



# Canadian Sleep Society Soci t  Canadienne du Sommeil

Vol. 20, No. 1

Spring, 2010

## A WORD FROM THE PRESIDENT / UN MOT DU PR SIDENT

Helen S. Driver, PhD, RPSGT,  
DABSM



*Dear fellow members of the  
Canadian Sleep Society:*

On behalf of your executive board and our administrative office, I will highlight some of our activities in this 2009 year-end report.

After two years of preparation, we were pleased to see such good attendance, participation and high calibre presentations at our very successful conference in Toronto in April. While a lot of planning, time and money goes into organising and hosting such a conference, it would not happen without support from our exhibitors and sponsors, and all would come to naught without your attendance. Thank you for the positive feedback, which made all the hard work worthwhile. Special thanks go to the Scientific Chair of the meeting Dr. Kimberly Cote (Ontario), and the Chair for the local organizing committee Dr. Shelly Weiss (Ontario) who also ensured that we received CME

credits for 4th conference of the CSS.

Regarding professional credentialing and registration in the practice of sleep medicine for physicians and technologists, Canadians have been fortunate to have been able to take these through associations based in the USA - the American Academy of Sleep Medicine (AASM) and Board of Registered Polysomnographic Technologists (BRPT) respectively. However, both these associations have introduced changes that have a direct impact on Canadian candidates regarding eligibility for the examinations and ongoing registration. Both these issues have been addressed by your CSS board.

Currently registered technologists (RPSGT), as well as trainees, may obtain continuing education credits (CEC) for activities presented in Canada. Educators may apply in advance of to the CSS for approval of CEC activities. Attendance at our conference is also a recognized CEC for your BRPT credits. Considering technologist trainees, we had a meeting of sleep technologist educators at the CSS conference. Natalie Morin (Ontario), one of the two Technologist Representatives on the CSS board, provided feedback

as one of three members on an advisory group to the BRPT regarding eligibility requirements for International candidates for the BRPT exam. We also have Dr. Roger Godbout (Quebec) who serves on the BRPT board as the CSS representative and who looks after our interests there. The good news is that the door remains open for Canadian trainee technologists to take the BRPT exam.

For physician sleep specialists, changes in the requirements for eligibility to take the examination for a diploma in sleep medicine, through the American Board of Sleep Medicine, have become too complicated to be an option. There are excellent training programs in Canada in sleep medicine, but no standardized scope of practice or examination. We have been working to address this in the past by chasing the dream of having the Royal College of Physicians and Surgeons of Canada recognize Sleep Medicine as a sub-specialty.

Dr. Judith Leech (Ontario) continues to serve on the CSS executive board jumping through the College hurdles for more years than she'd like to remember, following the initiative started by Dr. (continued on page 2)

## IN THIS ISSUE

	Page
A Word From The President / Un mot du Pr�sident	1
Vice President's (Research) Report	3
Vice President's (Clinical) Report	4
Student Section / Affaires �tudiants	5
Technologist Section / Rubriques technologues	5
Hibernation, Sleep, and Our Winter Blues	6
Calendar of Events	7

**Vigilance is the official  
newsletter of the Canadian  
Sleep Society (CSS)**



**EDITOR:**

James G. MacFarlane, PhD, ABSM

**ASSISTANT EDITOR:**

Colin Massicotte, RPSGT

Photo credit: Vicki Bennett-Luker

**The Canadian Sleep Society (CSS) / Société Canadienne du Sommeil (SCS)** is a professional association of clinicians, scientists and technologists formed in June 1986 to further the advancement and understanding of sleep and its disorders through scientific study and public awareness.

