

SLEEP AND SLEEP DISORDERS



FREE LECTURES AND SESSIONS

VIRTUAL PUBLIC LECTURES & PATIENT ENGAGEMENT SESSIONS

Thursday Oct 28th, 2021 to
Saturday Oct 30th 2021

The **Canadian Sleep Society** organizes **free online events** for the public and for the patients with sleep disorders such as insomnia, sleep apnea, narcolepsy and hypersomnia. You can attend as many sessions as you want. Come and ask your questions to Canadian Sleep Experts!

Free Registration
sleep2021.eventbrite.ca

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THURSDAY OCTOBER 28, 2021

12:30 - 1:30 PM EDT PUBLIC LECTURE



Sleep and Shift Work

with Dr Charles Samuels

IN ENGLISH- *Automated machine translation in French available.*

EN

Sponsored by:



Jazz Pharmaceuticals

Formal presentation (45min) with Dr Charles Samuels (MD, CCFP, DABSM) regarding sleep and shift work, followed by 10 min Q&A session during which the public will be able to ask questions to Dr Samuels who is the Medical Director at the Centre for Sleep and Human Performance and The Sleep Institute (Calgary), Past President of Canadian Sleep Society, member the College of Physicians and Surgeons of Alberta, and part of Sleep Medicine Advisory Committee.

Dr. Charles Samuels is a board certified sleep physician with primary research interests focused on understanding the prevalence and effects of sleep disturbances in specialized populations such as law enforcement officers and athletes.

Summary of the presentation: This session will discuss the intimate and complex nature of the relationship of shift work to sleep and sleep disturbance. The neurobiology of the sleep / wake mechanism and the interrelationship with the human circadian clock will be explained and described. The session will cover common health impacts of shift work and evidence based interventions to manage common sleep complaints and persistent daytime fatigue that is often experienced by shift workers.

2:00 - 2:55 PM EDT PATIENT ENGAGEMENT SESSION



Sleep Apnea

with Dr Najib Ayas

IN ENGLISH

EN

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Formal presentation (30 min) with Dr Najib Ayas (MD, MPH) regarding the solutions available for sleep apnea, followed by a 25 minutes Q&A session during which patients will be able to ask questions to Dr Ayas who is an Associate Professor of Medicine at the University of British Columbia and staff at the Leon Judah Blackmore Centre for Sleep Disorders at UBC Hospital.

Dr. Ayas completed Medical School training at the University of Alberta, his Internal Medicine Residency at the Mayo Clinic, and a Respiratory/Critical Care/Sleep and Research Fellowship at Harvard Medical School. He also completed a Masters in Public Health from the Harvard School of Public Health.

He has been actively involved in clinical practice and research of sleep since 1996 with over 200 scientific publications. His work has been funded by a variety of sources including the Canadian Institute of Health Research, Canadian Patient Safety Institute, Vancouver Coastal Health Research Institute, British Columbia Lung Association, MITACS, and the National Institutes of Health. He is currently the number one obstructive sleep apnea expert in Canada (expertscape.com).

He is an Executive Member of the Canadian Sleep Society, Head of the Canadian Thoracic Society Sleep Disordered Breathing Guidelines Committee, and previous Chair of the American Thoracic Society Sleep and Respiratory Neurobiology Planning Committee.

3:00 - 3:55 PM EDT PATIENT ENGAGEMENT SESSION



Sleep Apnea
with Dr Caroline Minville
IN FRENCH



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Jazz Pharmaceuticals

Formal presentation (30 min) with Dr Caroline Minville (MD, FRCPC) regarding the solutions available for sleep apnea, followed by a 25 minutes Q&A session during which patients will be able to ask questions to Dr Minville who is pulmonologist and specialist in sleep medicine, member of the Canadian Thoracic Society and the American Society of Sleep Medicine.

Dr Minville is pulmonologist at the Quebec Heart and Lung Institute (QHLI) since 2011. After completing her doctorate in medicine, and her residency in pulmonology at Laval University, she undertook a 2-year subspecialty in sleep medicine in Grenoble in France. She is part of the QHLI sleep clinic and is also involved in research. She is the medical chief of the QHLI sleep laboratory and co-director of the National Home Ventilation Assistance Program.

