

CSCN Newsletter



Spring-Summer 2019

Word of the CSCN coordinator

Spring then summer finally arrived! And the nice weather breathes a wind of renewal. See the new achievements of the different teams.

Dominique Petit

Progress report

Canadian Sleep Campaign:

The campaign "Sleep on it / Dormez là-dessus" will be launched at the World Sleep conference on September 24, 2019 at 18:30 (Pacific Time) just before the Canadian Sleep Society's annual general meeting. You are all invited! Reminder: The goal of this awareness campaign is to demystify sleep for the general public, offer solutions to deal with sleep disorders and make healthy sleep a public health priority. Come and see us at our booth (associated societies section) at World Sleep 2019!

Knowledge Mobilization:

The CSCN, Canadian Sleep Society and Immerscience have produced more information capsules on sleep. Read these capsules and watch new interviews with our CSCN sleep researchers in the "Material for the patients and the public" section of the Knowledge Mobilization tab of our website (cscnweb.ca).

You will also find in this section the link to a free online tool to help night workers (designed by Marie Dumont, PhD). It is called "Mieux vivre le travail de nuit" and is available in French only for now but the English translation is coming.

Training:

Professional training program: The very first CSCN-designed webinar "How to be on TED talks" was held on April 26, from 12:30 - 1:30 pm (Eastern Daylight Saving Time) on the SMRTS platform. Also, a professional development team has been set up; it is composed of 3 CSCN trainees who kindly volunteered and are actively at work: Maryam El Gewely, Elizabeth Keys and Chun Yao.

Congratulations to the following 9 trainees who have earned a CSCN Travel Award!

They presented their work at the 4th Conference of the Canadian Society for Chronobiology held in May 2019:

Marie-Pier Brochu

Nicole Gervais

Petros Kechagioglou

Mahtab Moshirpour

Christian Petersen

Cristine Reitz

Jennifer Ritonja

Choden Shrestha

Anastasiya Slyepchenko

CSCN travel awards for trainees to attend World Sleep 2019 in Vancouver have just been announced!

Do apply if you are presenting your work at this conference!

Progress report... continued

Project 1 - Risk factors for cardiovascular and cognitive dysfunctions in adult obstructive sleep apnea (OSA) patients: Identification of biomarkers and impact of working schedules: More than 1500 patients have been recruited! We have a blood sample for about 1200 of them and more than 1200 have undergone the cognitive tests. Two review papers have recently been published in Sleep Med Rev ("Circulating biomarkers to identify cardiometabolic complications in patients with obstructive sleep apnea" and "Matrix metalloproteinases as possible biomarkers of obstructive sleep apnea severity"). Preliminary results of this project will be presented at the World Sleep meeting.

Project 2 - Identification of obese children most at risk of obstructive sleep apnea (OSA) and the evaluation of neurocognitive, metabolic and cardiovascular functions: The last count of patients recruited is as follows: 103 young obese patients have been recruited, 82 have completed all the baseline measures and 34 patients entered the follow-up "post-treatment with CPAP" phase. Preliminary results of this project will be presented at the World Sleep meeting.

Project 3 - To evaluate how obstructive sleep apnea (OSA) impacts the cerebral mechanisms underlying Mild Cognitive Impairment (MCI): the laboratory study of sleep EEG markers of cognitive decline has been done on 22 elderly participants so far. For the study of sleep in the 3 large existing cohorts on aging: 1) two papers have recently been published on subjective sleep data from the Canadian Longitudinal Study on Aging (CLSA: Yao et al Neurology 2019 and Cross et al. Sleep 2019); 2) preliminary results on sleep and cognition from the Consortium for the Early Identification of Alzheimer's Disease-Quebec (CIMA-Q) will be presented at World Sleep; and 3) a big grant was obtained to measure sleep (actigraphy and at-home sleep apnea testing) in the huge cohort of Canadian Consortium on Neurodegeneration in Aging (CCNA)!

Project 4 - To improve access and adherence to obstructive sleep apnea (OSA) treatment:

Aim 1 - Improving Access to Care: Evaluation of a "Fast Track" Respiratory Therapy Clinic for Patients with Suspected Severe OSA: Manuscript under review.

Aim 2 - Economic Consequences of Improving Adherence to care - The Effect of Patient Decision Aids on Adherence: Manuscript under review.

Patient online survey results (600 responses) will be presented at the World Sleep meeting: Does clinical care for OSA differ between Canadian jurisdictions with and without government funding for CPAP?

Market research survey results will be presented at the World Sleep meeting: Workplace and driving consequences of sleepiness in Canadians with obstructive sleep apnea.

Grant to plan the next phase of CSCN: We obtained a grant to organise a two-day workshop that will bring together sleep and circadian rhythms researchers, researchers in public health, patients and relevant stakeholders to elaborate a national strategy for the development of public health research on sleep and circadian rhythms. It will take place in Montreal on January 16-17, 2020.

Partnership with patients: Our patients-partners were involved in the development of the national campaign. They will also be invited to the workshop to plan the next phase of the CSCN, a moment when they can have the biggest impact on sleep research priorities.

Upcoming events

Sept 20-25, 2019: World Sleep Society Meeting in Vancouver, BC

- **September 24, 2019 at 18:00 :** Cocktail and launch of the national sleep campaign
- **September 24, 2019 at 19:00 :** Annual general meeting of the Canadian Sleep Society



Your input is valuable to us.

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

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