

Canadian Sleep
Society



Société Canadienne
du Sommeil

Healthy sleep for healthy Canadians



2017 Year End Report Letter from the President

It is a distinct honor to have taken over the Presidency of the Canadian Sleep Society in April of 2017, and to have the great fortune of being able to build on the work of my predecessor, Dr. Kim Cote, who has shown tremendous leadership during her term by bringing some long-term objectives of the Society to “the goal line”! I hope to build on the work of my predecessors over the last 30 years to grow the society, improve member services, provide the public with a reliable resource for information on sleep health, and build sustainable sources of funding and education for our trainees.

This past year has been dominated by the work of the executive and organizing committees’ efforts to bring the membership, and the world, one of the most successful biannual meetings in the history of the CSS. The Calgary meeting was a testing ground for new program ideas, including the SRS satellite meeting, an expansion of the CME day to include an insomnia CBT program, a sleep medicine program for pharmacists, and a full day dental sleep medicine program. All of these initiatives were successful and will remain a part of our meeting format for the future. Most importantly, the success of this meeting has defined the CSS as a truly national organization with strong regional representation. The meeting was financially successful and puts the society into a position to work on new initiatives, to grow the membership, improve the website, and provide a part-time executive assistant, Ms. Kayleigh Staines, to support the work of the executive.

The Great Canadian Sleep Walk has been very successful and now has its own platform and resources, so any community can run a walk. This is an excellent community outreach program that provides a venue for promoting sleep health to the public. This fall we co-sponsored a very successful walk in collaboration with the Saskatchewan Lung Society in Saskatoon. It is the foresight and determination of Drs. Cote and Bastien that have built the Great Canadian Sleep Walk into a successful initiative, and we intend to continue promoting and supporting walks across the country with the goal of having a national walk on World Sleep Day.

Our physician membership have truly benefited from the efforts of Drs. Fleetham and Weiss, who are in the final stages of developing the content and training program for the Royal College Diploma, Area of Focused Competency in Sleep Medicine. This will provide our specialty physician colleagues professional recognition in Canada for their expertise in sleep medicine.

Going forward for 2018, we have a lot of initiatives on the go. We have finalized a bilingual sleep medicine educational day in Quebec City in November 2018, which will provide important up-to-date material and courses for technologists, dentists, and psychologists. We continue to work on the website and membership with the goal of 1000 members in the next 2 years. The executive will be working closely with the World Sleep Society organizing committee to develop the program for the 2019 meeting in Vancouver. The WSS is providing the CSS with support to create a sleep health initiative that will improve public awareness of sleep health. The CSS is working closely with the Canadian Sleep and Circadian Network to develop a sleep health campaign that is targeted to the Canadian population and focuses on public awareness of sleep health.

I am committed and focused on the following: building membership, providing world-class CSS member services, and establishing the CSS as a prominent international leader in the sleep and circadian scientific and medical community. It is my hope that you will continue to contribute to and promote the CSS to your colleagues as we focus on growing the Society and improving Sleep Health in Canada!

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Vision and Mission of the CSS

