



SEPTEMBER 20-25, 2019 • VANCOUVER, CANADA

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Tuesday, September 24 | 9:00am – 6:00pm | Vancouver Convention Centre



Canadian Sleep Society



Société Canadienne du Sommeil

SRS-CSS Frontiers Scientific Workshop

The Sleep Research Society (SRS) & Canadian Sleep Society (CSS) Frontiers Scientific Meeting is a 1-day workshop contained within the World Sleep scientific program. Register to attend this comprehensive and state-of-the-art update of the linking sleep to brain function and physiology in both experimental and population-based studies.

Summary

Sleep is important for the brain as well as the body. The workshop will include an exciting range of speakers that will present data linking sleep to brain function and physiology in both experimental and population-based studies. Our key speakers are renowned experts in the field of sleep and health (Dr. Phyllis Zee) and in the associations between sleep and cognitive function (Dr. Nadia Gosselin). Each featured presentation is followed by an oral symposium on a related theme with a broad range of speakers and topics.

Chairs

John Peever (Canada) | Kristen Knutson (United States)

ATTEND THIS WORKSHOP AS PART OF THE WORLD SLEEP 2019 PROGRAM
worldsleepcongress.com/register

INVITED SPEAKER: PHYLLIS ZEE



9:00am – 10:00am

Sleeping Well and Staying in Rhythm: Implications for brain and metabolic health
Phyllis Zee (United States)

INVITED SPEAKER: NADIA GOSELIN



3:00pm – 4:00pm

Obstructive sleep apnea and the risk of cognitive decline in older adults
Nadia Gosselin (Canada)

SLEEP: IMPACT ON PHYSIOLOGY AND PUBLIC HEALTH

10:15am – 10:40am

Inflammatory and counter-inflammatory responses to chronic sleep disruption in humans
Monika Haack (United States)

10:40am – 11:05am

Sleep, recovery and human performance in elite athletes
Charles Samuels (Canada)

11:05am – 11:30am

The epidemiology of sleep and population health implications
Chandra L. Jackson (United States)

11:30am – 11:55am

Human sleep in comparative context: Exploring the link between our evolutionary history, health and well-being
David Samson (Canada)

SLEEP: IMPACT ON NEUROLOGICAL FUNCTION

4:15pm – 4:40pm

Chronic sleep loss neural injury: Play early, pay later
Sigrid Veasey (United States)

4:40pm – 5:05pm

Links between global and local sleep disruption and Alzheimer's disease pathophysiology
Bryce Mander (United States)

5:05pm – 5:30pm

REM sleep behavior disorder: Animal models and the neuronal network involved
Pierre-Hervé Luppi (France)

5:30pm – 5:55pm

Obstructive sleep apnea and Alzheimer's disease: Is amyloid the link between breathing and dementia?
Yo-El Ju (United States)