

**3rd National Training Course on Sleep Medicine
November 3 - 4, 2022**

Thursday November 03, 2022

- 09:30 [Welcome & Registration](#)
- 10:00 **Opening Remarks**
Birgit Frauscher, MD, The Neuro, McGill University
Words from our Sponsor – Genevieve Tousignant
- 10:10 **Basics of Sleep Physiology**
Marcus Ng, MD, University of Manitoba
- 11:05 **Basics on the Methods of Investigation for Sleep Disorders**
Laure Peter-Derex, MD, Lyon University, France
- 12:00 **Circadian Rhythm: Physiology & Pathology**
Garima Shukla, MD, Queen's University
- 12:55 [Lunch](#)
- 13:45 **Join the Experts: Round Table Discussion #1**
[\(Laure Charlesworth, Garima Shukla, Laure Peter-Derex\)](#)
- 14:15 **Sleep Disorders in Children**
Evelyn Constantin, MD, McGill University
- 15:15 [Refreshment Pause](#)
- 15:30 **Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders**
John Kimoff, MD, McGill University
- 16:30 **Sleep-Related Breathing Disorders & Cerebrovascular Disease**
Mark Boulos, MD, University of Toronto
- 17:10 **Sleep-Related Movement Disorders: Diagnosis & Treatment**
Alex Desautels, MD, PhD, Université de Montréal
- 18:00 **How and why to choose a career in sleep neurology? Experience report.**
Laure Charlesworth, MD, Queen's University
- 18:30 [Dinner – Béatrice, 1504 rue Sherbrooke Ouest, Montréal, Québec H3G 1L3](#)

Friday, November 04, 2022

- 8:30 **Insomnia Disorder: Evaluation and Management** (pre-recorded)
Thanh Dang-Vu, MD, PhD, Concordia University
- 9:20 **Evaluation and Treatment of Pediatric Insomnia** (pre-recorded)
Shelly Weiss, MD, University of Toronto
- 10:00 **Cognitive Consequences of Primary Sleep Disorders**
Véronique Latreille, PhD, Montreal Neurological Institute-Hospital, McGill University
- 10:30 **REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease**
Ron Postuma, MD, Montreal Neurological Institute-Hospital, McGill University
- 11:15 **Refreshment Pause**
- 11:30 **NREM Parasomnias**
Steve Gibbs, MD, PhD, Université de Montréal
- 12:30 **Lunch**
- 13:30 **Sleep-Related Epilepsy Syndromes**
Birgit Frauscher, MD, Montreal Neurological Institute-Hospital, McGill University
- 14:00 **Hand-on Parallel Sessions**
➤ **Patient Case presentations**
(B. Frauscher, B. Murray, M. Ng, L. Peter-Derex, G. Shukla)
- 15:30 **Refreshment Pause**
- 15:55 **Draw of Participation Prize**
- 16:00 **Narcolepsy & Other Central Disorders of Hypersomnolence**
Brian Murray, MD, University of Toronto
- 16:50 **Sleep-disordered Breathing in Neuromuscular Disease**
Mike Fitzpatrick, MD, Queen's University
- 17:30 **Closing Remarks**
Birgit Frauscher, MD, The Neuro, McGill University