

CSCN Newsletter

Fall-Winter 2021

Word of the CSCN coordinator



The last Newsletter was that of Fall-Winter 2019 sent just before the Holidays. You all know what struck the world after that. Research activities greatly suffered ... there were urgent medical and social crises to prioritize.

CSCN is still here but I have to announce that I am retiring in mid-December. Our scientific director, Julie Carrier, invites you to contact her directly for important questions concerning the CSCN: julie.carrier.1@umontreal.ca.

It has been a pleasure working with you and I wish you all the best for the years ahead.

Dominique Petit

Membership: The CSCN is still growing: we now have 370 members! Some members have left (or have changed their email address) but many new members have joined!

Website: A new tab has been added under Research with the list of publications and presentations for each of the 4 projects.

New initiative from the CIHR "Consortium on Sleep hygiene and Insomnia": The huge steps forward made by the CSCN and the sleep community have clearly shown that it was worth investing in Sleep. In addition, the CSCN, the Canadian Sleep Society and Sleep on it offered their services to serve as the platform for the "knowledge mobilization" component of these future grants.

Workshop held in January 2020 for a National strategy on the integration of sleep and circadian rhythms into public health research and policies: This workshop has resulted in the creation of various task forces. The report will be published as a scientific paper shortly.

Canadian Sleep Campaign "Sleep on it / Dormez là-dessus":

The first goal of this awareness campaign was to demystify sleep for the general public, offer solutions to deal with sleep disorders and make healthy sleep a public health priority with the website: <https://sleeponitcanada.ca/>

But it became so much more than that!

In fact, CSCN, the Canadian Sleep Society and Sleep on it are coming together to speak with one voice regarding Phase 2: the burden of sleep disorders on society.

The general objectives are:

- 1- Mobilize expertise and resources to raise awareness on the critical economic, health and social consequences that sleep issues generate for our society.
- 2- Leverage sleep science through innovative partnerships with public and private stakeholders to bridge the gaps between knowledge and efficient solutions implementation using sleep management as an opportunity.

Training:

Professional training program: A publication will soon be available on the needs assessment that was performed before the COVID-19 pandemic.

Research:

The CSCN project 1 (*Risk factors for cardiovascular and cognitive dysfunctions in adult obstructive sleep apnea patients: Identification of biomarkers*) in collaboration with the Canadian Sleep Research Biobank obtained a major grant from the NIH - Trans-Omics in Precision Medicine (TOPMed) initiative. This project resulted in whole genome sequencing, epigenetic and metabolomic analyses of more than 1,400 participants. These biomarkers will now be studied in relation to several variables of symptoms profile and medical outcomes of apneic patients.

Project 2 (*Identification of obese children most at risk of obstructive sleep apnea (OSA) and the evaluation of neurocognitive, metabolic and cardiovascular functions*) actively resumed recruiting participants.

Project 3 (*To evaluate how obstructive sleep apnea impacts the cerebral mechanisms underlying Mild Cognitive Impairment*) and Project 4 (*To improve access and adherence to obstructive sleep apnea treatment*) are also coming back to life.

In addition, several CSCN researchers have also been involved in studies, publication of papers on sleep and COVID-19 and on the issuance of recommendations related to the COVID-19 pandemic (CPAP, etc.).

Upcoming events

International Emirates Congress on Sleep Disorders: December 6-9, 2021 in Dubai, United Arab Emirates

World Sleep Conference: March 11-16, 2022 in Rome, Italy

SLEEP Meeting: June 4-8, 2022 in Charlotte, NC, USA

ESRS Conference: September 27-30, 2022 in Athens, Greece

World Sleep Conference: 2023 in Rio de Janeiro, Brazil

