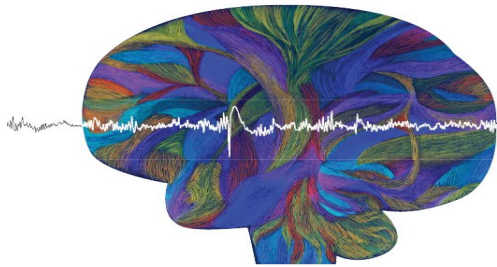


# NEURO COURSE

November 16–17, 2023

De Grandpré Communications Centre, The Neuro



## 4th NATIONAL TRAINING COURSE ON SLEEP MEDICINE

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

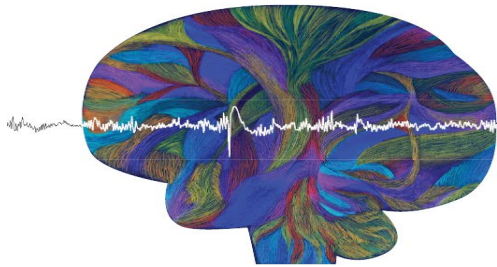
12:45 **Panel Discussion**

13:05 Lunch

# NEURO COURSE

November 16–17, 2023

De Grandpré Communications Centre, The Neuro



## 4th NATIONAL TRAINING COURSE ON SLEEP MEDICINE

Chair: tbc

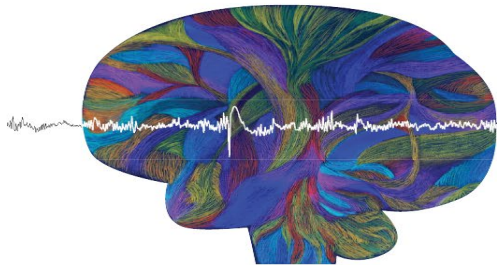
### Session 3: Sleep-Related Breathing Disorders

- 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'Île-de-Montréal
- 17:00 **Panel Discussion**
- 17:30 **Summary & Closing Remarks**
- 18:00 **Evening program – Sponsored by Eisai**  
Cocktail – Speed-dating – Dinner

# NEURO COURSE

November 16–17, 2023

De Grandpré Communications Centre, The Neuro



## 4th NATIONAL TRAINING COURSE ON SLEEP MEDICINE

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**

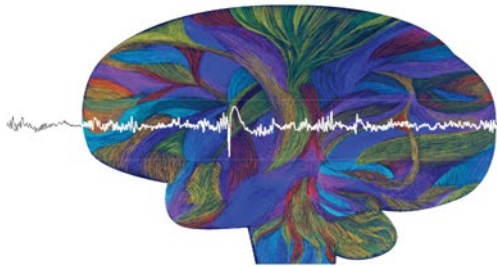
(Milan Nigam, Marcus Ng, Garima Shukla)

14:40 Refreshment pause

# NEURO COURSE

November 16-17, 2023

De Grandpré Communications Centre, The Neuro



## 4th NATIONAL TRAINING COURSE ON SLEEP MEDICINE

- 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](#)**