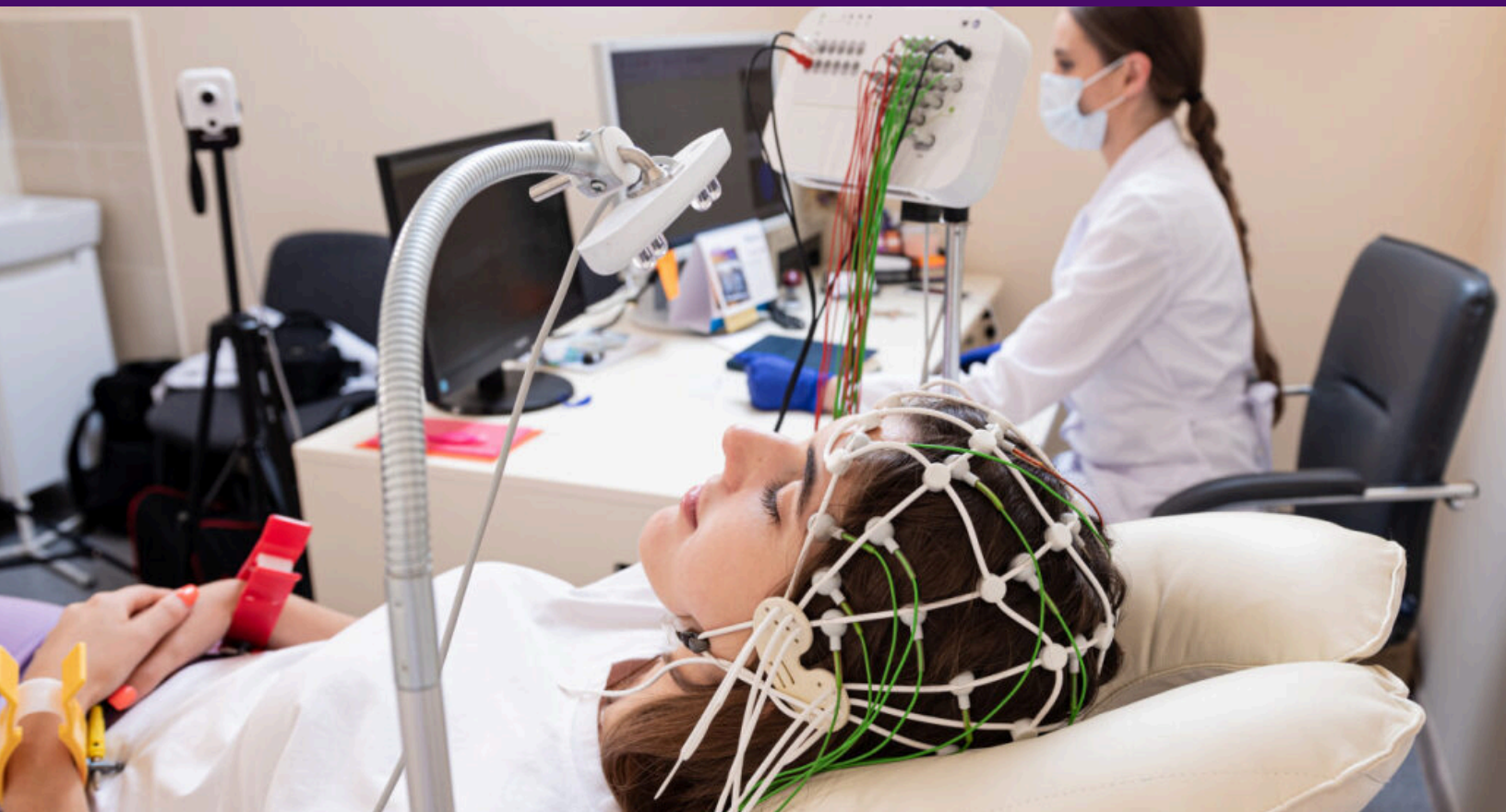


# 5TH NATIONAL COURSE ON SLEEP MEDICINE

## Programme

November 22-23, 2024 | de Grandpré Communications Centre



Institut-Hôpital  
neurologique de Montréal  
Montreal Neurological  
Institute-Hospital



