

CSCN Newsletter



Spring 2018

Word of the CSCN coordinator

Learn more about the new CSCN initiatives and get to know our amazing trainees. Have a great spring!

Dominique Petit

Progress report

CONGRATULATIONS!

Catherine Duclos:

Sleep and circadian rhythms in moderate to severe traumatic brain injury and their association to the recovery of consciousness and cognitive function.

Elizaveta Solomonova:

Sleep during pregnancy and postpartum: a longitudinal study. Sleep and dreams in meditation practitioners.

Russell Luke:

Synucleinopathy-mediated degeneration of REM sleep circuitry in mice, RBD symptoms and subsequent development of the classic symptoms associated with Parkinson's disease

Veronica Guadagni:

Effects of a 6month aerobic exercise intervention on sleep quality in older adults, and individuals at genetic risk for Alzheimer's disease.

Jonathan Dubé:

Age-related changes in sleep: cortical connectivity during NREM sleep oscillations using MEG in human subjects and hippocampo-cortical connectivity in mice.

Arpita Parmar:

Clinical outcomes in different pediatric populations: with obstructive sleep apnea, with narcolepsy and typically developing children.



Training: here are the recipients of the 2018 CSCN awards:

2 Outstanding Science Awards (also see opposite):

- Doctoral level: Catherine Duclos co-supervised by Nadia Gosselin and Marie Dumont (Université de Montréal)
- Postdoctoral level: Elizaveta Solomonova supervised by Phyllis Zelikowitz (McGill University)

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

- Russell Luke: supervised by John Peever (University of Toronto) to also train with Edward Fon at McGill University.
- Veronica Guadagni: supervised by Marc Poulin (University of Calgary) to also train with Magdy Younes and Cerebra Health in Manitoba.
- Jonathan Dubé: supervised by Julie Carrier (Université de Montréal) to also train with Igor Timofeev at Université Laval.
- Arpita Parmar: supervised by Indra Narang (University of Toronto) to also train with Nadia Gosselin at the Centre for Advanced Research in Sleep Medicine (Université de Montréal).

The 6 recipients of **travel awards** to attend and present to the Gordon Research Conference in Galveston, TX (March 18-23) are:

- Maryam El Gewely supervised by Simon Warby (Université de Montréal): Is MEIS1 associated with increased risk for chronic insomnia disorder?
- Jimmy Fraigne supervised by John Peever (University of Toronto): A dopamine circuit couples arousal and motor behavior.
- HanHee Lee supervised by John Peever (University of Toronto): Role for GABA neurons in the sublateralodorsal tegmentum nucleus in modulating REM sleep.
- Sara Pintwala supervised by John Peever (University of Toronto): Characterizing three novel orexin cell lines: implications for central nervous system cell transplants and narcolepsy.
- Zoltan Torontali supervised by John Peever (University of Toronto): Cataplexy exploits the REM sleep circuit to generate pathological periods of muscle paralysis.
- Maria Neus Ballester Roig supervised by Valérie Mongrain (Université de Montréal): Direct transcriptional regulation of EphA4 (and ligands) by clock proteins.

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

Progress report... continued

Training: The consultants who were hired to help design professional training webinars have started conducting focus groups to establish a needs assessment. They contacted trainees to develop a questionnaire and a focus group will be planned with sleep research trainees soon. The consultants also contacted members of the Stakeholder Alliance who have gracefully accepted to do a focus group (took place already) to give the stakeholders' view of what is needed when preparing trainees for the industry, public institutions, or academic environments. A big thank you to all who participated in this exercise which will help design a great professional training program for sleep trainees in Canada.

Knowledge Mobilization: The CSCN is moving forward with the national campaign on the importance of sleep and on solutions for sleep disorders (joint venture with the Canadian Sleep Society and Fondation Sommeil). A communication firm has been hired and has planned the first steps. The campaign will be named "Sleep on it" and will first involve a separate website designed for the patients and the public and a Facebook page. We are looking for sponsors (some have come forward already) to make this campaign a true success.

Project 1: The 3 original sites have now recruited 972 participants in total, of which 665 gave blood for genetic analyses. The 2 new sites have received ethics approval and will start recruitment soon. Some preliminary results will be presented at upcoming conferences.

Project 2: The 2 original sites have now recruited 42 participants, of which 28 gave blood for analyses. They have also set up a separate pediatric advisory panel to discuss recruitment strategy.

Project 3: has received final ethics approval for the PSG portion of the project (3 sites). Concomitantly, the sleep data for the Canadian Longitudinal study on Aging are being analyzed by 3 different groups (RBD, insomnia and sleep apnea; all project 3 members). An agreement has been reached with the Canadian Consortium of Neurodegenerative Aging to include objective measures of sleep in their cohort and to be part of the renewal of their grant. 2 review papers were submitted: 1) Obstructive sleep apnea and the risk of neurodegenerative diseases; 2) Biomarkers of dementia in OSA.

Project 4: is expanding yet again. The committee developed a new project to study relationships between sleep disorders and cardiovascular comorbidity in indigenous communities and to examine pathways for testing and treatment in this population.

We now have 280 members! If you know somebody in the sleep and circadian rhythms field who is not yet a CSCN member, please pass the information along so that they can receive the announcements (awards, positions available and other news and offers).

Upcoming events

April 11, 2018: CSCN workshop on data analyses for large cohorts, in Montreal

April 12-14, 2018: Canadian Respiratory Conference in Vancouver

May 18-23, 2018: American Thoracic Society meeting in San Diego, California

June 2-6, 2018: SLEEP 2018 meeting in Baltimore, Maryland

September 25-28, 2018: European Sleep Research Society meeting in Basel, Switzerland



Your input is valuable to us.

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

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