**President**

Helen S. Driver, PhD, RPSGT, DABSM

**Past-President**

Gilles Lavigne, DMD, MSc, PhD, FRCD

**Vice-President (Clinical)**

Shelly K. Weiss, MD

**Vice-President (Research)**

Kimberly A. Cote, MSc, PhD

**Secretary/Treasurer**

Eileen Sloan, PhD, MD, FRCPC

**Member-at-Large (Website / Newsletter)**

James G. MacFarlane, PhD, ABSM

**Member-at-Large**

Judith A. Leech, MD, FRCPC

**Member-at-Large (Membership)**

Charles Samuels, MD, CCFP, DABSM

**Member-at-Large (Dentists)**

Luc Gauthier, DMD, MSc

**Members-at-Large (Technologists)**

Carol Mously, RPSGT (term ended 2009)

Natalie Morin, RPSGT

Jeremy Gibbons, RPSGT

**Members-at-Large (Students)**

Christian Burgess, BSc

Stuart Fogel, PhD (term ended 2009)

Vincent Moreau, BA

(continued from page 1)

Rachel Morehouse (New Brunswick). We have made some progress on another front by working with the Chair of the Ontario Medical Association – Sleep section, Dr. Adam Blackman, to secure an agreement with the AASM to have access to their examination. Although it might seem like working backwards, this is a big step and overcomes one of our hurdles. Working towards a Canada-wide scope of practice, training requirements and certification process within Canada is seen as a priority of the CSS board, and we hope to report further positive progress in this regard at our next Annual General Meeting (AGM), which will be held in June 2010.

Yet another clinical area has been highlighted recently – namely the use of portable monitors (PM) for screening of obstructive sleep apnea (OSA). Given the proliferating use of portable monitoring with no standards of practice, a committee was established by the CSS to produce guidelines on the use of PM to screen for OSA. This committee,

comprised of physicians, technologists and a dentist from across Canada and chaired by Dr. Adam Blackman, included two representatives of the Canadian Thoracic Society (CTS). A draft document has been produced and was discussed by the CSS board on November 28th. We hope to publish this document in 2010 pending some further clarification, review and discussion with the PM committee and the CTS.

The website and e-mail are our main form of communication with members. Please make sure that you let the office know of any change of address and update your membership. Our board member working with the office on membership issues is Dr. Charles Samuels (Alberta). If you have any suggestions or notices for specific sections, please contact your representative or board member responsible for the portfolio <http://www.css.to/cssofficers.html>. News items for posting should be sent through the CSS secretariat [css-info@css.to](mailto:css-info@css.to)

For the first time, the Canadian Institutes of Health Research (CIHR) announced grant funding specifically for research in Sleep

and Circadian Rhythms. This recognition was made possible through lobbying and the promotion of our field by Dr. Ben Rusak (Nova Scotia) supported by Dr. Jacques Montplaisir (Quebec).

CSS conferences are held every two years. For the in-between years we are working on a 1-day CME/CEC for Physicians and Technologist. The date for this event is Saturday October 16, 2010 in Toronto. We will host this event with management through the University of Toronto, Medical Faculty, Office of Continuing Profession Education and Development (CEPD) with Dr. Jamie MacFarlane (Ontario) as Chair.

Our 5th conference is in Quebec City, September 10-15, 2011 with the World Association of Sleep Medicine (WASM), with Dr. Charles Morin (Quebec) and Dr. Richard Allen (for WASM) as co-chairs. The international and local committees have already started planning the meeting and will continue the local traditions with the increasingly popular technologist sessions and now workshops, and the student session. What an excellent opportunity this will be to combine

education, training and sight-seeing so we look forward to welcoming you to the beautiful Quebec City!

Our next AGM is during the Associated Professional Sleep Societies (APSS) conference in San Antonio, Texas, June 5-9, 2010. Watch your e-mail for notices of the AGM date, time and venue.

All our activities and initiatives to increase awareness, education and training in sleep are on behalf of you, our members. By including the provinces where some of our active members reside, I hope that you will appreciate that we strive to be a Canada-wide Society. We gain strength through your continued support.

Wishing you a super 2010.  
Yours sincerely,  
Helen



## VICE-PRESIDENT'S (Research) REPORT

**Kimberly Cote, Msc, PhD**

1. Feedback on 4th conference of the Canadian Sleep Society / Société Canadienne du Sommeil (CSS/SCS), Toronto Marriott Downtown Eaton Centre, April 26-28, 2009.