Vision: Healthy Sleep for Healthy Canadians

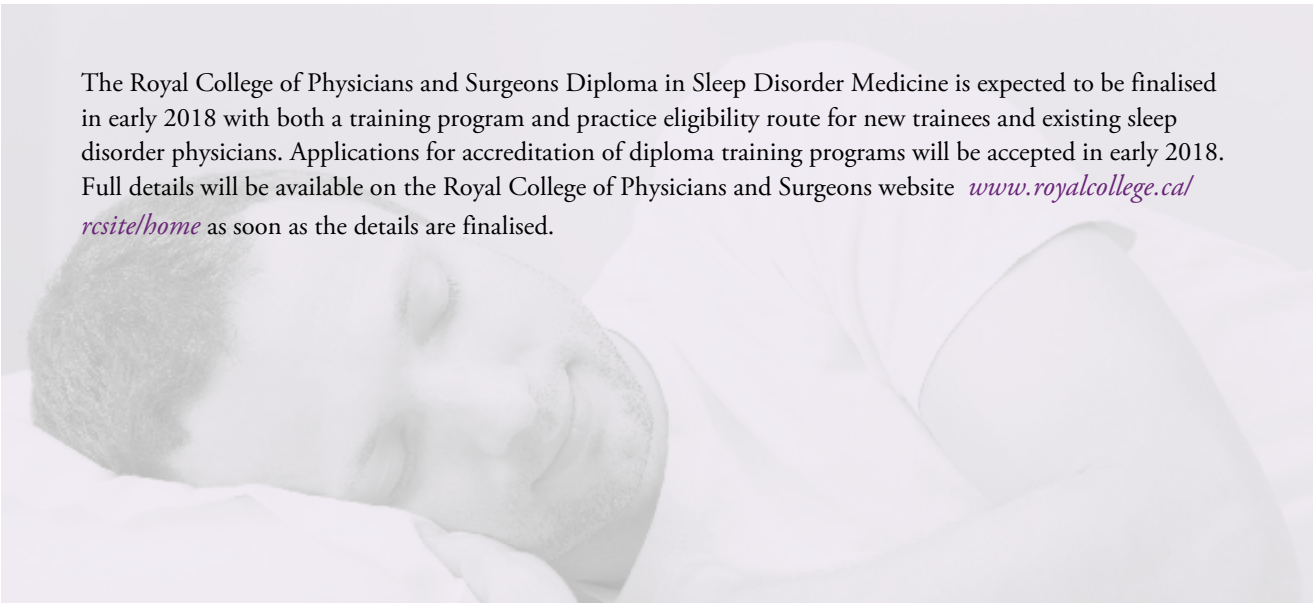
Mission: The Canadian Sleep Society is a national organization committed to improving sleep for all Canadians through: support for research; promotion of high quality clinical care; education of professionals and the public; and advocacy for sleep and sleep disorders medicine.

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.*

The Royal College of Physicians and Surgeons

The Royal College of Physicians and Surgeons Diploma in Sleep Disorder Medicine is expected to be finalised in early 2018 with both a training program and practice eligibility route for new trainees and existing sleep disorder physicians. Applications for accreditation of diploma training programs will be accepted in early 2018. Full details will be available on the Royal College of Physicians and Surgeons website www.royalcollege.ca/rcsite/home as soon as the details are finalised.



2017 Update on Research, Awards and Conferences

The CSS had another successful sleep meeting in Calgary in June 2017. The main meeting featured 5 outstanding keynote presentations from Drs. Isabelle Arnulf, Carole Marcus, Allan Pack, Dieter Riemann and Magdy Younes. It also featured 9 different symposia that focused on a range of topics in sleep biology and medicine in both health and disease. Our CSS trainees made significant contributions by presenting over a 110 different abstracts that featured emerging basic and clinical science in sleep and circadian rhythms.

A novel feature of our bi-annual meeting was a new satellite conference - New Frontiers in Sleep Mechanisms and Functions that was Co-Chaired by John Peever and Sigrid Veasey. This satellite meeting was designed to highlight cutting-edge research in sleep biology from a basic science perspective, and sponsored by a partnership between the CSS and Sleep Research Society. It featured two outstanding keynote speakers (Drs. Yang Dan and Bruce McNaughton) and 3 different symposia that explored emerging research ranging from sleep in flies and worms to mechanisms of synapse physiology during sleep. This meeting was extremely well attended and foster exciting discussions about the future of sleep research. There are plans underway to hold another satellite meeting at the 2019 meeting in Vancouver.

The CSS was pleased to announce several prestigious awards. The 2017 Distinguished Scientist Award was given to Dr. Barbara Jones (McGill University) for her life-long contributions to identifying the fundamental brain mechanisms underlying sleep and wakefulness. The recipient of the Roger Broughton Young Investigator Award was Dr. Stuart Fogel (University of Ottawa) for his important contributions to understanding the links between sleep, learning and memory.

Because of the outstanding nature of sleep research by CSS trainees the Student Outstanding Achievement Award was given to both Drs. Richard Boyce (McGill University) and Samuel Laventure (University of Montreal) for their important scientific discoveries published in 2016. The Outstanding Student Abstract Award was given to Sara Pintwala - a PhD student at the University of Toronto for her abstract entitled: Activation of glutamate cells in the subcoeruleus nucleus triggers cataplexy attacks in wild-type mice. And the CSS Technologist Service Award was presented to Laree Fordyce for contributions to advancing the sleep technology profession in Canada.

The CSS and CIHR recognize trainee talent in sleep research by providing annual Travels Awards to major sleep conferences. The 2017 recipients of the CSS-CIHR Travel Awards were Cloé Blanchette-Carriere (University of Montreal) and Sara Pintwala (University of Toronto).