FRIDAY OCTOBER 29, 2021

12:00 - 12:55 PM EDT PUBLIC LECTURE

FR

Sleep, Sport, Performance
with Dr Jonathan Charest
IN FRENCH



1:00 - 1:55 PM EDT

EN

PUBLIC LECTURE
Sleep, Sport, Performance
with Dr Jonathan Charest
IN ENGLISH

Sponsored by:




Formal presentation (35 min) with Dr Jonathan Charest (PhD) regarding Sport, Sleep and Performance, followed by an athlete testimony (5 min-if possible) and by a 15 minutes Q&A session during which the public including athletes will be able to ask questions to Dr Charest who is the Director of Athlete Sleep Services and a Behavioral Sleep Medicine Specialist at the Centre for Sleep & Human performance. He works to develop and optimize sleep for athletes (regional to international level).

Dr Charest focuses on how to optimize sleep, training and travel schedule for athletes, occasional athletes, and student-athletes. He completed his Ph.D. in psychology (Université Laval) and was subsequently offered a 3-years Mitacs Accelerate postdoctoral fellowship at the University of Calgary. He possesses expertise in behavioral sleep medicine (CBT-I), circadian rhythms disorders as well as the specific reality of the athletic population. Dr. Jonathan Charest has been an invited public speaker for sleep at International Conferences and has published scientific author in the field of Sleep Research.

Summary of the presentation: Sleep is an important determinant of athlete and student-athlete performance, physical and mental health and wellbeing. Sleep health has been recognized across the scientific community to be a daily challenge for athletes and student-athletes. Traditionally sleep has not been a primary focus for this population and may be neglected for several reasons including the academic competitiveness and high athletic and social demands. Institutions such as colleges, universities and sports organizations in general are well positioned to enhance the awareness regarding sleep health. However, the lack of sleep health resources, valid sleep screening tools and general awareness of sleep health represents a crucial gap into the evaluation and proactive care that these institutions can provide to their athletes and student-athletes.

The population of elite and student-athletes is particularly susceptible to



sleep inadequacies which is typically characterized by short sleep and poor sleep quality. With the well-known detrimental impact of inadequate sleep on athletic performances and health, a better understanding of the real-world scenario of elite and student-athletes would be warranted. For example, athletes and student-athletes are influenced by sport specificity and culture (early morning training, travel and competition schedules) as well as non-sport factors (gender, stress, anxiety and depression).

Therefore, a proper sleep assessment could also help reduce the burden of mental health in this vulnerable population with an adequate preseason screening strategy. The purpose of this session is to provide the general public with the resources and evidence to help athletes address sleep health and sleep related issues.

2:00 - 2:55 PM EDT PATIENT ENGAGEMENT SESSION



Narcolepsy/Hypersomnia
with Dr Jason Valerio
IN ENGLISH

EN

Sponsored by:



Jazz Pharmaceuticals

Formal presentation (30 min) with Dr Jason Valerio (MD) regarding diagnosis, medication, disease course, tips and more followed by a 25 minutes Q&A session during which patients with narcolepsy and/or hypersomnia will be able to ask questions to Dr Valerio who is a Neurologist and sleep specialist at the University of British Columbia (UBC) sleep disorders clinic and a movement disorders specialist at the Pacific Parkinson's Research Centre.

Dr Valerio is also a member of the St. Paul's hospital neurology division and stroke lead. He graduated from the University of Ottawa medical school, following completion of a MSc. in Neuroscience. He completed his neurology training at the University of British Columbia. This was followed by two fellowships, one in Sleep Medicine in 2013 at Stanford University, the second in Movement disorders at UBC, where he now practices. His clinical focus is on Parkinson's Disease and sleep related pathologies. He has a special interest and research focus on REM sleep behaviour disorder and narcolepsy. Dr. Valerio has given several presentations for Provincial and National groups to further support education in sleep medicine across the country.