Centre universitaire  
de santé McGill



McGill University  
Health Centre

# 5TH NATIONAL COURSE ON SLEEP MEDICINE

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# SPONSORS



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# PROGRAMME

## Friday, November 22

- 8:15**     **Registration and 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**
- 15:15**    **Tips and Tricks on How to Land a Sleep-Focused Fellowship & How and Why to Choose a Career in Sleep Neurology? Experience report.**  
Laurel Charlesworth, MD, University of Ottawa
- 16:15**    **Closing Remarks**  
Marcus Ng, MD, University of Manitoba
- 16:30**    **Cocktail and Networking**



# PROGRAMME

## Saturday, November 23

- 8:15**     **Registration and Breakfast**
- 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
- 9:35**     **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
- 11:05**    **REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease**  
Ron Postuma, MD, The Neuro, McGill University
- 11:35**    **NREM Parasomnias**  
Steve Gibbs, MD, MSc, FRCPC, Department of Neurosciences, 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**
- 13:00**    **Lunch**
- 14:00**    **Session 6: Sleep-Related Movement Disorders**  
Chair: Garima Shukla, MD, Queen's University
- 14:30**    **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, MSc, 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

# SPEAKER BIOGRAPHIES



## **Mark Boulos, MD, FRCPC, CSCN(EEG), MSc**

Dr. Mark Boulos is a Stroke & Sleep Neurologist, Associate Professor, and Clinician-Investigator in the Division of Neurology at the University of Toronto and Sunnybrook Health Sciences Centre. Dr. Boulos serves as the Medical Lead for the Sunnybrook Sleep Laboratory and as Program Director for the Sleep Neurology Fellowship Program at the University of Toronto. Dr. Boulos oversees an active research program that investigates the association of sleep disorders with TIA/stroke, dementia, and other neurological disorders. In addition, he has an interest in home sleep monitoring, normative sleep data, and novel treatment interventions for managing sleep disorders. Dr. Boulos has published more than 80 peer-reviewed journal articles, and many book chapters, abstracts, and poster presentations. His research program has been supported by the Canadian Institutes of Health Research, Heart and Stroke Foundation, RLS Foundation, the Innovation Fund of the Academic Health Sciences Centres of Ontario, and several industry partners. In 2020, Dr. Boulos was awarded by the American Academy of Neurology the Wayne Hening Sleep Medicine Investigator Award in recognition of outstanding achievements in Sleep Science research.



## **Laurel Charlesworth, MD**

Dr. Laurel Charlesworth is a neurologist and sleep physician at The Ottawa Hospital, and an assistant professor at the University of Ottawa. She completed her medical degree at McMaster University's Niagara Regional Campus, followed by neurology residency in Ottawa, and sleep medicine fellowship at Queen's University. She is a clinician teacher with clinical interest in overlap of sleep and chronic neurological conditions, as well as occupational / aerospace medicine. She also has a passion for resident and physician wellness, with a focus on fatigue risk management.



## **Thanh Dang-Vu, MD, PhD, FAASM**

Dr. Thanh Dang-Vu received his M.D. in 2004 from the University of Liège, Belgium. He then completed a specialization in neurology and a Ph.D. in biomedical sciences at the same university. He completed his first postdoctoral fellowship at the Department of Neurology at the Massachusetts General Hospital (Harvard Medical School) in Boston, and a second postdoctoral fellowship at the Centre for Advanced Studies in Sleep Medicine at the Hôpital du Sacré-Coeur in Montreal. He is the recipient of several scientific awards, including from the Canadian Sleep Society, the Sleep Research Society, the European Sleep Research Society, the Belgian Association for Sleep Research and Sleep Medicine, and the Belgian Neurological Society. He is currently Full Professor and Research Chair in Sleep, Neuroimaging and Cognitive Health at Concordia University, and is a FRQS Senior Scholar. Dr. Thanh Dang-Vu is also Vice President (Research) at the Canadian Sleep Society and a member of the Royal Society of Canada's College of New Investigators. He is also a neurologist, researcher and Associate Director of Clinical Research at the Geriatric University Institute of Montreal, as well as an associate professor in the Department of Neuroscience at the University of Montreal. Dr. Dang-Vu's research activities focus on the pathophysiology of sleep disorders and the role of sleep in cognition, using tools such as EEG and brain imaging. To date, he has published over 100 peer-reviewed journal articles and over 30 book chapters. Dr. Dang-Vu is on the editorial board of several scientific journals, and is an associate editor of the journal SLEEP.



## **Mike Fitzpatrick, MB, BCh, DCH, FRCPI, MD, FRCPC, FAASM**

Dr. Michael Fitzpatrick graduated from University College Dublin and undertook further respirology and sleep medicine training at the University of Edinburgh, Scotland before coming to Canada. He is a board-certified sleep medicine specialist (AASM) and respirologist (RCPSC) and former training program director and division chair of respirology at Queen's University. He currently serves as Chief of Staff & Executive Vice President of Medical & Academic Affairs at Kingston Health Sciences Centre. His clinical practice includes general internal medicine, general respirology & sleep medicine. Since 1998, he has also served as the respiratory consultant to the multidisciplinary neuromuscular clinic in Kingston.

# SPEAKER BIOGRAPHIES



## **Steve Gibbs, MD, MSc, FRCPC**

Dr. Steve A. Gibbs is a neurologist and epileptologist at the Center for Advanced Research in Sleep Medicine at Hôpital du Sacré-Coeur de Montréal. He is an associate clinical professor in the department of neurosciences at Université de Montréal and the head of the adult epilepsy clinic at Sacré-Coeur hospital. His primary clinical and research interests focus on the influence of sleep on seizures and NREM parasomnias as well as sleep-related hypermotor epilepsy.



## **John Kimoff, MD**

Dr. Kimoff is Professor of Medicine, Respiratory Division at the McGill University Health Center. He is medical director of the MUHC Clinical Sleep Laboratory and the MUHC Research Institute Sleep Research facility. His clinical practice involves respiratory medicine and multi-disciplinary sleep disorders. He has diverse teaching responsibilities and runs a clinically-oriented research program on sleep-disordered breathing under three themes: 1) innovative diagnostic and therapeutic strategies; 2) upper airway neuromuscular dysfunction with a recent focus on clinical trials in neuromuscular disorders; and 3) cardiometabolic and reproductive health, with clinical trials in congestive heart failure and adverse effects of maternal sleep apnea on pregnancy outcomes including hypertensive disorders of pregnancy.



## **Richard Liu, MD, FRCPC, DABPN, DABSM, CSCN (EEG), MSc**

Dr. Ran (Richard) Liu is a sleep neurologist with an interest in epilepsy, at the Sunnybrook Health Sciences Centre and Medsleep. He completed his MD and MSc degrees at the University of British Columbia, Neurology residency at Queen's University and Sleep Medicine fellowship at Harvard University. Dr. Liu is an Adjunct Assistant Clinical Professor at the Department of Medicine at McMaster University, as well as an Adjunct Lecturer at the University of Toronto. His research interests include central disorders of hypersomnolence, sleep disordered breathing, insomnia, epilepsy and medical technology.



## **Kevan Mehta, MD**

Dr. Kevan Mehta is a pediatric respirologist and sleep medicine physician at McMaster Children's Hospital and an Assistant Professor at McMaster University. He completed his undergraduate medical training in the United Kingdom, before returning to Canada to complete his General Pediatrics Residency, Pediatric Respiratory Fellowship and Sleep Medicine/Severe Asthma Fellowship at The Hospital for Sick Children in Toronto, Ontario. He has since practiced as a Respirologist, with special expertise in sleep medicine and home ventilation. His research interests focus on studying the effective use of diagnostics and technology, as well as virtual care and remote monitoring, in patients with sleep disordered breathing.



# SPEAKER BIOGRAPHIES



## **Charles Morin, PhD**

Prof. Charles M. Morin is a Professor of Psychology and Director of the Sleep Research Centre at Université Laval in Quebec City. He holds a Canada Research Chair on behavioural sleep medicine. Professor Morin has been at the forefront of new developments in therapeutic approaches for insomnia and on the natural history of insomnia with its risk factors and long-term consequences. He is a past President of the World Sleep Society and the Canadian Sleep Society and was a member of the American Psychiatric Association work group revising sleep disorders diagnostic criteria for DSM-5. He is currently an Associate Editor for the journals SLEEP and Behavioral Sleep Medicine. Professor Morin has published extensively (8 books, > 350 articles) on the topic of insomnia and these writings have been instrumental in enhancing the standards of clinical care for patients affected with insomnia.



## **Brian J. Murray, MD, FRCPC, FAAN, FAASM**

Brian J. Murray is a professor of neurology and sleep medicine at Sunnybrook Health Sciences Centre, University of Toronto. His major clinical interests are in neurological aspects of sleep medicine, and the relationship between sleep and behaviour. He is the Head of the Division of Neurology at Sunnybrook, and Chair of the Sunnybrook Research Ethics Board.



## **Marcus Ng, BMSc, MD(STIR), FRCPC, CSCN(EEG)**

Dr. Marcus Ng is an Associate Professor of Neurology, Epileptologist, and Adjunct Professor of Biomedical Engineering at the University of Manitoba in Winnipeg, Canada. He completed his fellowship in Epilepsy, EEG, and Clinical Neurophysiology at the Massachusetts General Hospital, and he is the former chief EEG examiner for the Canadian Society of Clinical Neurophysiologists. Co-author of the "Atlas of Intensive Care Quantitative EEG", his research interest is focused on the understanding and clinical application of the suppressive effects of rapid eye movement (REM) sleep on seizures and epilepsy. He is also interested in the development of novel tools and techniques (such as quantitative EEG) for the analysis of sleep in the epilepsy monitoring and critical care units.



## **Milan Nigam, MD**

Dr. Milan Nigam is a sleep neurologist at the Center for Advanced Research in Sleep Medicine at Hôpital du Sacré-Coeur de Montréal and an associate clinical professor in the department of neurosciences at Université de Montréal. He is primarily interested in central disorders of hypersomnolence and parasomnias.

# SPEAKER BIOGRAPHIES



## **Ron Postuma, MD, MSc**

Dr. Ron Postuma is Professor of Neurology at McGill University. He graduated with his Medical Degree from the University of Manitoba, completed a Neurology fellowship at McGill University, a Movement Disorders research fellowship at the University of Toronto, and a Masters in Epidemiology at McGill. He is a clinical movement disorders specialist, with a research interest mainly centered around non-motor aspects of Parkinson's disease. Main areas of interest include early detection of PD, diagnosis and treatment of sleep disorders including REM sleep behavior disorder, diagnosis and diagnostic criteria for PD, and clinical trials in the early stages of PD.



## **Garima Shukla, MBBS, MD, DM, FRCPC**

Dr. Garima Shukla is a Professor of Neurology, specializing in Epilepsy and Sleep Medicine, at Queen's University in Kingston, ON. Her prior appointment was as Professor of Neurology at the All India Institute of Medical Sciences, New Delhi, India. Her research focus comprises the sleep-epilepsy-cognition interface, epilepsy co-morbidities as well as sleep disorders in neurology. Currently a section editor of the journal Sleep Medicine, she has more than 150 peer reviewed publications and is a recipient of numerous academic awards and honors.



## **Shelly Weiss, MD**

Dr. Weiss is a Pediatric Neurologist at SickKids and a Professor in the Temerty Faculty of Medicine at the University of Toronto. Her research, education and clinical work is in the area of epilepsy and pediatric sleep neurology. Dr. Weiss has extensive leadership experience in sleep education nationally and internationally, having been a past President of the Canadian Sleep Society, a past member of the Governing Council of the World Sleep Society, a current member of the program committee of the WSS, and the Chair-Elect of the Area of Focused Competence (AFC) for the RCPSC. Her research currently is in the area of developing and evaluating eHealth interventions for pediatric insomnia for children with neurodevelopmental disorders with Dr. Penny Corkum (Dalhousie University) and the Better Nights Better Days team.

# NOVEMBER 22 ABSTRACTS

## Basics of Sleep Physiology

### Marcus Ng

This talk on the 'Basics of Sleep Physiology' will start with a brief historical overview and then consider sleep architecture, followed by a review of sleep scoring as per the American Academy of Sleep Neurology.

## Circadian Rhythm: Physiology & Pathology

### Milan Nigam

Objectives:

- 1) Describe the neuroanatomical and physiological processes involved in circadian regulation
- 2) Describe the methods used to measure circadian physiology
- 3) Develop an approach in the diagnosis and management of circadian rhythm disorders

## Insomnia Disorder: Evaluation, Diagnosis and CBT-I

### Charles Morin

This presentation will summarize the epidemiology and burden of insomnia, review key diagnostic and assessment issues when evaluating insomnia complaints, and summarize the current state of evidence about cognitive behavioural therapies for insomnia (CBT-I). Practical considerations when implementing CBT-I will be discussed as will clinical issues surrounding hypnotic discontinuation.

## Insomnia: Pharmacotherapy and Impacts on Cognition

### Thanh Dang-Vu

This presentation will review the recent evidence linking insomnia disorder to age-related cognitive decline, and will provide an overview of the pharmacological treatment of insomnia disorder, including a review of recent national and international guidelines.

