



Canadian Sleep Society Celebrates Innovative Sleep Research at 8th Congress

Montreal, Quebec – April 7, 2017 – The 8th Congress of the Canadian Sleep Society will be held at the **Hyatt Regency in Calgary, Alberta from April 28-30, 2017**. The conference brings together the leading sleep researchers, clinicians, technologists, dentists and students to share leading edge knowledge on sleep.

The Canadian Sleep Society has a vision; **Healthy sleep for healthy Canadians**. The 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.

“You're not healthy, unless your sleep is healthy,” said Dr. William Dement, the father of sleep medicine. This is why the Canadian Sleep Society meeting is so important. It will feature new scientific discoveries in the field of sleep research as well as innovative, evidence-based interventions for sleep disorders.

“This year the Canadian Sleep Society Congress is unique and innovative which speaks to the growth of the organization over the past 30 years and the importance of the CSS in leading sleep health initiatives in Canada,” says Dr. Samuels, incoming President of the Canadian Sleep Society. “The meeting is being held for the first time ever in Western Canada and attendees will be greeted and entertained by Calgary’s world class western hospitality! This demonstrates the commitment of the CSS to addressing the sleep health needs of all Canadians and to assist governments with the task of developing and implementing evidenced based strategies for sleep health issues. This is also the first time that the CSS will partner with the Sleep Research Society USA to bring the brightest minds in sleep science and research together to discuss the basic science of sleep mechanisms and the relationship of sleep to human health.”

As a kick off to the conference, **Dr. Samuel Kuna is presenting Shakespeare in Sleep**, a presentation of sleep disorders and the use of sleep in Shakespeare's plays” on Thursday, April 27, 2017 at 18:30 p.m., and **Dr. Amy Bender is presenting How to Sleep Like an Olympic Athlete: Insights into Better Sleep for a Better You** at the Clara Christie Theatre Health Science Centre. This event is open to the public. In addition, **Join us for The Great Canadian Sleepwalk, a 5km walk in Calgary on Thursday, April 27th. to raise awareness on the importance of healthy sleep. See more information and register at: <https://www.CanadianSleepwalk.ca>.**

More on Sleep, Health and Happiness

Getting sufficient and high quality sleep is essential for optimal health. Did you know that 20 to 40% of the general public suffer from sleep disorders? Surprisingly, not enough is done in our society to counteract these devastating trends. Think about it. Have you ever had anyone advising you how to sleep better, or explaining to you how sleep is important for your physical and mental health? Healthcare providers and patients talk about many issues, but sleep is often left out!

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A good night of sleep is associated with better health, better mood, improved academic success and better job performance. In contrast, sleep disorders have a negative impact on physical and psychological health. Current research suggests stroke is more prevalent in people with sleep disorders such as Obstructive Sleep Apnea (OSA). Heart failure is also significantly more prevalent in OSA patients. Individuals with disrupted sleep experience higher rates of high blood pressure, diabetes, obesity and other chronic illnesses.

In addition, too little sleep can cause hyperactivity and irritability and produces adverse hormonal changes like those observed with obesity, diabetes and hypertension.

Exciting and impactful research is under way to better understand the link between sleep, and physical and mental health. Recent research discoveries and cutting edge interventions will be presented and discussed in the upcoming 2017 CSS meeting in Calgary.

To arrange interviews with speakers or members of the Canadian Sleep Society, please contact the media liaison for the society at:

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