Thank you again to all of the people who worked so hard to make our 4th CSS conference such a success. So many people played a part in this event, and I would like to especially acknowledge the contributions of Dr. Helen Driver (President of CSS), the Chairs and members of the various working committees (Scientific Program, Organizing, Student, Technologists, CME, public lectures, and Fund raising committees), the keynote speakers, the organizers and participants of the symposia and workshops, our conference secretariat office (FRI), and all of the attendees.

The CSS scientific conference continues to grow with over 750 attendees and active participation by exhibitors. While the expenses associated with such an event are

significant, we did make a modest profit which will serve to sustain the activities of the society until our next conference (e.g., student awards, sponsorship of symposia, CME events). The feedback we received from the attendees was highly positive, with 97% of respondents indicating their overall opinion of conference was either "excellent" or "very good". The specific suggestions given were highly valued and will be important for the next organizing committee.

### 2. Up Next...

While we have just finished combing through the financial reports and feedback surveys from the Toronto conference, the plans are already in the works for our next meetings and conferences.

A. Next Annual General Meeting of the CSS and Abstract Competition. In non-conference years, members of CSS gather for their AGM and social during the APSS conference in the U.S. CSS Abstract prizes for students and technologist are given out each year at the AGM. Other society awards, such as the Outstanding Student, Roger Broughton Young Investigator and Distinguished Scientist awards are given out only during years when the CSS conference is held in Canada. The 2010 Abstract Competition was posted on the CSS website and emailed to members in October. The APSS abstract deadline is Dec 15th while the deadline for the CSS Abstract Prize is January 15th, 2010. Winners will be announced by March 9th, 2010 and presented at the AGM in San Antonio in June.

In addition, this year CSS will continue to collaborate with the Institute for Circulatory and Respiratory Health (ICRH) to sponsor a Travel Award competition. Up to 4 awards of \$1000 each will be given for junior and senior students in basic and clinical research categories. The award is for a student presenting at one of the international sleep meetings in 2010 (APSS or ATS). Details will be posted on the CIHR and CSS websites when they become available.

B. CSS - WASM conference in Quebec City. The 5th Scientific Conference of the CSS is being co-hosted by the World Association of Sleep Medicine (WASM) in Quebec City, Sept. 10-15, 2011 - Advancing Sleep Health Worldwide (see details at <http://www.wasm2011.org>). Program information and abstract deadlines will be posted on the CSS website and sent to CSS members.

<http://www.css.to/membership/index.htm>

**Help CSS increase its membership and visibility by recruiting a colleague, or making sure all of your students and technologists are members!**

C. World Sleep Federation (WSF) Conference [formally World Federation of Sleep Research and Sleep Medicine Societies (WFSRSM)]. The World Sleep Federation (WSF) is holding its next quadrennial meeting (Worldsleep11) in Kyoto, Japan, October 15th-20th, 2011 (<http://www.worldsleep2011.jp/>). They are planning 10 Plenary Lectures (1-hour), 30 Plenary Symposia (scientific), 30 Applied Symposia, and various sponsored symposia and luncheon seminars. The Canadian Sleep Society contacted its membership for nominations for the Symposium (deadline Dec. 25th, 2009). CSS will provide sponsorship of \$1000-\$3000 for accepted symposia (depending on the number accepted).

### 3. Funding Opportunities for Sleep from CIHR

In June 2008, a CIHR-sponsored workshop was organized by Jacques Montplaisir and Ben Rusak for the purpose of identifying gaps in research and targeted needs in sleep research in Canada. This effort led successfully to the launch of a targeted funding announcement in June 2009 from CIHR for Team Grants and Operating Grants. The deadline for applications was October 1st, 2009.

