

Canadian Sleep  
Society



Société Canadienne  
du Sommeil

# Healthy sleep for healthy Canadians



## Dear colleagues,

The Canadian Sleep Society (CSS) is a national non-profit organization that includes a multidisciplinary group of sleep professionals with objectives to advance and promote research, sleep disorders medicine, technology, education and public awareness in the field.

Our society has long worked towards a specialty in sleep medicine for physicians, and this year, our application to the Royal College of Physicians and Surgeons of Canada for a diploma in an Area of Focused Competence in Sleep Disorder Medicine was successful! A task force, lead by Dr. John Fleetham of Vancouver Coastal Health Research Institute, is now working with the College on final development of the program. Read more on page 4.

In August of this year, the CSS ran its first major fundraising campaign, the Great Canadian Sleepwalk. Four teams organized 5km walks in Halifax, Montreal, Quebec City, and Niagara to raise awareness on healthy sleep. Read more on page 6.

The CSS has built strong ties and collaborations with allied societies in 2016, including work with the Canadian Thoracic Society (CTS) on a new journal for the field, partnership with ParticipACTION on their new 24-guidelines for sleep and activity in children, active involvement on the Governing Council and various committees for the new World Sleep Society (WSS), and leadership and involvement in the Canadian Sleep and Circadian Network (CSCN). As well, in collaboration with the U.S. Sleep Research Society (SRS), we initiated a New Frontiers Satellite Symposium, a one-day event to be held at the biennial Canadian conference that highlights new research in an emerging area of sleep science. Read more on page 5.

Many people have worked diligently on the planning for the 8th Congress of the CSS, which will be held in Western Canada for the first time in Calgary, Alberta, April 28th - 30th 2017. The 3-day conference includes 6 keynote speakers, 12 symposia, posters, programs for technologists and dentists, and industry exhibitors. As well, there will be continuing education courses targeted for primary care, dentists, and pharmacists (new this year), and a workshop on Cognitive Behavioural Therapy for Insomnia. The CSS-SRS New Frontiers Satellite Symposium is a full-day event to be held on the first day of the conference. To see details on these programs and a list of all the dedicated volunteers that make our conferences such a success, please see the conference website.

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

Sincerely,



**Kimberly Cote, PhD**

President, Canadian Sleep Society  
Professor, Psychology & Neuroscience,  
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# Vision and Mission of the CSS

## Vision:

Healthy Sleep for Healthy Canadians

## Mission:

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

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

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

## Vice-President Clinical Report

Prepared by John Fleetham

### **1. Royal College of Physicians and Surgeons of Canada Area of Focused Competence, Sleep Disorder Medicine.**

The CSS application was reviewed in detail at the meeting of the Royal College November 1st 2016 and we have been informed that Sleep Disorder Medicine has now been approved as an area of focused competence (AFC). A working group has been nominated cochairs John Fleetham Respiriology BC and Shelly Weiss Pediatric Neurology Ontario, Members at large Maureen Ceresney Psychiatry BC, Dr Sherri Katz Pediatric Respiriology Ontario., John Kimoff Respiriology Quebec, Andrew Lim Neurology Ontario, Dr B Rotenburg Otolaryngology Ontario, Rob Skomro Respiriology Sask, Jason Valerio Neurology BC. John Fleetham and Shelly Weiss attended a 2 day general workshop related to chairing the AFC working group in late November. A conference call and face to face meeting of the AFC Sleep Disorder Medicine working group is planned for early 2017. An informational session on the AFC Sleep Disorder Medicine is scheduled for the April 2017 CSS meeting.

### **2. Canadian Respiratory Journal**

The Canadian Respiratory Journal was sold January 1st 2016 and is no longer the official journal of the Canadian Thoracic Society or affiliated with the Canadian Sleep Society. The CSS members have previously been allowed free access to the Canadian Respiratory Journal and this has now ceased. The Canadian Journal of Respiratory, Critical Care and Sleep Medicine has been established with Dr Peter Pare as editor in chief. CSS members will receive 4 issues per year starting Jan/Feb 2017 for a nominal fee. There will be no article submission charge for subscribing CSS members.

### **3. World Sleep Society Meeting, 2019**

CSS has been selected as the host country of the 2019 World Sleep Congress. We are very excited to host this important international conference. Details on the host city will be announced in early Spring in 2017.

