Thursday November 16, 2023
8:30 – 9:00  Registration and Continental Breakfast

09:00  **Opening Remarks**

Chair: Milan Nigam, Université de Montréal

**Session 1: The Basics**

09:15  **Basics of Sleep Physiology**
Marcus Ng, MD, University of Manitoba

09:45  **Basics on the Methods of Investigation for Sleep Disorders**
Mark Boulos, MD, University of Toronto

10:15  Refreshment Pause

10:40  **Circadian Rhythm: Physiology & Pathology**
Garima Shukla, MD, Queen’s University

11:10  **Panel Discussion**

11:40  Transition and Stretch

Chair: tbc

**Session 2: Children & Sleep**

11:45  **Sleep Disorders in Children**
Evelyn Constantin, MD, McGill University

12:15  **Evaluation and Treatment of Pediatric Insomnia**
Shelly Weiss, MD, University of Toronto

12:45  **Panel Discussion**

13:05  Lunch
Session 3: Sleep-Related Breathing Disorders

14:15 Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders  
John Kimoff, MD, McGill University

14:45 Sleep-disordered Breathing in Neuromuscular Disease  
Mike Fitzpatrick, MD, Queen’s University

15:15 Panel Discussion

15:45 Refreshment pause

Session: Movement Disorders and NREM Parasomnias

16:00 Restless leg syndrome and Sleep Related Movement Disorders  
Milan Nigam, MD  
Hôpital du Sacré-Cœur de Montréal, Université de Montréal

16:30 NREM Parasomnias & Differential Diagnostic Considerations (pre-recorded talk)  
Alex Desautels, MD, PhD  
Université de Montréal, CIUSSS du Nord-de-l'Île-de-Montréal

17:00 Panel Discussion

17:30 Summary & Closing Remarks

18:00 Evening program – Sponsored by Eisai  
Cocktail – Speed-dating – Dinner
Friday, November 17, 2023

09:00  Welcome and overview – Day 2

**Session: Insomnia**

09:10  **Insomnia Disorder: Evaluation and Management**
       Thanh Dang-Vu, MD, PhD

09:40  **Cognitive Consequences of Primary Sleep Disorders**
       Véronique Latreille, PhD

10:00  **Panel Discussion**

10:20  **Refreshment Pause**

**Session: REM sleep parasomnias and Central Disorders of Hypersomnolence**

10:40  **REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease**
       Ron Postuma, MD, Montreal Neurological Institute-Hospital, McGill University

11:10  **Narcolepsy & Other Central Disorders of Hypersomnolence**
       Brian Murray, MD, University of Toronto

11:40  **Panel Discussion**

12:00  Lunch

13:15  **Hand-on Sessions**
       **Patient Case presentations**
       (Milan Nigam, Marcus Ng, Garima Shukla)

14:40  **Refreshment pause**
14:55  Tips and Tricks on How to Land a Sleep-Focused Fellowship  
Tbc

15:10  How and why to choose a career in sleep neurology? Experience report.  
Laurel Charlesworth, MD, University of Ottawa

15:40  Closing Remarks - Participation Prize draw