For the Operating Grants competition, there was a total of 1.1 million in funds available. This support came from ICRH (650K), Inst. of Aging (300K), Inst. of Gender and Health (100K), and Inst. of Human Development Child and Youth Health (50K). The maximum award in this competition is \$100,000 per year for up to two years.

For the Team Grants, there was a total of 1.4 million per year for 5 years in funds available. This support comes from ICRH (1million), Inst. of Mental Health (400K), and Inst. of Human Development Child and Youth Health (150K).

At this point, it is unclear whether another competition will be held in 2010. This will depend on the number of successful grants awarded in this first round of funding, and/or whether the participating Institutes provide additional funds for the initiative, and/or if other Institutes join the funding program. Consult the CIHR website or the CSS Society News webpage for updates. And, good luck to the applicants who submitted proposals! This is good news for sleep research in Canada.



## VICE-PRESIDENT'S (Clinical) REPORT

**Shelly Weiss, MD**

There has been a lot of activity in the area of clinical sleep medicine in Canada since the last copy of Vigilance in the spring 2009. A number of members of the Canadian Sleep Society have been involved in the following activities which include:

1. The Canadian Sleep Society Guidelines on the Use of Portable Monitoring for obstructive sleep apnea in adults. This initiative has been chaired by Dr. Adam Blackman (Toronto, Ontario), President of the OMA Sleep Section. Dr. Blackman's committee of 14 members are representative of sleep clinicians from a variety of backgrounds (physicians,

technologists, and one dentist) and from across Canada. This proposal was developed to produce a document with standards which could be applied across Canada in a uniform manner. Currently, the document is in a final draft form, being distributed to key stakeholders, such as the Canadian Thoracic Society before being made available for publication and general use.

2. Sleep Medicine training and specialty recognition in Canada. There has been a change in the route to certification by the AASM which has caused a significant problem for Canadian M.D.s who want to practice as sleep specialists. This is not a recent change but I will outline the problem for those who are not familiar with it. In the past, certification as a sleep fellow was administered by the AASM. Candidates for this exam who were MDs or PhDs in Canada and had received their sleep fellowship training following Canadian specialty recognition (e.g. in internal medicine, psychiatry, respirology, neurology or pediatrics) were eligible to write this examination and become certified. In 2005, the ACGME (Accreditation Council for Graduate Medical Education), the licensing body for American sub specialists officially recognized sleep medicine as a subspecialty. Currently Canadian MDs who complete fellowships in sleep medicine in Canada but do not have previous certification by the ACGME (e.g. American Board certified in Internal Medicine or other specialties) are not eligible for taking the examinations leading to sleep medicine certification.

In order to have another route to sleep medicine certification for Canadian MDs, there has been an application submitted to the Royal College of Physicians and Surgeons (RCPSC) to initiate a new subspecialty in sleep medicine in Canada accredited by this organization. An update of the application status was reviewed at the recent CSS executive meeting in the fall, 2009. This update was provided by Dr. Judy Leech, who has been chairing this initiative on behalf of the CSS. The actual process with the RCPSC began in 2001. Following the development

and initial draft of the proposal, support was requested and obtained from the Canadian Societies of Respirology, Psychiatry and Neurology. The most recent communication from the RCPSC suggested that the CSS and members of the Canadian sleep community consider requesting that training in sleep medicine be recognized with a diploma rather than a subspecialty certification. However the CSS, and those involved with this initiative feel that we should continue to pursue having a subspecialty certification from the RCPSC, rather than a diploma. If members of the CSS who have not been involved in this process, have suggestions or comments, please feel free to forward them to H. Driver (president CSS), Judy Leech or myself.

3. Canadian Physicians in Sleep Medicine- scope of practice, training and certification. Another proposal has been initiated by Judy Leech and James Macfarlane which is to draft a practice parameter on behalf of the CSS to cover 1. the scope of practice of a sleep specialist, 2. educational requirements, 3. eligibility for taking an examination which is the equivalent of the exam developed by the AASM, and 4. how to coordinate the examination process. A committee is being formed to evaluate these objectives and determine if the CSS can take a leadership role in this educational issue. The objective of this newly formed committee will be to provide a draft document for discussion at the annual general meeting of the CSS to be held at the APSS in June 2010.

