

CSCN Newsletter



Spring 2017

Word of the scientific director

We are proud to announce that we now offer the CSCN Newsletter in Canada's two official languages: French and English. Have a great spring!

Progress report

The **4 initial research projects** of the CSCN are making progress. Projects 1 and 2: Over 200 adult OSA participants and about 25 obese pediatric participants have been recruited.

Project 3: Sleep and relevant data have been obtained from the Canadian Longitudinal Study on Aging and analyses are underway.

Project 4: The 3-month data for 150 patients on the Fast Track Clinic study (Aim 1) have been collected. The protocol design has been accepted for publication in British Medical Journal (open access). The Decision aids study (Aim 2) has a manuscript in preparation. The preliminary environmental scan of OSA care in each province is being analysed.

The **Training Committee** has announced the recipients of the 2017 **Outstanding Science Awards (also see opposite)**:

- Doctoral level: Andrée-Ann Baril (supervised by Nadia Gosselin, Université de Montréal)
- Postdoctoral level: Soufiane Boucetta (supervised by Jacques Montplaisir, Université de Montréal)

Multi-site Mentorship Program Awards (also see opposite):

- Tamara Speth: supervised by Penny Corkum (Dalhousie University) to go to Kimberly Cote's lab (Brock University).
- Jonathan Charest: supervised by Célyne Bastien (Université Laval) to go to Charles Samuels' lab (University of Calgary).
- Emma O'Callaghan: supervised by Valérie Mongrain (Université de Montréal) to go to Jean-Martin Beaulieu's lab (University of Toronto).
- Jonathan Dubé: supervised by Julie Carrier (Université de Montréal) to go to Igor Timofeev's lab (Université Laval).
- Sukhpreet Tamana: supervised by Piush Mandhane (University of Alberta) to go to Colin Shapiro's lab (University of Toronto).

The 20 recipients of travel awards to attend the Canadian Sleep Society Meeting in Calgary (April 28-30) and the recipients of the travel award to attend the Canadian Society for Chronobiology Meeting in Toronto (May 19-21) will be announced shortly on the CSCN website.

The two-year Canadian Sleep Medicine Fellowship to complete advanced clinical training with research training will be re-announced this summer.

Other fellowship opportunities and faculty positions are posted on the CSCN website. Please visit at: www.cscnweb.ca

In this issue

- 1 Word of the scientific director
- 1 Progress report
- 2 Events since the last newsletter
- 2 Upcoming events

CONGRATULATIONS!

Andrée-Ann Baril:

Structural and functional cerebral changes in obstructive sleep apnea.

Soufiane Boucetta:

Characterization of the spectrum of clinical manifestations in sleepwalking and identification of the genetic risk factors involved.

Tamara Speth:

Sleep characteristics and effects of sleep restriction on children with ADHD: spectral analysis of sleep EEG and study of non-REM sleep phasic events.

Jonathan Charest:

Effects of transcranial direct current stimulation on sleep quality and athletic performance in students-athletes.

Emma O'Callaghan:

Mechanisms underlying the role of Neuroigin-1 in the recovery aspect of sleep.

Jonathan Dubé:

Aging and cerebral activity during sleep: age-related alterations in hippocampocortical interactions and their consequences on memory.

Sukhpreet Tamana:

Sleep and neuro-development in atypically developing infants within the first 5 years of life.



Progress report... continued

The **Knowledge Mobilization Committee** has been recruited new members in the **Stakeholder Alliance**. The current members are:

Professional/Scientific groups

Canadian Agency for Drugs and Technologies in Health
Canadian Association of Dental Research
Canadian Lung Association
Canadian Sleep Society
Canadian Thoracic Society
Kids Brain Health Network
Quebec Lung Association

Provincial/federal government agencies

SAAQ (Automobile insurance society of Quebec)
CAMAQ (Quebec sector committee workforce for aerospace)
Public Health Agency of Canada

Private companies

Merck Canada
Natus Canada
Nox Medical
RANA Respiratory Care Group
Respironics/Philips
Patients/Community
Wake-up Narcolepsy Canada
Sleep Foundation

Patient engagement: The patients who will sit on the different committees have been selected and training (for both patients and researchers) is starting shortly.

The **International Scientific Advisory Committee** had its second productive meeting with the Leadership Committee in December 2016.

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

Events since the last newsletter

The CSCN Insomnia Research Workshop held in Montreal on January 20 (and supported by Merck) was a real success! Experts on insomnia across Canada met to identify knowledge gaps and research strengths and priorities to tackle this very prevalent sleep disorder and hence improve the health of Canadians.

Upcoming events

April 27: CSCN Biomarkers Workshop in Calgary
April 28-30: Canadian Sleep Society Meeting in Calgary.
May 19-21: Canadian Society for Chronobiology Meeting in Toronto.
June 3-7: SLEEP 2017 meeting in Boston.

Breaking news: The Huffington Post is looking for a dedicated sleep reporter to cover the impact of sleep on health and disease: http://www.huffingtonpost.com/entry/huffington-post-sleep-reporter-job-opening_us_56b0ba3fe4b0655877f7126a



Your input is valuable to us.

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

You can reach us at: dominique.petit.1@umontreal.ca