The Great Canadian Sleepwalk

The Great Canadian Sleepwalk continues to march cross Canada. In 2016, CSS launched the fundraising and awareness campaign with 4 Sleepwalks in one day in Halifax, Quebec City, Montreal, and Niagara. That was followed up with a Sleepwalk in Calgary to kick off the 2017 national conference with CSS executive, conference organizers, and local clinics and companies. The latest Sleepwalk in Saskatoon on Friday the 13th in October 2017 was a collaboration with the Lung Association, Saskatchewan (LAS). It was a great success with sponsorship from Prairie Oxygen and Medigas, 47 Sleepwalkers, and \$5189.00 raised to support LAS and CSS programs. What better way to promote the message of the role exercise in healthy sleep in your community, and help support the advancement of sleep medicine and research in Canada. For information about organizing a 5km Sleepwalk in your town, see details and the application on our website at: www.css-scs.ca/sleepwalk.



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.

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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](#)

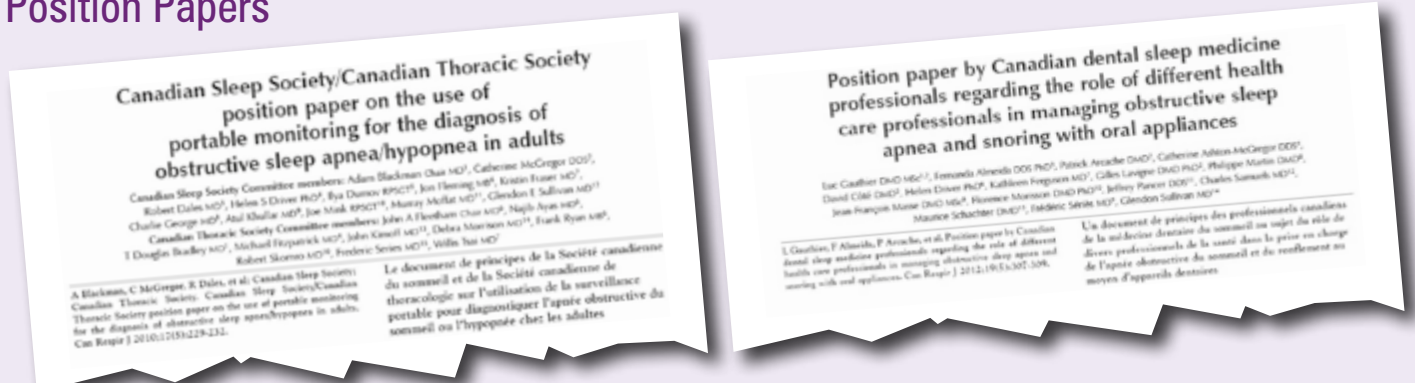
Employment Opportunities

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](#) [Contact Us](#)

Spotlight on CSS

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 in HTML format at <https://css-scs.ca/resources/books-and-brochures>)

- Dental Appliances in the treatment of obstructive sleep apnea
- Sleep in aging
- Sleep Bruxism
- Drowsy Driving
- Insomnia
- Children
- 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
- Restless legs syndrome/Willis Ekblom disease and periodic limb movement disorder
- Normal sleep

Dental Interest Group

The primary goals of the Dental Interest Group of the CSS are to provide education in the field of dental sleep medicine, develop the role of oral appliance therapy and foster multi-disciplinary collaboration in the treatment of sleep disordered breathing.

In 2017 the Dental Interest Group had a three-day educational program in dental sleep medicine as part of the CSS Calgary meeting. This was the largest dental sleep medicine program at a CSS meeting to date. Interest was strong with over 50 dentists participating from across Canada and the USA. Many sessions drew an audience that included other sleep medicine providers: emphasizing the collaborative focus of the CSS.

The Dental Interest Group hopes to increase the educational offering in dental sleep medicine beyond the biannual CSS meetings. In 2018 the first of these additional offerings is planned to take place early in November in Quebec City under the guidance of Dr. JF Masse.

Insomnia Interest Group

The Insomnia Interest Group (IIG) has the 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.

In 2017, we continued to follow the work and reports of the Canadian Agency for Drugs and Technologies in Health (CADTH) on their Insomnia Disorder Project.

In January, more than 20 insomnia researchers met in Montreal for the first Canadian platform on insomnia, sponsored by Merck. Discussion included the role of the Canadian Sleep and Circadian Network (CSCN) in the context of current insomnia research and future possibilities.

