



2nd National Training Course on Sleep Medicine

November 18-19, 2021

Preliminary Program

November 18, 2021

- 9:30 **Welcome & Registration**
- 10:00 **Opening remarks**
Birgit Frauscher, MD, Montreal Neurological Institute-Hospital, McGill University
- 10:05 **Basics of Sleep Physiology**
Marcus Ng, MD, University of Manitoba
- 11:00 **Basics on the Methods of Investigation for Sleep Disorders**
Laure Peter-Derex, MD, Lyon University, France
- 12:00 **Circadian Rhythm: Physiology & Pathology**
Garima Shukla, Queen's University
- 12:45 **Lunch break**
- 13:45 **Narcolepsy & Other Central Disorders of Hypersomnolence**
Brian Murray, MD, University of Toronto
- 14:45 **Diagnosis & Management of Sleep-Related Breathing Disorders**
John Kimoff, MD, McGill University Health Centre
- 15:45 **Refreshment pause**
- 16:00 **Sleep-Related Movement Disorders: Diagnosis & Treatment**
Alex Desautels, MD, PhD, Université de Montréal
- 17:00 **Cocktail Dinatoire & Scientific Speed Dating**

November 19, 2021

- 9:00 **Continental Breakfast (Helen Penfield Atrium)**
- 9:30 **Insomnia- Diagnosis, Management, and Special Considerations in Neurological Patients**
Thanh Dang-Vu, Concordia University
- 10:15 **REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease**
Ron Postuma, MD, Montreal Neurological Institute-Hospital, McGill University
- 11:00 **Refreshment Pause**
- 11:15 **NREM Parasomnias**
Steve Gibbs, MD, PhD, Université de Montréal
- 12:00 **Lunch Break**
- 13:00 **Sleep-Related Epilepsy Syndromes**
Birgit Frauscher, MD, Montreal Neurological Institute-Hospital, McGill University
- 13:30 **Case Interpretations**
Birgit Frauscher (The Neuro); Thanh Dang-Vu (Concordia University); Steve Gibbs (UdeM); Brian Murray (University of Toronto); Marcus Ng (University of Manitoba); Garima Shukla (Queen's University)
- 15:00 **Refreshment pause**
- 15:20 **Sleep Disorders in Children**
Evelyn Constantin, MD, Montreal Children's Hospital
- 16:20 **Cognitive Consequences of Primary Sleep Disorders**
Véronique Latreille, PhD, Montreal Neurological Institute-Hospital, McGill University
- 17:00 **Closing Remarks**