4. Proposal of a Canadian National Public Awareness Day in Sleep/Fatigue. A proposal was made and directed to the Minister of Health to develop an annual day as above to raise public awareness of issues related to sleep and fatigue. The office of the Minister of Health has responded to this proposal suggesting that this initiative must be supported by a Member of Parliament. A progress report will be presented at the annual general meeting of the CSS in June 2010. If the proposal is accepted, volunteers from the CSS will be

requested to form a committee regarding this initiative.

I look forward to any input into these initiatives and proposals either by email or in person at the annual general meeting of the CSS in San Antonio in June 2010 .



## STUDENT SECTION / AFFAIRES ÉTUDIANTES

**Vincent Moreau, BA**

It is a pleasure for me to welcome Christian Burgess as the new student member-at-large on the CSS executive committee. I also wish to express my most sincere gratitude to Stuart Fogel who has been involved in this position over the last several years. He has done a tremendous job at representing student interests and organizing outstanding events for our community. Thanks Stuart!

This has been a busy year with both CSS and APSS conferences taking place months apart. It was a pleasure for me to co-chair, for the very first time, the CSS student symposium where the cream of the crop of Canadian student sleep research was presented, along with world-renowned speakers. But now that the dust has settled, it is already time to look ahead to the next APSS meeting in San Antonio.

For those who plan to attend, do not forget about the student travel award available through CSS. There will be one award of \$300 (plus a one-year membership to CSS) for the best abstract submitted by a student. There will also be again this year a student travel award supported by CSS and the CIHR's Institute of Circulatory and Respiratory Health (ICRH). Deadline for both is January 15th 2010 and more details can be found at <http://www.css.to/awards.html>.

Also, although there is still plenty of time, we are already thinking about the upcoming WASM/CSS meeting which will be held in Quebec City in September 2011. Is there any speaker you really want to see? Any particular topic that you want to hear about? Let us know, and we

will make our best to make your wish come true.

Let me finish by reminding you that Christian and I represent your voice at the CSS, and your input is therefore essential. If you have any idea, comment, or question, please do not hesitate to contact us. We both are fairly new on the executive committee, but eager to contribute to the development of new student initiatives. I wish you all a very happy holiday season and a new year full of successes and, why not, ground-breaking scientific discoveries!

Vincent Moreau  
Student member-at-large  
Université Laval  
[vmoreau@css.to](mailto:vmoreau@css.to)

C'est avec plaisir que j'accueille Christian Burgess en tant que nouveau membre étudiant du comité exécutif de la SCS. J'aimerais aussi exprimer ma sincère reconnaissance à Stuart Fogel qui a occupé cette position au cours des dernières années. Il a fait un travail remarquable dans la représentation des intérêts étudiants et l'organisation d'activités exceptionnelles pour notre communauté. Merci Stuart!

L'année qui s'achève a été bien remplie avec les congrès de la SCS et de l'APSS tenus à quelques mois d'intervalle. Ce fut un réel plaisir pour moi de coanimer, pour la toute première fois, le symposium étudiant de la SCS où la crème de la crème de la recherche étudiante sur le sommeil a été présentée aux côtés de présentateurs de calibre mondial. Maintenant que nous avons pu souffler un peu, il est déjà temps de songer au prochain congrès de l'APSS à San Antonio.

Pour ceux et celles qui prévoient y participer, n'oubliez pas le concours étudiant du meilleur résumé offert par la SCS. Un prix de 300\$ (plus une adhésion d'un an à la SCS) va être offert à l'étudiante ou l'étudiant ayant soumis le meilleur résumé. Il y aura aussi encore cette année le Concours de bourses de voyage de recherche pour étudiants offert par la SCS et de l'Institut de la santé circulatoire et respiratoire (ISCR) des IRSC. La date limite pour les deux concours est le 15 janvier 2010 et plus de détails peuvent être

trouvés à <http://www.css.to/awards.html>.

