

# CSCN Newsletter



## Fall-Winter 2019

### Word of the CSCN coordinator

We have just started our 5<sup>th</sup> and last year of CIHR funding. A lot of work has been accomplished and there is more to do! But in the meantime, I would like to wish very Happy Holidays to all CSCN members.

*Dominique Petit*

## Progress report

**Membership:** The CSCN is still growing: we now have 339 members!

### **4<sup>th</sup> year progress report to the Institute of Circulatory and Respiratory Health:**

On October 15, we submitted our 4<sup>th</sup> year progress report to ICRH and on December 3 we had an evaluation by the direction of ICRH and an external advisory panel composed of Allan Pack, Ralph Lydic and Katie Stone. The overall conclusions of this evaluation are:

- The CSCN has made tremendous progress
- Efforts should now be put on publishing the results
- Energies should also be deployed to ensure sustainability of the databases and the biobank

### **Canadian Sleep Campaign:**

The campaign "Sleep on it / Dormez là-dessus" was launched successfully at the World Sleep conference on September 24, 2019. 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. Indulge yourself and visit the website at: <https://sleeponitcanada.ca/>

### **Training:**

Professional training program: The second CSCN-designed webinar entitled "Building Your Professional Network: Optimizing for Opportunity" was held on September 5, 2019 on the SMRTS platform. More CSCN webinars will be offered soon!

CSCN Travel Award: Congratulations to the following 11 CSCN trainees who have earned an award to present their work at the World Sleep Congress in Vancouver in September 2019:

- Aleksandra Franczak (University of Saskatchewan)
- Andrea Bevan (University of Toronto)
- Andrew Beaudin (University of Calgary)
- Chun Yao (McGill University)
- Claudia Picard (Université de Montréal)
- Kirusanthi Kaneshwaran (University of Toronto)
- Margaret McCarthy (Concordia University)
- Nathan Cross (Concordia University)
- Sara Pintwala (University of Toronto)
- Shannon Wright (McGill University)
- Véronique Latreille (McGill University)

## Progress report... continued

### Workshop to plan the next phase of CSCN:

We are putting the final touches on the organization of the two-day workshop created to elaborate a national strategy for the development of public health research on sleep and circadian rhythms. As mentioned in a previous issue, this workshop will bring together sleep and circadian rhythms researchers, researchers in public health, patients and relevant stakeholders. It will take place in Montreal on January 16-17, 2020.

## Upcoming events

**January 16-17, 2020 in Montreal:** Workshop for a national strategy for the development of public health research on sleep and circadian rhythms



Your input is valuable to us.

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

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