

The Canadian Institutes of Health Research (CIHR) – Institute of Circulatory and Respiratory Health (ICRH) and the Canadian Sleep Society (CSS) have established an inaugural and biennial Distinguished Lecturer Award in Sleep Sciences in recognition of an individual's outstanding contribution to the advancement of sleep sciences in Canada. Charles M. Morin, PhD has been selected as the first-ever recipient.

Dr. Morin will receive the award during the Opening Ceremony of World Sleep 2019, where he will also give a keynote lecture as part of the scientific program. World Sleep 2019 will be held in the Vancouver Convention Centre in Vancouver, B.C. from September 20–25, 2019, with the Opening Ceremony taking place on Sunday, September 22, 2019.

“I am deeply honored to receive this award,” states Dr. Morin. “It is with great pride that I accept it on behalf of my entire research team at Laval University in Quebec City. I am very grateful to the CIHR-ICRH for the establishment of this new distinguished sleep scientist award, which is a formal recognition of the critical role that sleep medicine/sleep research play in promoting global health.”

### **DR. MORIN: BACKGROUND AND ACCOMPLISHMENTS**

Charles M. Morin, PhD, is Professor of Psychology and Director of the Sleep Research Centre at Université Laval in Quebec City. He holds a Canada Research Chair on behavioural sleep medicine.

Charles Morin has been a pioneer in the development and validation of psychological approaches for the management of insomnia. Through his landmark studies published in high-impact journals including JAMA and Lancet he was first to demonstrate that psychological therapy is as effective as drug therapy in the short-term management of insomnia and produces more durable sleep benefits in the long-term. In addition, professor Morin developed and validated a behavioural program to facilitate discontinuation of sleep medications among chronic users. This program has been adopted in sleep and health-care clinics, not only in Canada, but in several countries where long-term use of psychotropic medications is a common public health problem.

Professor Morin has been at the forefront of knowledge dissemination and translating research findings into practical/clinical applications. He has maintained an outstanding productivity throughout his career with nearly 300 publications and more than 600 papers presented at scientific and professional conferences (H-index 77, > 26,000 citations, Google Scholar). He is currently ranked as the second world's foremost cited expert on insomnia ([www.expertscape.com](http://www.expertscape.com)).

The exceptional quality of Professor Morin's contributions to the fields of psychology, social sciences and behavioural sleep medicine has been recognized with several prizes and awards from scientific and professional organizations including more recently the Distinguished Scientist Award from the American Sleep Research Society (2016), the highest honor given by this society for significant, original, and sustained contributions to the field of sleep research. He was elected to the Royal Society of Canada (2015) and received the *Prix Marcel Vincent de l'Association francophone pour le savoir (ACFAS)* for exceptional contributions to Social Sciences (2012).

The impact of **Professor Morin's** research has been broad in scope and significant in its influence on the field and on society at large. His work has changed the way insomnia is treated in clinical practice, with direct implications for improving the quality of life of millions of individuals afflicted with chronic sleep disorders. He has made significant, original, and sustained contributions to advance knowledge on a widespread public health problem - insomnia. His research has contributed to enhancing the standards of clinical care and improving the health and quality of life of millions of individuals affected with insomnia. For these different reasons, Professor. Morin is highly deserving of the Distinguished Lecturer Award in Sleep Sciences from the **The Canadian Institutes of Health Research (CIHR) – Institute of Circulatory and Respiratory Health (ICRH) and the Canadian Sleep Society.**