PEDiATRIC SLEEP DAY 2013

CHAIR: Dr. Colin Shapiro, MBBCh, PhD, FRCPC
ORGANIZER: Dr. Sharon Chung, PhD

SPONSORING ORGANIZATIONS: Youthdale Child and Adolescent Sleep Centre & the Neuropsychiatry Program, University Health Network
LOCATION: Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Road, Toronto, Conference Centre Lecture Theatre (Rooms 1E200 and 1E201)

8:00 - 16:45

7.0 hours of AAST or MOCOMP Continuing Education Credit

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

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

**Introductory Comments**

**08:45 - 09:45** KEYNOTE PRESENTATION 1: Mary Carskadon, PhD
Professor, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University; Director, Sleep and Chronobiology Research Lab, E.P. Bradley Hospital, East Providence, RI

**Sleep in Adolescents: The Perfect Storm**

**9:45 - 10:00** Coffee Break and visit time for Exhibit Tables

**10:00 - 11:00** KEYNOTE PRESENTATION 2: Raanan Arens, MD
Professor of Pediatrics, Chief, Division of Respiratory and Sleep Medicine, the Children's Hospital at Montefiore, Albert Einstein College of Medicine, Bronx, NY

**Risk Factors for Obstructive Sleep Apnea in Children: The Role of Obesity**

**11:00 - 12:00** Les Priemer, DDS, DABSM
Ontario Dental Association; member, American Academy of Dental Sleep Medicine; the North Toronto Dental Society and Alpha Omega.

**Oral Appliance Treatment of Sleep Apnea in Children and Adolescents**

**12:00 - 12:45** Lunch and visit time for Exhibit Tables

**12:45 - 13:20** Azmeh Shahid, MBBS, FCPS, MCCEE, FRCPC
Department of Psychiatry, UHN and the University of Toronto, Youthdale Child and Adolescent Sleep Centre and the Youthdale Treatment Centres

**Peeking into the minds of troubled adolescents: the utility of polysomnography sleep studies in an inpatient psychiatric unit**

**13:20 -14:05** Jura Augustinavicius, MSc Candidate
University of Toronto and the Youthdale Child & Adolescent Sleep Centre

**Sleep Related Biomarkers for Depression in Children and Adolescents**

**14:05 -14:45** KEYNOTE PRESENTATION 3: Mary Carskadon, PhD
Professor, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University; Director, Sleep and Chronobiology Research Lab, E.P. Bradley Hospital, East Providence, RI

**Short Sleep, Depressed Mood and the Serotonin Transporter Gene**

**14:45 - 15:00** Coffee Break and visit time for Exhibit Tables

**15:00 - 15:45** Deema Abdul Hadi, MB Ch, BAO, LRCP & SI, CCFP
Department of Family and Community Medicine, University of Toronto.

**Common Presentations of Pediatric sleep issues in family medicine**

**15:45 - 16:30** Sohail Khattak, MD., FRCP(C)
Assistant Professor, University of Toronto; Director, The Kids Clinic, Whitby

**The Importance of Sleep Assessment and Treatment from a Behavioural Pediatrician's Viewpoint**

**16:30 - 16:45** Colin Shapiro, MBBCh, FRCPC, PhD
Program Director, Youthdale Child & Adolescent Sleep Centre; Director, Neuropsychiatry Program, University Health Network

**Quiz, Cases and Discussion**