

# Province-Wide Sleep Rounds

Chair/ Organizer: Dr. Colin Shapiro

Friday March 4, 2011

08:30 – 09:05 Kate Wilkson, Graduate Student

**The Fourth component of Insomnia: Non-Restorative Sleep**

09:05 – 09:45 Dr. Colin Shapiro

Staff Psychiatrist & Director, Neuropsychiatry Program, University Health Network: Director, Sleep Research Unit, Sleep & Alertness Clinic, and Youthdale Child & Adolescent Sleep Centre, Toronto; International Sleep Clinic, Parry Sound; Professor, Institute of Medical Sciences, University of Toronto

**How do we Treat non-restorative sleep? (With live patient interview).**

09:45 – 09:55 Break

09:55 – 10:30 Pintu Bhuiya, MBBS, RPSGT

**Technical aspects of non-restorative sleep: alpha EEG & arousals**

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## Location

Rounds will be held at the  
Toronto Western Hospital, 399 Bathurst Street (Bathurst and Dundas)  
West Wing 2- 401; 2<sup>nd</sup> Floor

**Please note we have a full program and your punctuality will be appreciated**

Directions from the Atrium (Dundas/Bathurst)  
Walk across the atrium towards Nassau St. exit.  
Prior to the exit, turn left, pass the corridor,  
Take Grey Elevators to the 2<sup>nd</sup> Floor

*Note:* This is a Telehealth conference.  
It will be available in MONTREAL, OTTAWA, SUDBURY  
PETERBOROUGH, SAULT ST.MARIE , WINNIPEG  
NORTHBAY, THUNDER BAY, PARRY SOUND, SUDBURY,  
PENETANGUISHENE & ORILLIA  
For more details and technical support, contact  
Nancy at 416-603-5723 or e-mail Nancy.MacFarlane@uhn.on.ca

The UHN shuttle stops at the Dundas St. entrance by the Emergency Department

**This event is an Accredited Group Learning Activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.**

**For further details please call Elsie at the Sleep and Alertness clinic (416) 603-5273 or e-mail [suzannealves@uhn.on.ca](mailto:suzannealves@uhn.on.ca)**

Refreshments: Served from 8:10 am - Sponsored by Medigas

**CME NOTE:** Starting in 2010, CME certificates will be made available at each of the rounds. **No year-end CME totals notification will be sent.** You must also sign the sign-in sheet at the rounds. Remote sites please fax your sign-in sheets to Elsie Cabrera at 416-603-5292. Should you misplace or lose your certificate, an administrative fee of \$20/hour (**minimum charge \$10**) will be charged to locate information necessary to help you complete any missing certificates.

**Online CME certificates for each of the Province-Wide Rounds can be found at: Google Documents (<http://docs.google.com/>)**

**login:** provincewideuhn **password:** pwrounds