

PEDIATRIC SLEEP DAY 2018

Friday October 12th 8:00 – 5:00

CHAIR: Dr. Colin Shapiro, MBBCh, PhD, FRCPC

ORGANIZER: Dr. Sharon Chung, PhD

Accredited: Continuing Education credits (UofT CEPD MOCOMP & Mainpro⁺ and AAST)

LOCATION: Toronto Western Hospital, 399 Bathurst Street, BMO Education & Conference Centre, Krembil Discovery Tower, Ground Floor

8:00 - 8:15 Registration & Continental Breakfast

8:15 - 8:30

Dr. Colin Shapiro, MBBCh, FRCPC, PhD

Professor, Department of Psychiatry and Ophthalmology, University of Toronto; International Sleep Clinic, Parry Sound; Youthdale Child and Adolescent Sleep Centre, Toronto

Introduction: Important Practical Issues in Pediatric Sleep

8:30 - 9:30

Dr. Thomas Roth, PhD

KEYNOTE SPEAKER

Director of the Sleep Disorders and Research Center at Henry Ford Hospital in Detroit, USA

Sleep Medicine: Where did we come from and where are we going

9:30 - 10:00

Dr. Moha Gholizadeh, MBBS

Youthdale Child and Adolescent Sleep Centre, Toronto.

Clinical Case: Free Running Circadian Rhythm

10:00 - 10:30

Dr. Brian Lyttle, MD, FRCPC

Department of Paediatrics, Western University, Children's Hospital, London Health Sciences Centre, London

Recent experiences with Home Sleep Testing in Children

10:30 - 10:45

COFFEE BREAK 1

10:45 - 11:15

Dr. Abdullah Nabhani, MD

Clinical Fellow, University of Toronto Department of Psychiatry; Youthdale Child and Adolescent Sleep Centre, Toronto.

Pediatric Clinical Case: Central Sleep Apnea

11:15 - 12:00

Dr. Paul Sandor, MD, FRCPC

Professor, Department of Psychiatry, University of Toronto, Toronto; Director, Tourette Syndrome Neurodevelopmental Clinic, University Health Network, Toronto; Head, Neuropsychiatric Studies, Youthdale Treatment Centers, Toronto

Adolescent Sleep and Mental Health Impact in the Age of Legal Cannabis

12:00 – 12:20

Dr. Sharon Chung, PhD

Clinical Researcher, Youthdale Treatment Centres; Coordinator, Melatonin Assessment Test Laboratory

Cannabis, Prescription & OTC meds: Can any of these alter melatonin rhythm?

12:20 - 1:10

LUNCH

1:10 - 2:10

Professor Alan Apter, MD

KEYNOTE SPEAKER

Schneiders Children's Medical Center of Israel; Ruppin Academic Center; Interdisciplinary Center Herzliya, Tel Aviv, Israel

Sleep and Suicidality in Youth

2:10- 2:40

Dr. German O. Ramirez-Yañez, DDS, MDSc, MS, PhD, FRCD(C)

Aurora Kids Dentistry Team

Treatment of Sleep Problems Associated with Mouth Development

2:40 - 3:00

Julia Glowinski

Social Worker

An Integrative Approach to Infant and Toddler Sleep: A Social Worker's Perspective

3:00 - 3:30

Eddie Sal, BSC Pharm

Owner/Pharmacist, Clairhurst Medical Pharmacy

A Pharmacist's Perspective on Medications Relevant to Sleep Issues in Children

3:30 – 3:45

COFFEE BREAK 2

3:45 - 4:15

Dr. Louise Scott, PhD

Developmental Neuropsychologist

Sleep problems in FASD and other Neuro-developmental disorders

4:15 - 5:00

Panel of Speakers

Ask the Panel Questions about Sleep