



Canadian Sleep
Society



Société Canadienne
du Sommeil



CIHR
IRSC

Institute of Circulatory
and Respiratory Health
Institut de la santé
circulatoire et respiratoire

World Sleep 2019 - A Joint Congress of the World Sleep Society and Canadian Sleep Society:

The CCS/CIHR-ICRH Trainee Research Day

In partnership with the World Sleep Society and the Canadian Sleep and Circadian Network

Program Description:

This daylong event has been designed by trainees for trainees in sleep research. The program will be relevant to a wide range of trainees, and was planned to achieve scientific integrity, objectivity and balance. Participation is encouraged from trainees at all levels, from graduate students to fellows, working in basic and clinical research fields. The format of the program will include a mixture of data presentations by trainees and senior investigators, in addition to professional development sessions where attendees will get advice from experts on improving their scientific communication skills. The CCS/CIHR-ICRH Trainee Research Day will conclude with a social event and data blitz aimed at getting attendees to interact, network, and have fun. Sunday, September 22, 2019 from 8:50 to 16:00.

Planning Committee:

Committee Chairs:

Sara Pintwala (sara.pintwala@gmail.com) &
John Peever, PhD (john.peever@utoronto.ca)

- Kevin Grace, PhD (kpgrace@bidmc.harvard.edu)
- Samuel Laventure, PhD (samuel.laventure@gmail.com)
- Jonathan Charest (jonathan.charest.2@ulaval.ca)
- Michael Braganza, MD (michael.braganza@albertahealthservices.ca)
- Thierry Provencher (thierry.provencher@fmed.ulaval.ca)
- Indra Narang, MD (indra.narang@sickkids.ca)
- Ryan Perry, PhD (rjperry@ualberta.ca)



Program:

Time	Activity	Speaker(s)
8:50-9:00	Welcome and Opening Remarks	Sara Pintwala <i>University of Toronto</i>
Morning Session Advocating Science: Foundations, Translation and Application		
9:00-10:00	Keynote Address: Astrocyte and microglia responses to sleep loss <ul style="list-style-type: none"> • Recipient of the Canadian Sleep Society Distinguished Scientist Award • Dr. Semba's research focuses on the neurobiology of sleep. She aims to understand the mechanism of sleep/wake control as well as the cognitive and physiological consequences of sleep loss • Dr. Semba's talk will focus on current research findings from her laboratory with a comment on her career trajectory 	Dr. Kazue Semba <i>Dalhousie University</i>
10:00-10:15	Health break	
10:15-11:15	Answers that Matter: A Focus on Knowledge Translation in Sleep Science Will there ever be pharmacotherapy for Obstructive Sleep Apnea? <ul style="list-style-type: none"> • Results of a recent clinical trials showing promising effect of a drug combination • Additional comment on the process of commercializing clinical findings: Apnimed, Inc. 	Dr. Andrew Wellman <i>Harvard Medical School</i>
11:15-11:20	Introduction to Session	Sara Pintwala
11:20-11:30	Overview of trainee funding opportunities (i.e., CSS, CSCN, CIHR awards)	Jonathan Charest <i>Université Laval</i>
11:30-12:00	"Inside the mind" of the CIHR <ul style="list-style-type: none"> • Presentation by Dr. Ryan Perry, the Assistant Scientific Director of the Institute 	Dr. Ryan Perry <i>CIHR-ICRH</i>



	of Circulatory and Respiratory Health at CIHR	
12:00-12:30	<p>Lunch <i>Format</i></p> <ul style="list-style-type: none"> 30-minute period with no scheduled programming 	
12:30-13:30	<p>Lunch and Learn: Graduate Studies and Career Pathways</p> <ul style="list-style-type: none"> Lecture on career pathway as a Medical Science Liaison for Jazz Pharmaceuticals Focus on career transition from academia to industry Comment on career industry options for graduate students, and qualifications necessary 	<p>Dr. Christina Whiteus <i>Jazz Pharmaceuticals</i></p>
	<ul style="list-style-type: none"> Lecture on career pathway as an Independent Consultant Focus on career transition from academia to public, private and non-profit sectors Comment on career options post-graduate studies 	<p>Dr. Lee Tunstall <i>University of Calgary</i></p>
<p>Afternoon Session: A Focus on Trainees</p>		
13:30-14:00	<p>Trainee Symposium</p> <ul style="list-style-type: none"> Oral presentations by trainees, selected from abstracts submitted to the World Sleep Congress 2019 Original research by trainees, highlighting innovation in sleep research 	<ul style="list-style-type: none"> Thierry Provencher <ul style="list-style-type: none"> <i>Université Laval</i> HanHee Lee <ul style="list-style-type: none"> <i>University of Toronto</i>
14:00-14:15	<p>Presentation for the CIHR Sex- and Gender-based Analysis Trainee Award winner</p> <ul style="list-style-type: none"> Oral presentation by Orlane Ballot, winner of the CIHR Sex- and Gender-based Analysis Trainee Award Original research highlighting the role of gender in sleep research 	<p>Orlane Ballot <i>Université Laval</i></p>
14:15-14:30	<p>Presentation for the CSS Student Abstract Award winner</p>	<p>Russell Luke <i>University of Toronto</i></p>



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	<ul style="list-style-type: none">• Oral presentation by Russell Luke, winner of the CSS Top Student Abstract competition• Original research highlighting innovation in sleep research	
14:30-16:00	Social Mixer and Data Blitz <ul style="list-style-type: none">• Mixer for trainee socializing and networking• Trainee Data Blitz: 20 speakers given 1 minute each to present data	