

PEDIATRIC SLEEP DAY 2015

Friday March 27th 8:00 - 17:00

CHAIR: Dr. Colin Shapiro, MBBCh, PhD, FRCPC **ORGANIZERS:** Dr. Manoj Enjati, MBBS; Dr. Sharon Chung, PhD

SPONSORING ORGANIZATION: Youthdale Child and Adolescent Sleep Centre

LOCATION: Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Road, Toronto, Conference Centre (Rooms 1E200 & 1E201)

08:00 - 08:30 **Continental Breakfast and visit time for Exhibit Tables**

08:30 - 08:45 **Colin Shapiro**, MBBCh, FRCPC, PhD
Program Director, Youthdale Child & Adolescent Sleep Centre; Psychiatrist, Neuropsychiatry Program, University Health Network

Overview & Comments: Sleep, Learning and Cognition

08:45 - 09:00 **A Patient's & Parent's Perspective**
How 'E' Benefited from Having her Sleep Assessed

09:00 - 10:00 **Luci Wiggs**, DPhil
University of Oxford Section of Child and Adolescent Psychiatry, Park Hospital for Children,

A Review of Behavioural Aspects of Children's Sleep

10:00 - 10:15 **Coffee Break 1 & Visit Time for Exhibit Tables**

10:15 - 10:55 **Carlisle Smith**, PhD
Professor Emeritus, Department of Psychology, Trent University

Memory, Sleep Architecture and Learning Potential

10:55 - 11:30 **Arina Bingeliene**, MD
Clinical Fellow, Department of Psychiatry, University of Toronto and University Health Network

Sleepiness and Driving in Adolescents

11:30 - 12:00 **School Representative**
Later School Start Times: Absenteeism down, Alertness up

12:00 - 13:00 **Lunch, Musical Interlude & Visit Time for Exhibit Tables**

13:00 - 13:35 **Gilla Shapiro**, MA (Cantab), MPA, MPP
Clinical Psychology, McGill University

Stress, Coping and Sleep in Teens

13:35 - 14:35 **Richard Ferber**, MD, FAASM
Childrens National Medical Center, Washington DC

Sleep scheduling, circadian factors and education

14:35 - 15:25 **Graham Reid**¹, PhD & **J. Bruce Morton**², PhD
University of Western Ontario, London. ¹Departments of Psychology, Family Medicine & Paediatrics; Centre for Studies in Family Medicine & Children's Health and Therapeutics Program, Children's Health Research Institute. ²Cognitive Development and Neuroimaging Laboratory, Department of Psychology, Graduate Programme in Neuroscience.

Collaborative Talk: The interplay between sleep and the development of executive functioning in preschool age children

15:25 - 15:40 **Coffee Break 2 & Visit Time for Exhibit Tables**

15:40 - 16:10 **Cara Ooi**, MD
Resident, Child Psychiatry Program

Clinical Case Presentation

16:10 - 16:45 **Sharon Chung**, PhD
Clinical Researcher, Youthdale Treatment Centres & Department of Psychiatry, University Health Network

Bad Behaviour at School: Can Bad Sleep Play a Role?

16:45 - 17:00 **Colin Shapiro**, MBBCh, FRCPC, PhD
Program Director, Youthdale Child & Adolescent Sleep Centre; Neuropsychiatry Program, University Health Network

Quiz, Cases and Discussion

NB. Youthdale Brain and Behaviour Development Day will take place the previous day (Thursday March 26th from 8:15am-4:30pm). The theme is: *Pediatric Depression.*