Aussi, bien que nous ayons encore beaucoup de temps, nous commençons déjà à penser au prochain congrès WASM/SCS qui aura lieu en septembre 2011 à Québec. Y a-t-il un présentateur que vous aimeriez vraiment voir? Un sujet pour lequel vous brûlez de curiosité? Faites-nous savoir et nous ferons notre possible répondre à votre désir.

En conclusion, j'aimerais vous rappeler que Christian et moi-même représentons votre voix au sein de la SCS, et votre contribution s'avère essentielle. Si vous avez des idées, commentaires ou questions, n'hésitez pas à nous contacter. Nous sommes tous les deux relativement nouveaux dans le comité exécutif, mais désirons vivement contribuer au développement de nouvelles initiatives étudiantes. Je vous souhaite à toutes et tous de très joyeuses Fêtes et une nouvelle année remplie de succès et, pourquoi pas, de découvertes révolutionnaires!

Vincent Moreau  
Représentant étudiant  
Université Laval  
[vmoreau@css.to](mailto:vmoreau@css.to)



## TECHNOLOGIST SECTION / RUBRIQUES TECHNOLOGUES

**K. Jeremy Gibbons BSc RPSGT**



I am pleased to have been voted on to the CSS executive, this past summer, as Technologist-at-Large. I must first commend outgoing Technologist-at-Large executive Carol Mously on her fantastic work

and dedication during her 3 year tenure. I aspire to continue her initiatives alongside fellow Technologist-At-Large Natalie Morin and the rest of the CSS executive.

I have been employed in this emerging discipline of Sleep Medicine for over 15 years as a Sleep technologist (adult and pediatric), home health care and marketing specialist, quality assurance advisor and inspector, education and training consultant and as a public sleep education advocate. Most recently I have also had the opportunity to embark on sleep research opportunities in pediatric sleep medicine at the Hospital for Sick Children.

Given my extensive experience, I hope to bring a comprehensive and well rounded perspective to the Canadian Sleep Society. The CSS, Canadian Sleep Physicians/ ABSMs and Canadian Sleep technologists require much more presence as a growing and emerging medical discipline, science and technology.

Over the next 3 years, I intend to do my utmost to promote Sleep Medicine and Technology in Canada. I look forward to hearing from you, the members, and I hope to see many of you next year at the 5th Canadian Sleep Society Meeting in Quebec City, 2011.

Sincerely,  
Jeremy

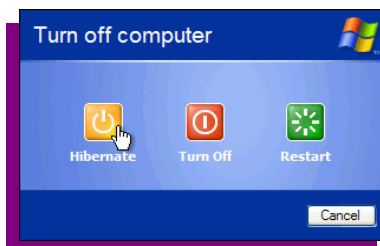


## HIBERNATION, SLEEP, AND OUR WINTER BLUES

**James G. MacFarlane, PhD, ABSM**

Biologists often argue about definitions, and hibernation has been difficult to define. The most common definition has been: a long-term state in which body temperature is markedly decreased and metabolism significantly slowed, accompanied by a coma-like state which is only slowly reversible. By this definition, bears

don't hibernate, because their body temperature drops only slightly and they awaken relatively easily. However, the term hibernation is generally used to describe any long-term reduction in body temperature (hypothermia) and metabolism during winter months. Dormancy is probably a better general term.



When an animal enters a dormant state during the summer, it's known as estivation, which is much less common than hibernation. It is a triggered by excessive heat and/or shortage of water. Dormancy in reptiles is called brumation. It differs from mammalian hibernation because reptiles are poikilotherms (cold-blooded) -- they cannot raise their body temperature independently of environmental conditions. Therefore, they need to sequester themselves away from the harsh temperatures and environmental conditions. Torpor is another word that causes some confusion. It's sometimes used as a general term to describe all the various types of temperature and metabolism-reducing behaviours. It's most commonly used to describe short-term periods of dormancy, often with associated temperature and metabolic reductions, that can occur daily for a few hours at a time. Think of it as an elaborate nap.