Dr Valerio is also a member of the St. Paul's hospital neurology division and stroke lead. He graduated from the University of Ottawa medical school, following completion of a MSc. in Neuroscience. He completed his neurology training at the University of British Columbia. This was followed by two fellowships, one in Sleep Medicine in 2013 at Stanford University, the

second in Movement disorders at UBC, where he now practices. His clinical focus is on Parkinson's Disease and sleep related pathologies. He has a special interest and research focus on REM sleep behaviour disorder and narcolepsy. Dr. Valerio has given several presentations for Provincial and National groups to further support education in sleep medicine across the country.

3:00 - 3:55 PM EDT PATIENT ENGAGEMENT SESSION



Narcolepsy/Hypersomnia
with Dr Alex Desautels
IN FRENCH



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Jazz Pharmaceuticals

Formal presentation (30 min) with Dr Alex Desautels (MD, PhD) regarding diagnosis, medication, disease course, tips and more followed by a 25 minutes Q&A session during which patients with narcolepsy and/or hypersomnia will be able to ask questions to Dr Desautels who is Neurologist, Researcher and Professor in the Department of Neurosciences at the Université de Montreal.

Dr Desautels is the Head of the Neurology Service at the Hôpital du Sacré-Coeur de Montréal, and also serves as medical director of the Center for Advanced Research in Sleep Medicine (CARMS), one of the world's most renowned centers of expertise in sleep. He is author in more than 100 research articles and book chapters. He conducted pioneering studies on Restless leg syndrome by identifying the first genetic locus of the disease.

Winner of numerous international awards including the Young Investigator Award from the American Academy of Sleep Medicine, his current research focuses on sleepwalking and hypersomnias.

SATURDAY OCTOBER 30, 2021

12:15 - 1:45 PM EDT PUBLIC LECTURE

EN

Insomnia, burnout and the road to building resilience in health workers

with Dr Ajmal Razmy and a panel of experts Dr. Colin Shapiro, Dr. Dora Zalai and Dr. Royi Gilad

IN ENGLISH- *Automated translation in French available.*

Formal presentation (45 min) with Dr Ajmal Razmy (MD MSc FRCPC), followed by a 45 min discussion with a panel of experts (Dr. Colin Shapiro, Dr. Dora Zalai and Dr. Royi Gilad) during which the public will be able to ask them questions.

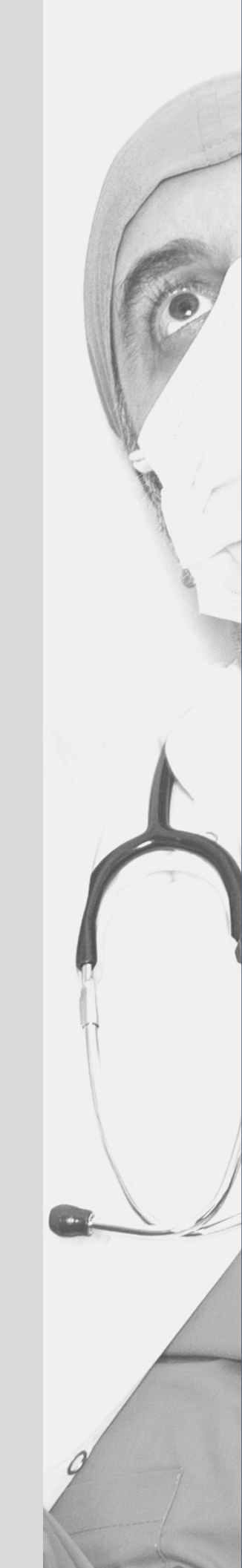


Dr Razmy holds a BSc in Neuroscience from the University of Toronto, an MD from the University of Toronto, an MSc from the Institute of Medical Science at the University of Toronto, and completed psychiatry residency at the University of Toronto. Dr. Razmy is a psychiatrist and mental health specialist at Cleveland Clinic Canada with a background in healthcare with a special interest in sleep medicine and organizational well-being. He is also a practicing psychiatrist and Head of Service (HoS) for Mental Health at Joseph Brant Hospital with a focus on acute care psychiatry. In the HoS role, he is helping lead Burlington's mental health response to the novel Coronavirus across the hospital and community systems. He is also the Lead Physician in Well Being at the hospital. Prior to this role, he worked at Trillium Health Partners, where he was the Service Medical Director for Acute Care Psychiatry, and has also served as a psychiatry member of the Consent and Capacity Board of Ontario.