# Calgary Scientific Meeting



Canadian Sleep Society  
National Conference

Calgary, AB, Canada  
April 28-30, 2017

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Come and take a look at the Scientific Program and what is new this year at  
<http://www.CSSconference2017.ca>

## 2017 CSS-SRS-CSCN Satellite Symposium in Calgary

Prepared by John Peever

In partnership with the Sleep Research Society (SRS) and the Canadian Sleep and Circadian Network (CSCN), the CSS has developed a whole day satellite meeting for the 2017 CSS meeting to be held in Calgary in April 2017. This symposium will take place the day before (April 28th) the main CSS meeting and is intended to highlight the latest and newest research in sleep. It features 2 keynote speakers (Yang Dan and Bruce McNaughton) as well as 3 symposia all of which focus on “omics” in sleep. This satellite symposium is called New Frontiers in Sleep Mechanisms and Functions. The satellite meeting will largely replace the current Trainee Day at CSS, but will have a strong trainee component with trainees also presenting their research. There will also be a “Mentoring Lunch” so that trainees can discuss career/research aims/plans with established and junior PIs.

The committee working on this new initiative is composed of CSS, SRS and CSCN members. It is being Co-Chaired by John Peever who represents all 3 partners (i.e., the CSS, SRS and CSCN) and Sigrid Veasey (SRS representative). Committee members are: Richard Horner (CSS and CSCN), Valerie Mongrain (CSCSN), Tika Hall (SRS) and James Krueger (SRS), Ashley Ingiosi (SRS Trainee) and Kevin Grace (CSS Trainee).

# The Great Canadian Sleepwalk

On August 20th 2016, more than 120 people joined the Great Canadian Sleepwalk in 4 cities (Quebec, Montreal, Halifax and Niagara) to raise awareness about healthy sleep and funds for the Canadian Sleep Society. The weather was great at each location and everybody enjoyed themselves (for more pictures, visit our Facebook <https://www.facebook.com/cansleepsociety>). We were fortunate to have financial support from Dairy Farmers of Canada (<http://www.projectsleee.ca>) for professional branding and marketing of the event. We now own the website: [www.CanadianSleepwalk.ca](http://www.CanadianSleepwalk.ca). This is just the beginning of a major fundraising initiative by CSS! Thus, this activity will be promoted in the future and the next Sleepwalk shall be during the next conference of the CSS, in April 2017 in Calgary.



## Position Papers



- Portable Monitoring



- Oral Appliances

## Insomnia Rounds



These education modules were created for health care professionals to provide concise perspectives on the most current scientific and clinical developments concerning the screening, diagnosis, and management of insomnia. Six issues were published in 2012 and another six issues in 2013. They were authored and edited by some of Canada's leading experts in the field and can be found on the CSS website. This content was made possible by an educational grant from Meda Valeant Pharma Canada Inc. Topics include:

- 1.1 Insomnia: Prevalence, Burden, and Consequences
- 1.2 Taking Control of Acute Insomnia: Restoring Healthy Sleep Patterns
- 1.3 Treating Chronic Insomnia in Primary Care: Early Recognition and Management
- 1.4 Sleep in the Elderly – When to Reassure, When to Intervene
- 1.5 Pediatric Behavioural Insomnia: “Good Night, Sleep Tight” for Child and Parent
- 1.6 Sleepless Women: Insomnia from the Female Perspective
- 2.1 Psychiatric Disorders and Insomnia: Managing the Vicious Cycle
- 2.2 Medication and Substance Use: Keeping Insomnia Treatment Safe
- 2.3 Insomnia and Performance – Helping Your Patients Remain Alert and Effective
- 2.4 Circadian Rhythms and Insomnia – Approaching the Time Barrier
- 2.5 Pain, Analgesia, and Insomnia: Stopping the Cycle
- 2.6 Pediatric Behavioural Insomnia in Children with Neurodevelopmental Disabilities – Strategies to Improve

## Patient Information Brochures (available in English and French)



- Dental Appliances in the treatment of obstructive sleep apnea
- Sleep in aging
- Sleep Bruxism
- Drowsy Driving
- Insomnia
- Positional therapy for obstructive sleep apnea
- Sleep and Post-traumatic stress disorder
- Human circadian rhythms
- Strategies for night shift workers
- Narcolepsy and cataplexy
- Dreams and nightmares
- Obstructive sleep apnea (OSA)
- Patient guide to Sleep Studies
- Children
- Restless legs syndrome/Willis Ekbom disease and periodic limb movement disorder
- Normal sleep

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

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

Canadian Sleep Society / Société Canadienne du Sommeil

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## MEMBERSHIP BENEFITS

Learn about becoming a member.

**"Healthy sleep for healthy Canadians"**

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

### Learn About Sleep

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

### 2017 Conference

Save the date for the next conference in Calgary, Alberta, April 28th - 30th, 2017. Our biennial scientific conference is an opportunity to share scientific discoveries, network with colleagues, and learn about the latest innovations and technologies in the sleep field. Thanks to all that attended to make the CSS 2015 Conference a great success! Visit the [past meetings page](#) to download the the final program and conference abstracts.

