5TH NATIONAL COURSE ON SLEEP MEDICINE

Programme
November 22-23, 2024 | de Grandpré Communications Centre
Friday, November 22

8:15  Registration and Continental Breakfast

9:00  Opening Remarks
Marcus Ng, MD, University of Manitoba

Session 1: The Basics
Chair: Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal

9:15  Basics of Sleep Physiology
Marcus Ng, MD, University of Manitoba

9:45  Circadian Rhythm: Physiology & Pathology
Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal

10:15 Panel Discussion

10:30 Refreshment Pause

Session 2: Insomnia
Chair: Thanh Dang-Vu, MD, PhD, Concordia University

11:00  Insomnia Disorder: Evaluation, Diagnosis and CBT-I
Charles Morin, PhD, Laval University

11:30  Insomnia: Pharmacotherapy and Impacts on Cognition
Thanh Dang-Vu, MD, PhD, Concordia University

12:00 Panel Discussion

12:15 Lunch

Session 3: Sleep-Related Breathing Disorders
Chair: Mike Fitzpatrick, MD, Queen’s University

13:15  Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders
John Kimoff, MD, McGill University

13:45  Sleep-Disordered Breathing in Neuromuscular Disease
Mike Fitzpatrick, MD, Queen’s University

14:15  Sleep & Stroke
Mark Boulos, MD, University of Toronto

14:45 Panel Discussion

15:00 Refreshment Pause

Laurel Charlesworth, MD, University of Ottawa

16:15  Closing Remarks
Marcus Ng, MD, University of Manitoba

16:30 Cocktail and Networking
Saturday, November 23

8:15  Registration and Breakfast à la Montréalaise

9:00  Welcome and Overview – Day 2
      Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal

9:05  Session 4: Children & Sleep
      Chair: Shelly Weiss, MD, University of Toronto

9:05  Sleep Disorders in Children
      Kevan Mehta, MD, McMaster University

9:35  Evaluation and Treatment of Pediatric Insomnia
      Shelly Weiss, MD, University of Toronto

10:05 Panel Discussion

10:20 Refreshment Pause

10:35 Session 5: Parasomnias and Central Disorders of Hypersomnolence
      Chair: Brian Murray, MD, University of Toronto

10:35 REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease
      Ron Postuma, MD, The Neuro, McGill University

11:05 NREM Parasomnias
      Steve Gibbs, MD, Université de Montréal

11:35 Sleep and Epilepsy
      Marcus Ng, MD, University of Manitoba

12:05 Narcolepsy & Other Central Disorders of Hypersomnolence
      Brian Murray, MD, University of Toronto

12:35 Panel Discussion

12:50 Lunch

14:00 Session 6: Sleep-Related Movement Disorders
      Chair: Garima Shukla, MD, Queen’s University

14:00 Restless Leg Syndrome and Sleep-Related Movement Disorders
      Garima Shukla, MD, Queen’s University

14:30 Wearables, a Frontier Technology in Sleep Medicine
      Richard Liu, MD, Queen’s University

15:00 Panel Discussion

15:15 Hands-on Sessions & Patient Case Presentations

16:00 Closing Remarks & Participation Prize Draw
      Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal