

# CSCN Newsletter

Winter 2016

## Word of the scientific director

We wish to thank all the actors working to make the CSCN a truly collaborative and successful endeavour. We also wish you a very happy Holiday Season!

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## Progress report

The **4 initial research projects** of the CSCN are making progress. Projects 1 and 2: Over 130 adult OSA participants have been recruited and data collection of pediatric participants just started.

Project 3: Sleep data from the Canadian Longitudinal Study on Aging cohort were requested and analyses will start soon.

Project 4 is nearing completion of 3-month data for 150 patients on the Fast track study (Aim 1). A protocol paper is under review. The Decision aids study (Aim 2) has a manuscript in preparation. A preliminary environmental scan of OSA care in each province has been completed.

The **Training Committee** has announced several initiatives:

- A two-year Canadian Sleep Medicine Fellowship to complete advanced clinical training in Sleep Medicine with research training.
- The Outstanding Science Awards: Each year two fellowships will be awarded: one for a post-doctoral fellow and one for a doctoral student.
- The Multi-site Mentorship Program Awards for trainees to spend time working at different Canadian training locations.
- Fifteen travel awards to attend the Canadian Sleep Society Meeting in Calgary (April 28-30) will be announced shortly on the CSCN website.

Application details are posted on the website in the Fellowships and Awards section (under the Training tab).

Other fellowship opportunities (University of Calgary) and faculty positions (University of Guelph) are also posted on the CSCN website (faculty positions are posted in the News and Events section). Please visit at: [www.cscnweb.ca](http://www.cscnweb.ca)



## Progress report... continued

The **Knowledge Mobilization Committee** is strengthening the ties with the Stakeholder Alliance. It has also planned some initiatives which will be incorporated in the CSS conference program.

The CSCN have been proactive in reaching members of the **Stakeholder Alliance** with collaborative projects. In partnership with MERCK, CSCN organised a one-day workshop on insomnia in January in Montreal to create a plan of action for the development of Canadian research on insomnia. It was a recommendation of the **International Science Advisory Committee** (ISAC) to ensure the future of the CSCN by envisioning new avenues starting now.

Also upon a recommendation of the ISAC, the Leadership Committee and the Biobank Administrator are putting together a **Biomarkers Committee** to keep ahead in the field of "omics". They have made contact with different researchers in that field.

**Patient engagement:** the Centre of excellence on Partnership with Patients and the Public (CPPP: Université de Montréal) is finishing the interviews with interested patients to select those who will sit on the different committees.

The **Sleep Research Biobank:** Over 80 samples from Project 1 have been collected for the Biobank!

## Events since the last newsletter

Key members of the CSCN attended the **Biomarkers Symposium** in Bologna, Italy.

## Upcoming events

**Soon to be announced:** Travel awards for trainees to attend the CSS (please consult the CSCN website).

**January 20:** Insomnia Research Workshop in Montreal.

**April 28-30:** Canadian Sleep Society Meeting in Calgary.  
Special scientific activity for trainees on April 30.

**June 3-7:** SLEEP 2017 meeting in Boston.

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***CSCN vision:**  
To mobilize the  
healthcare community  
to adopt an integrated  
approach towards  
improving outcomes  
and treatment of  
patients with sleep  
disorders*

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Your input is valuable to us.

Please send us your comments about the newsletter, or ideas for network activities.

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