

LUDMER PUBLIC LECTURE

SLEEP & THE AGEING BRAIN



Healthy sleep is important throughout the life span and becomes more challenging with age. In this public lecture, we will explore how the brain mediates normal sleep and its importance to health, as well as how normal sleep can be disrupted and change with age and age-related pathologies. Join us and our panel of leading researchers to learn more about the impact of sleep on the ageing brain.

For more details: <http://ludmercentre.ca/events/sleep>

Tickets: \$12 general public | \$7 students

All proceeds will go to the McGill "Seed of Change" campaign to establish the Ludmer Centre Student Award for Transdisciplinary Brain Research

18:00 – 18:15 Registration & Information Fair

Check out information tables on sleep programs and talk to sleep researchers.

18:15 – 19:30 Expert panel presentation and Q & A



Barbara E. Jones

Department of Neurology and Neurosurgery, The Neuro, McGill University
2017 Distinguished Scientist Award from the Canadian Sleep Society



Julien Doyon

Director, McConnell Brain Imaging Centre, The Neuro, McGill University
Influence of sleep on memory in neurological disorders such as Parkinson's Disease.



Julie Carrier

Department of Psychology, Centre de recherche de l'Institut universitaire de gériatrie de Montréal, Université de Montréal, Centre for Advanced Research in Sleep Medicine, Director of the Canadian Sleep and Circadian Rhythms Network



Thanh Dang-Vu

Concordia University Research Chair in Sleep, Neuroimaging and Cognitive Health, Health, Kinesiology and Applied Physiology.
The interface between neuroimaging, sleep, and neurology

19:30-20:00 Reception

The Fondation Sommeil will provide tips on how to improve your sleep.



Wednesday, February 27, 2019

18:00-20:00

Jeanne Timmins Amphitheatre,

The Neuro, 3801 University St, Montreal, Quebec, H3A 2B4



Institut et hôpital neurologiques de Montréal
Montreal Neurological Institute and Hospital



Ludmer Centre for
Neuroinformatics & Mental Health



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HEALTHY BRAINS
FOR HEALTHY LIVES