In April, the IIG met at the CSS conference in Calgary. Proposed next projects included increasing the CSS website list of insomnia treatment providers, researching sleep disorders among northern indigenous populations, validating of the Sleep Disorders Questionnaire from Calgary, and including genetic aspects (Biobank) in insomnia research. The importance of boosting education of professionals and the public about insomnia treatment was emphasized.

Since then, the CSS website list of providers has been much improved, thanks to Simon Warby and the CSS executive. Now the listings are by professional discipline. This new organization of the map listings should help Canadians more easily find a provider in their region, and should encourage more CSS-member-providers to submit their information for the listing.

In the fall, Charles Samuels and Judith Davidson discussed the design of a validation study of the Sleep Disorders Questionnaire for use in primary care with epidemiologists Neil Drummond (University of Alberta) and John Queenan (Queen's University).

In November, Judith spoke to the Ontario Psychological Association, urging psychologists to obtain training in, and to provide CBT-I. Other IIG members were planning to speak to their professional organizations as well.

The Pediatric Sleep Interest Group

The pediatric sleep interest group was involved in the following activities in 2017:

1. Formed formal partnership with Sleeping Children Around the World was established and has resulted in collaboration regarding fund raising and dissemination of information related to pediatric sleep
2. Contributed to the creation and dissemination of the Canadian 24-Hour Movement Guidelines for the Early Years (0–4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep. BMC public health, 17(5), 874.
3. Participated in “Project 2” committee (pediatrics) of the Canadian Sleep and Circadian Network (CSCN)
4. Produced material for the World Sleep Organization on the occasion of the World Sleep Day

Media report

1. Run the media campaign for the 2017 CSS Meeting in Calgary
2. Disseminated activities for the 2017 World Sleep Day (<http://worldsleepday.org/canada-2017-canadian-sleep-society>)
3. Partnered with Maverick for the Media campaign for the Sleep Day activities of Sleeping Children Around the World

Some media coverage

<http://www.cbc.ca/news/canada/calgary/sleep-apnea-clinics-alberta-regulations-accreditation-1.4472111>

<http://neurovirtual.com/conferences/sleepvirtual-at-the-8th-canadian-sleep-society-conference/>

<https://globalnews.ca/video/3405725/canadas-leading-sleep-physicians-meet-for-sleep-society-congress>

<https://newswise.com/articles/small-increases-in-sleep-improve-grades>

<https://www.theglobeandmail.com/news/national/education/canadian-university-report/students-avoid-all-nighter-jet-lag/article36637596/>

http://www.huffingtonpost.ca/entry/the-biggest-news-in-sleep_us_5711549ae4b06f35cb6fabea

Biennial Congress



Past Congress

The 8th Conference of the Canadian Sleep Society

April 28 - 30, 2017

Calgary, Alberta, Canada



Futur Congress

In 2019, Canada will be the host for the second meeting of the World Sleep Societies. Vancouver will host WSS 2019 from September 20th till September 25th. More information will follow soon.

Membership

In 2017, the CSS had 398 members, including 34 basic sleep researchers, 74 physicians, 136 technologists, 32 dentists, 14 psychologists, 27 health professionals from other disciplines, 75 students and four distinguished members. Two corporate members also supported our activities.

From basic research to clinical knowledge disseminated brought to patients' bedside and the general population, our members perform exceptional interdisciplinary work. This year, in order to go further in our mandate, and to better publicize the services available in relation with the evaluation and treatment of sleep disorders, the CSS has developed and posted on its website an interactive provider map indicating the coordinates of its members who provide clinical services to the population in connection with various issues surrounding sleep disorders.

In addition, this year the CSS has launched a major campaign to publicize its activities in order to reach more professionals, researchers and decision makers in order to increase the number of its members and its strength of action.

Table 1. Number of members according to categories in 2017

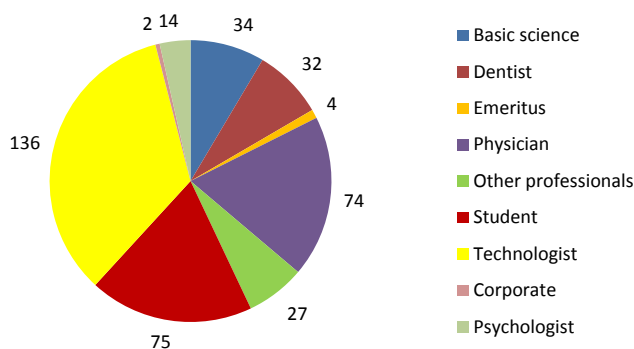


Table 2. Evolution of membership from 2016 to 2017

