Thursday November 16, 2023

8:15 – 9:00  Registration and Continental Breakfast

09:00  Opening Remarks
Ron Postuma, Montreal Neurological Institute-Hospital (The Neuro), McGill University

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

10:45  Circadian Rhythm: Physiology & Pathology
Garima Shukla, MD, Queen’s University

11:10  Panel Discussion

11:40  Transition and Stretch

Chair: Shelly Weiss, University of Toronto

Session 2: Children & Sleep

11:45  Sleep Disorders in Children
Evelyn Constantin, MD, McGill University (video presentation)

12:15  Evaluation and Treatment of Pediatric Insomnia
Shelly Weiss, MD, University of Toronto
12:45  **Panel Discussion** (Dr. Constantin via zoom)

13:05-13:20  Lunch

**Session 3: Sleep-Related Breathing Disorders**

14:25  **Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders**  
John Kimoff, MD, McGill University

14:55  **Panel Discussion**

15:15-15:45  Refreshment pause

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

**Session 4: Movement Disorders and NREM Parasomnias**

15:45  **Restless Leg Syndrome and Sleep Related Movement Disorders**  
Milan Nigam, MD  
Hôpital du Sacré-Coeur de Montréal, Université de Montréal

16:15  **NREM Parasomnias & Differential Diagnostic Considerations**  
Ron Postuma, MD, Montreal Neurological Institute-Hospital, McGill University

16:45  **Panel Discussion**

17:15  **Summary & Closing Remarks**  
Mark Boulos, University of Toronto

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

8:15 – 9:00  Registration and Breakfast à la Montréalaise

09:00  Welcome and overview – Day 2
Marcus Ng, University of Manitoba

Chair: Thanh Dang-Vu, Concordia University

Session 5: Insomnia

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

09:35  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  Refreshment Pause

Chair: Ron Postuma, Montreal Neurological Institute-Hospital (The Neuro), McGill University

Session 6: 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  Sleep-disordered Breathing in Neuromuscular Disease
Mike Fitzpatrick, MD, Queen’s University
12:10  **Panel Discussion**

12:30  Lunch

13:45  **Hand-on Sessions**

**Patient Case Presentations**
(Milan Nigam, Marcus Ng, Garima Shukla)

14:55  Refreshment pause

15:10  **Tips and Tricks on How to Land a Sleep-Focused Fellowship**
Laurel Charlesworth, MD, University of Ottawa

15:40  **How and Why to Choose a Career in Sleep Neurology? Experience report.**
Laurel Charlesworth, MD, University of Ottawa

16:10  **Closing Remarks** - Participation Prize draw
Marcus Ng, University of Manitoba