees the new standards and clinical guidelines in the treatment of obstructive sleep apnea with oral appliances by the dentist. The roles and the responsibilities of the dentist will be detailed as well as the protocol to be followed to optimize the treatment of the obstructive sleep apnea. These new guidelines serve as the basis for the provincial Colleges to promulgate new regulations in the treatment of obstructive sleep by the dentists.

11:00 AM - 12:30 PM

#### **Combination Therapies**

##### ***Role of Orthodontists in the Preparation of Patients undergoing Maxillomandibular Advancement Surgery***

Brian Stackhouse, Stackhouse Orthodontics

##### ***Sleep Apnea Surgical Techniques - MMA Outcomes and Complications***

Reg Goodday, Dalhousie University

##### ***Oral Appliance and CPAP, Can They be used in Combination or Alternating***

Fernanda Almeida, University of British Columbia

Usually, patients are offered one treatment or another, but the combination of CPAP and MAS therapies have been poorly discussed. We will discuss a recent publication showing the feasibility of using MAS as an alternative treatment in patients previously established on CPAP who wanted an optional treatment for circumstances such as short trips or camping. Other combination therapies will also be discussed

12:30 PM - 1:30 PM

#### **Lunch, Guided Poster Tours, Exhibits Open**

1:30 PM - 3:00 PM

#### **General Session Options**



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