

# PROGRAMME

## Friday, November 28

**8:15**      **Registration and Breakfast**

**9:00**      **Opening Remarks**

Marcus Ng, MD, University of Manitoba

**Message from Platinum Sponsor**

Eisai

**Session 1: The Basics**

Chair: Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal

**9:15**      **Basics of Sleep Physiology**

Marcus Ng, MD, University of Manitoba

**9:55**      **Circadian Rhythm: Physiology & Pathology**

Milena Pavlova, MD, Brigham and Women's Hospital, Harvard Medical School

**10:35**      **Refreshment Pause**

**Session 2: Sleep-Related Movement Disorders**

Chair: Garima Shukla, MD, Queen's University

**11:00**      **Restless Leg Syndrome**

Garima Shukla, MD, Queen's University

**11:40**      **Other Sleep-Related Movement Disorders**

Jonathan Yeung Laiwah, MD, University of Calgary

**12:20**      **Lunch**

**Session 3: Insomnia**

Chair: Thanh Dang-Vu, MD, PhD, Concordia University

**13:20**      **Insomnia Disorder: Evaluation, Diagnosis and CBT-I**

Charles Morin, PhD, Laval University

**14:00**      **Insomnia: Pharmacotherapy and Impacts on Cognition**

Thanh Dang-Vu, MD, PhD, Concordia University

**14:40**      **Refreshment Pause**

**Session 4: Children & Sleep**

Chair: Shelly Weiss, MD, University of Toronto

**15:05**      **Sleep Disorders in Children**

Kevan Mehta, MD, McMaster University

**15:45**      **Evaluation and Treatment of Pediatric Insomnia**

Shelly Weiss, MD, University of Toronto

**16:25**      **Wearables, a Frontier Technology in Sleep Medicine**

Richard Liu, MD, McMaster University, University of Toronto

**17:05**      **Closing Remarks**

Marcus Ng, MD, University of Manitoba

**17:10**      **Cocktail and Networking**



# PROGRAMME

**Saturday, November 29**

**8:00**      **Registration and Breakfast**

**8:30**      **Welcome and Overview – Day 2**

Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal

**Session 5: Parasomnias and Central Disorders of Hypersomnolence**

Chair: Brian Murray, MD, University of Toronto

**8:40**      **REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease**

Ron Postuma, MD, The Neuro, McGill University

**9:20**      **NREM Parasomnias**

Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal

**10:00**      **Refreshment Pause**

**10:15**      **Sleep and Epilepsy**

Marcus Ng, MD, University of Manitoba

**10:55**      **Narcolepsy & Other Central Disorders of Hypersomnolence**

Brian Murray, MD, University of Toronto

**11:55**      **Lunch**

**Session 6: Sleep-Related Breathing Disorders**

Chair: Mike Fitzpatrick, MD, Queen's University

**12:40**      **Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders**

John Kimoff, MD, McGill University

**13:20**      **Sleep-Disordered Breathing in Neuromuscular Disease**

Mike Fitzpatrick, MD, Queen's University

**14:00**      **Refreshment Pause**

**14:15**      **Sleep and Stroke**

Mark Boullos, MD, University of Toronto

**14:55**      **Sleep and Headache**

Laurel Charlesworth, MD, University of Ottawa

**15:35**      **Closing Remarks & Participation Prize Draw**

Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal