

5th National Course on Sleep Medicine

Preliminary Program

Friday, November 22

8:15 - 9:00	Registration and Continental Breakfast
09:00	Opening Remarks – Marcus Ng, MD, University of Manitoba
	Chair: tbc <u>Session 1: The Basics</u>
09:15	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
	Chair: Thanh Dang-Vu, MD, PhD, Concordia University <u>Session 2: Insomnia</u>
11:00	Insomnia Disorder: Evaluation

15:00	Refreshment Pause
15:15	<p>Tips and Tricks on How to Land a Sleep-Focused Fellowship & How and Why to Choose a Career in Sleep Neurology? Experience report.</p> <p>Laurel Charlesworth, MD, University of Ottawa</p> <p>Q&A</p>
16:15	Closing Remarks – Marcus Ng, MD, University of Manitoba
16:30	Cocktail and Networking

Saturday, November 23

8:15 - 9:00	Registration and Breakfast à la Montréalaise
9:00	<p>Welcome and Overview – Day 2</p> <p>Milan Nigam, MD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal</p>
	<p>Chair: Shelly Weiss, University of Toronto</p> <p><u>Session 4: Children & Sleep</u></p>
9:05	<p>Sleep Disorders in Children</p> <p>Kevan Mehta, MD, McMaster University (tbc)</p>
9:35	<p>Evaluation and Treatment of Pediatric Insomnia</p> <p>Shelly Weiss, MD, University of Toronto</p>
10:05	Refreshment Pause
	<p>Chair: tbc</p> <p><u>Session 5: Parasomnias and Central Disorders of Hypersomnolence</u></p>
10:20	<p>REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease</p> <p>Ron Postuma, MD, Montreal Neurological Institute-Hospital, McGill University</p>
10:50	<p>NREM Parasomnias</p> <p>Steve Gibbs, PhD, Hôpital du Sacré-Coeur de Montréal, Université de Montréal</p>
11:20	<p>Sleep and Epilepsy</p> <p>Marcus Ng, MD, University of Manitoba</p>

11:50

13:00

Lunch

Chair: Garima Shukla, MD, Queen's University