Additional Panelists:



Dr. Colin M. Shapiro (PhD) studied medicine in South Africa followed by PhD on Sleep Physiology under Dr. Ian Oswald in Scotland. He then trained psychiatrist in Edinburgh. He was recruited to the University of Toronto as the youngest full professor in the medical faculty. He was the founding president of both the British Sleep Society (BSS) and the International Neuropsychiatry Association (INA). He was the senior editor of the Journal of Psychosomatic Research for almost two decades.



He is the Director of the Youthdale Child and Adolescent Sleep Centre, The International Sleep Clinic in Parry Sound and the Child and has recently started special clinics at Sleep on the Bay for parents with Concussion, Narcolepsy, Autism and Fetal Alcohol Syndrome (FAS).



Dr. Dora Zalai (MD, PhD, C. Psych) graduated summa cum laude in medicine and she practiced in pediatric neurology. As a physician, she was fascinated by the brain but over time she became even more captivated by the wonders of the human mind. This led to her decision to complete a doctoral degree in clinical psychology. She practices in the areas of clinical, health and rehabilitation psychology and has a unique knowledge in behavioural sleep medicine. Her research focused on sleep disorders and fatigue in medical conditions, including chronic hepatitis C infection and traumatic brain injury. She has educated clinicians and patient groups about the relationship between sleep, fatigue and mental health in Canada, Europe, Asia, Africa and Australia and she developed cognitive behavioural therapy for insomnia programs in community and hospital settings. She works both in Toronto and Oakville, ON.



Dr. Royi Gilad (MD) graduated medical school in Israel and completed post-graduate specialist training in Israel in both psychiatry and child and adolescent psychiatry. He is currently a clinical fellow in the university of Toronto in psychiatry and sleep medicine. In his training, he gained knowledge and expertise in psychopharmacology and various psychotherapeutic techniques and protocols. He also gave numerous lectures and seminars to healthcare providers and other audiences, on subjects of mental disorders, psychotherapy, psychopharmacology, emotional education, and sleep medicine. As a board member of the Israeli society for community mental health Dr. Gilad headed educational projects both for medical professionals and the general public.

Summary of the presentation: The COVID-19 pandemic has highlighted just how brittle the ground we walk on in healthcare. Overwhelming exhaustion, cynicism and decreased efficacy are the cardinal dimensions making up the syndrome of burnout and have been disproportionately experienced by healthcare workers. Burnout can be thought of as a gateway state potentially leading to anxiety, depression and as we have witnessed during the pandemic, suicide, which has called to alarm our profession. Recent studies have implicated that insomnia is a major driver of experienced burnout in healthcare workers. As such, sleep assessment and treatment may be major factors in the mitigation of burnout. Our panel of sleep

experts will explore this epidemic of burnout and the role that insomnia management can play in diverting terrible outcomes whilst offering opportunities for performance enhancement during times of crisis.

2:00 - 2:55 PM EDT PATIENT ENGAGEMENT SESSION



Insomnia
with Dr Charles Morin
IN ENGLISH



3:00 - 3:55 PM EDT PATIENT ENGAGEMENT SESSION



Insomnia
with Dr Charles Morin
IN FRENCH

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Formal presentation (30 min) with Dr Charles M. Morin (PhD) to introduce the Cognitive Behavioural Therapy (CBT) for insomnia, followed by a 25 minutes Q&A session during which patients will be able to ask questions to Dr Morin who is Professor of Psychology and Director of the Sleep Research Centre at Université Laval in Quebec City.

Dr Morin holds a Canada Research Chair on behavioural sleep medicine. Professor Morin is a world leader on insomnia research. He has been at the forefront of new developments on behavioural approaches to treating insomnia and on studying the natural history of insomnia with its risk factors and long-term consequences. He has held several leadership positions in the field of sleep medicine/research, including as President of the World Sleep Society. He is currently an Associate Editor for the journals SLEEP and for Behavioral Sleep Medicine. Professor Morin has published extensively on the topic of insomnia (textbooks, scientific articles, chapters, books for the lay public) and these writings have been instrumental in enhancing the standards of clinical care for patients affected with insomnia.

Register today!

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Canadian Sleep
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