August 20, 2016  
The Great Canadian Sleepwalk

September 13-16, 2016 in Bologna  
European Sleep Research Society Congress

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

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

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### 2015 Annual Report

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

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

[Download English](#) [Download French](#)

#### Recent Headlines

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

[View Society News](#)

#### Employment Opportunities

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

[View Postings](#)

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## Dental Interest Group

Prepared by Luc Gauthier

The main goals of the dental committee are to disseminate, teach, and share information on the role of oral appliance therapy to treat obstructive sleep apnea (OSA). The dentist's role in treating OSA is particularly additional, complementary, and even collaborative as opposed to the conventional doctor. Oral appliances are an important therapy for patients suffering from sleep apnea.

In 2012, the dental group together with the CSS members published guidelines that determine the role of every professional in treating obstructive sleep apnea through oral appliances. The same guidelines also served as the foundation to establish those of the College of Dental Surgeons of British Columbia. In 2016, several other collaborations have also emerged, particularly including the Quebec Order of Dentists, which in association with the Quebec College of Physicians has published a guide for patients suffering from obstructive sleep apnea in order to direct them towards better therapeutic options that have been offered to them.

Discussions are underway with professional bodies so as to determine minimal criteria for dentists in both clinical and theoretical levels which thereby privilege them to treat patients undergoing OSA. The website now allows you to find dentists who provide oral appliance therapy services to treat OSA. New brochures are also available on our website regarding oral appliances and OSA. Dr. Leslie Dort of Calgary is in charge of the local organization for the Calgary Conference in April 2017. She is working hard to introduce a program that meets our expectations and improve knowledge with both experienced dentists and neophytes in various treatments for OSA.

We thus look forward to seeing many of you during the Calgary Conference starting from the 28th till the 30th of April 2017.

## INSOMNIA INTEREST GROUP

Prepared by Judith Davidson

The Insomnia Interest Group (IIG) has the main goals of boosting Canadians' access to, and education about, evidence-based insomnia treatments; and advancing collaborative research on insomnia. It is co-chaired by Drs. Judith Davidson and Célyne Bastien.

### Sleepwell Nova Scotia

In February, Judith Davidson participated in a brainstorming session with Sleepwell Nova Scotia, an academic and professional organization based at Dalhousie University, which aims to educate patients and physicians about alternatives to hypnotic medication, especially cognitive behavioural therapy for insomnia.

### Alberta Guidelines

In March, the TOP (Towards Optimized Practice) guideline for assessment and treatment of insomnia in adults was finalized. <http://www.topalbertadoctors.org/cpgs/8640793>

This represented the completion of a project that a subgroup of the IIG, chaired by Charles Samuels, had been working on since 2014. TOP produces evidence-based guidelines for Alberta physicians and practice teams.

### List of Insomnia Treatment Providers

In April, our list of insomnia treatment providers (for adults and children) across Canada went live on the CSS website. CSS members who provide evidence-based insomnia treatment and who wish to have their information available to the public can enter their contact information through the website.

## PEDIATRIC INTEREST GROUP

Prepared by Reut Gruber

The Pediatric Sleep Interest Group was involved in the following activities in 2016

1. Updating of the CSS Brochure regarding sleep in children
2. Participation in the creation of the “Canadian 24-hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep”
3. Leading the sleep module of the “Growing Healthy Bodies” and participation in the Expert Advisory Committee
4. Initiation and leading a Letter to The National Center for Advancing Translational Sciences (NCATS) recommending allocation of resources for translational research in pediatric sleep
5. Participation in “Project 2” committee (pediatrics) of the Canadian Sleep and Circadian Network (CSCN)

## Biennial Congress



### Past Congress

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



### Future Congress

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

## Membership

Because 2016 was a non-conference year, the membership is lower than during conference year. Thus in 2016, there were 251 CSS members including 28 basic scientists, 63 physicians, 29 dentists, 22 other health care professionals, 56 technologists, 46 students and 4 emeritus. In addition, 3 corporate members were members of the CSS.

Our membership produces fantastic work in a truly interdisciplinary fashion, bringing knowledge from the research frontier to the patient's bedside. The CSS is currently engaged in a major membership drive. Be sure to renew your membership dues early in 2017 in order to support the initiatives of the CSS including development of the website, educational webinars, patient information brochures, standards and guidelines, and public advocacy. There are a number of benefits of membership including reduced conference registration rates, education events, BRPT and CME credits, awards, and networking. Consult the website for a full list of member benefits. EVERYONE working in the sleep field in Canada should be a member of CSS, so be sure to ask all of your colleagues, employees, and trainees to join CSS for 2017!

