

Province-Wide Sleep Rounds

Co-Chairs: Dr. Marta Novak and Dr. Colin Shapiro

Friday November 4, 2011

Sleep, Learning and Mental Health

- 08:30 – 08:35** **Marta Novak, MD, PhD**
Associate Professor of Psychiatry, University of Toronto
Overview: Challenges to getting our kids to bed at a decent hour – a clinician’s and mother’s viewpoint.
- 08:35 – 09:00** **Sharon Chung, PhD**
Clinical Researcher, University Health Network & Youthdale Treatment Centres
Eyes Wide Shut: What do we know about sleep and school performance in children and adolescents?
- 09:00 – 09:25** **Roberta Longpré, M.A, Ed.M.**
Head, Student Services, Branksome Hall
“How much sleep is enough for high school girls?”
- 09:25 – 9:35** **Break**
- 09:35 – 10:00** **Colin Shapiro, MBBCh, PhD, MRC Psych, FRCP(C)**
Professor, University of Toronto; Director, Youthdale Child and Adolescent Sleep Centre
Do sleep debt and body clock problems impact on mood and suicidality in teenagers?
- 10:00 – 10:30** **Panel Discussants:** include:
Rosemary Evans, MBA, MEd, Principal, University of Toronto Schools
Jennifer R. Chan, Hons.B.Sc, B.Ed and MBA, Principal, Eastern Commerce C.I.

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

LOCATION:

Toronto Western Hospital,
399 Bathurst St. (Bathurst and Dundas),
West Wing 2- 401; 2nd Floor
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 2nd Floor
NOTE: The UHN shuttle stops at the Leonard St. entrance

OTHER WAYS TO JOIN IN:

Note: This is a Telehealth OTN, WebEx and WebCast conference.
It will be available via OTN to varied sites across Ontario and Montreal
Use WebEx for best resolution. URL: webcast.webex.com. Password: pwrounds
WebCast is another option. URL: webcast.otn.ca (no password necessary)
To ask Questions during the rounds: *phone number to be announced*
These rounds will be recorded for your future viewing convenience
For more details and technical support, contact
Nancy at 416-603-5723 or e-mail Nancy.MacFarlane@uhn.on.ca

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. No AAST CECs are provided.

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

Refreshments: Served from 8:10 am - Sponsored jointly by Medigas and ResMed

CME NOTE: CME certificates will be made available at each of the rounds or on Google Docs. **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