## Diagnosis & Management of Obstructive Sleep-Related Breathing Disorders

### John Kimoff

This session will provide an overview of Sleep-Related Breathing Disorders and then focus on recent advances in the clinical recognition, complications, diagnosis, and management strategies for obstructive sleep apnea-hypopnea. Emphasis will be placed on how advances in the understanding of neural mechanisms of upper airway motor control during sleep are informing novel treatment approaches.

## Sleep-Disordered Breathing in Neuromuscular Disease

### Mike Fitzpatrick

This talk will address important changes in physiology underlying neuromuscular compromise during sleep. It will also address practical aspects of the management of patients with neuromuscular disease to detect and effectively treat neuromuscular compromise during sleep.

## Sleep & Stroke

### Mark Boulos

In this lecture, we will discuss the close relationship between sleep disorders and cerebrovascular disease. We will also discuss ambulatory methods for detecting sleep disorders in stroke patients. Finally, we will discuss the literature supporting the treatment of sleep disorders after stroke.

## Tips and Tricks on How to Land a Sleep-Focused Fellowship & How and Why to Choose a Career in Sleep Neurology? Experience Report.

### Laurel Charlesworth

After a long day of captivating talks on various sleep and neurological conditions, you are likely getting excited about the field of sleep neurology! This brief talk will build on this enthusiasm, and demonstrate the many ways you can build sleep medicine into your future practice as a neurologist. We will also review the pathways available for sleep medicine fellowship training, within Canada and internationally.



# NOVEMBER 23 ABSTRACTS

## Sleep Disorders in Children

### Kevan Mehta

I will discuss the basics of pediatric respiratory sleep medicine, reviewing various forms of sleep disordered breathing in children. Where relevant, I will also point out some of the differences between adult and pediatric patients and populations to make this talk relatable to all providers.

## Evaluation and Treatment of Pediatric Insomnia

### Shelly Weiss

Pediatric insomnia is a frequent concern of parents of typically developing children and even more common in children with neurodevelopmental disabilities. There are many causes of pediatric insomnia, but the most common cause is behavioural insomnia. For typically developing children, behavioural treatment is usually sufficient, but in children with neurodevelopmental disabilities, often behavioural treatment is combined with pharmacotherapy. In this presentation an up to date, evidence-based approach to the evaluation and treatment of both typically developing and children with neurodevelopmental disabilities will be reviewed.

## REM Sleep Behavior Disorder and Risk of Neurodegenerative Disease

### Ron Postuma

REM sleep behaviour disorder is characterized by loss of the normal atonia of REM sleep. This enables patients to 'act out their dreams'. In its idiopathic form, this occurs in approximately 1% of the population over age 50, although the vast majority never present to medical attention. Diagnosis is generally made via overnight polysomnogram. Treatments include bed safety measures, withdrawal of potential triggers such as antidepressants, and medications such as melatonin and clonazepam. There is a very strong connection between RBD and neurodegenerative synucleinopathies, including Parkinson's disease, Dementia with Lewy bodies, and multiple system atrophy. Over 80% of iRBD patients will eventually develop one of these conditions. The implications for identification of early synucleinopathy markers, tracking early changes of disease over time, and potential for timely provision of neuroprotective therapy will be discussed.

## NREM Parasomnias

### Steve Gibbs

This talk will provide an interactive overview of NREM parasomnias from diagnosis to management.

## Sleep and Epilepsy

### Marcus Ng

This talk on "Sleep and Epilepsy" will consider the bidirectional relationship from two distinct but related vantage points. First, there will be discussion of sleep as a direct modulator of epilepsy. Second, there will be discussion of sleep as an indirect epilepsy comorbidity.

## Narcolepsy & Other Central Disorders of Hypersomnolence

### Brian Murray

At the end of this presentation, the participant will be able to:

- 1) Assess daytime sleepiness subjectively and objectively in an individual patient
- 2) Summarize the most common causes of excessive daytime sleepiness and recognize features suggestive of narcolepsy in particular
- 3) Implement treatment strategies for these conditions

## Restless Legs Syndrome and Sleep-Related Movement Disorders

### Garima Shukla

A brief overview of the classification of sleep related movement disorders will be followed by a focussed discussion on restless legs syndrome - current understanding of pathophysiology, diagnostic considerations & categories and treatment principles. Restless legs syndrome's association with some common neurological conditions will also be summarized.

## Wearables, a Frontier Technology in Sleep Medicine

### Richard Liu

# ORGANIZING COMMITTEE

Debbie Rashcovsky, Chair

Paula Adler

Michelle Gyenes

Milan Nigam

Marcus Ng

Garima Shukla