So is hibernation basically a really long nap? No... these animals aren't just sleeping. They are undergoing drastic physiological changes. A hibernating mammal reduces its metabolic rate by nearly 30-fold and shifts from glycogen to lipid as the major fuel source for metabolism. Hibernating ground squirrels may have abdominal temperatures as low as 0°C, maintaining sub-zero abdominal temperatures for more than three weeks at a time, although the temperatures at the head and neck remain at 0°C or above. Therefore, the vital signs of

a hibernating animal are very different than an awake or sleeping animal.

Sleep, by contrast, is predominantly a CNS phenomenon. There are physiological aspects of sleep that are similar to hibernation, such as a reduced heart and breathing rate and lowered body temperature, but these changes are very minor compared to hibernation. Sleep is also readily reversible, and even when awakened from REM-sleep you can be fully awake within several minutes. Hibernating animals continue to show predominant patterns of NREM sleep during hibernation, but sleep cycling is suspended. In fact, hibernating animals will periodically emerge from hibernation in order to sleep normally. In the process, they raise their body temperatures by a few degrees Celsius, to about 38°C. Also, when an animal emerges from hibernation, it exhibits many signs of sleep deprivation and needs to sleep a lot over the next few days to recover.

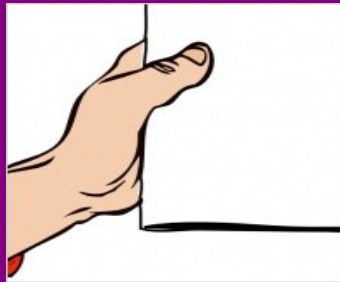
We all tend to feel a little lethargic in the winter months. Is it boredom? Is it the lack of light or cold Canadian temperatures? It could be a vestige of a natural biological tendency, and could explain why (for me) Monday mornings in February are especially difficult. It may also explain why so many people swing into a seasonal affective disorders (SAD), characterized by recurrent winter depression with summer remissions and/or hypomania. Prodromal SAD symptoms include hypersomnia (over-sleeping), increased appetite, weight gain, fatigue, and social withdrawal. Other autonomic changes have also been noted, and are similar to those noted before and during hibernation, and may indicate mechanisms different from those of non-seasonal depression (Austen M. Biol Psychiat 50(1):28-35).

So next time someone tries to awaken you too early in the Winter months, remind them that all animals go through an extended period of extreme irritability after disruption of a naturally dormant state.



**Looking for information for your patients?**

**Do you need brochures to distribute at speaking engagements?**



Go to

**<http://css.to/sleep/brochures.htm>**

for brochures authored by Canadian Physicians and Sleep Researchers.

These brochures may be downloaded from the CSS website for free. You may print and distribute them so long as the CSS logo and copyright info is maintained.

## **CALENDAR OF EVENTS**

**May 13-15, 2010** – FOCUS ON RESPIRATORY CARE & SLEEP MEDICINE, 10th Annual Meeting, at Disney's Coronado Springs Resort at Walt Disney World in Orlando, Florida.

**June 5-9, 2010** - SLEEP 2009, 24th Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS) at Henry B. Gonzalez Convention Center in San Antonio, Texas

**October 16, 2010** – The Influence of Various Medical & Psychiatric Disorders on Sleep, CME sponsored by The Canadian Sleep Society, University of Toronto Conference Centre, Toronto, Ontario

**September 10-15, 2011** – WORLD CONGRESS 2011, World Association of Sleep Medicine and 5<sup>th</sup> Scientific Conference of the Canadian Sleep Society, Quebec City, Canada

**September 14–18, 2010** – 20th Congress of the European Sleep Research Society, Lisbon, Portugal

**October 15-20, 2011** – WORLD SLEEP FEDERATION 2011 Conference, Kyoto, Japan