

PEDIATRIC SLEEP DAY 2019**Friday October 18TH 8:00 am to 5:00pm****Chair: Colin Shapiro, MBBCh, PhD, FRCPC****Organizers: Azmeh Shahid, FRCPC, Miqdad Bohra, FRCPC, Julia Glowinski****Accreditation:** Continuing Education credits (UofT CEPD MOCOMP & Mainpro+ and AAST) – applied for**LOCATION:** Giovanni room, Chestnut Residence and Conference Centre, 89 Chestnut Street, Toronto, ON, M5G 1R1.

- 8:00 am to 8:30 am** **Registration and Continental Breakfast**
- 8:30 am to 8:45 am:** **Dr. Colin Shapiro, MBBCh, Ph.D., FRCPC**
Professor, Department of Psychiatry, University of Toronto, Youthdale Child and Adolescent Sleep Centre, Toronto
Introduction
- 8:45 am to 9:45 am:** **Dr. Thomas Roth, PhD** **KEY NOTE SPEAKER**
Director of Sleep Disorders & Research Centre, Henry Ford Hospital, Detroit, USA
Pediatric Sleep Medicine: Where did we come from and where we are going
- 9:45 am to 10:15 am:** **Dr. Hillel Maresky, MD**
Assistant Professor of Radiology, Temple University, Philadelphia, USA
Imaging of neck fat & airway: neck adiposity & long-term outcomes
- 10:15 to 10:30am** **Coffee Break**
- 10:30 am – 11:00 am:** **Dr. Peter Rumney, MD**
Assistant Professor, Pediatrics, University of Toronto
A Clinical Perspective on Sleep Challenges Post Pediatric Concussion
- 11:00 am to 11:30 am:** **Dr. Dora Zalai, MD, PhD, C.Psych, Psychologist, Oakville Centre for Cognitive Therapy & EBT3-Evidence Based Therapy, Training & Testing**
Circadian rhythm: a neglected piece of post- concussion insomnia assessment
- 11:30 am to 12:00 pm** **Dr. Arina Bingeline, MD**
Resident, Department of Neurology, University of Toronto
Movement disorders in children's sleep: epileptiform and non-epileptiform
- 12:00 pm to 12:15 pm:** **Appreciation Awards**
- 12:15 pm to 1:00 pm:** **Lunch**
- 1:00 pm to 1:30 pm:** **Interview with Dr. William Dement and the Stanford Soccer Team**
- 1:30 pm to 2:30 pm:** **Dr. Michael Simmons, DMD, MSc, MPH, Dip ABDSM, Dip ABOP, KEY NOTE SPEAKER**
Fellow UCLA Medical School Pain Management Center
The Emerging Role of Dentists in Pediatric Population Sleep Health
- 2:30 pm to 2:50 pm:** **Meenakshi Gupta, MBChB MMed (Internal medicine)**
Hypersomnia hour: Case #1
- 2:50 pm to 3:10 pm:** **Dr. Boris Yakubov, MD**
Hypersomnia hour: Case #2
- 3:10 pm to 3:30 pm** **Childhood hypersomnolence – Patient and Carer perspective**
Hypersomnia hour: Case #3
- 3:30 pm to 3:45 pm** **Coffee Break**
- 3:45 pm to 4:15 pm:** **Dr. Louise Scott, Ph.D., C. Psych.**

Neuropsychologist, Dr. L A Scott and Associates, Paris Ontario
Circadian hour 1: Fetal Alcohol Spectrum Disorders

4:15 pm to 4:45 pm: **Jessy Rosen, M.S. Clinical nutrition** | New York University B.A. Public Health Studies | Class of 2018 | John Hopkins University
Circadian Hour 2: Association Between Circadian Rhythms & Pediatric Obesity

4:45 pm to 5:15 pm **Panel of Speakers**
Ask the Panel Questions about Sleep

5:30 pm **Reception for Dr. Shapiro's Former students, colleagues & attendees**