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
Chair: tbc
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
Chair: tbc
Session: Movement Disorders and NREM Parasomnias
16:00 Restless leg syndrome and Sleep Related Movement Disorders
Milan Nigam, MD
Hôpital du Sacré-Coeur 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’Ile-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  Cognitive Behavioral Therapy for Insomnia (CBT-I): Hands-on session
Véronique Latreille, PhD

10:20  RefreshmentPause

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
Laurel Charlesworth, MD, University of Ottawa

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