

Canadian Sleep Society, CIHR/ICRH,
and Brock University present
CAFÉ SCIENTIFIQUE

Sleepless in Niagara

Are you dreaming of better sleep?

Thursday, October 2nd, 2008, 6 pm – 8 pm

Château des Charmes

1025 York Road, Niagara-on-the-Lake, Ontario

Please RSVP: Julia Blushak (jblushak@brocku.ca, or 905-688-5550, ext.5686)

Please join us and our panel of experts for a lively discussion, and to learn more about the impact of sleep loss on health.

Sleep loss is a serious problem in modern society. Many people do not get the sleep they need in order to function optimally in their daily lives. There are also long term health consequences of sleep disruption, such as heart disease and diabetes. Some common “sleep stealers” are shiftwork and sleep disorders like insomnia and sleep apnea.

Experts:

Dr. Douglas Bradley

Professor of Medicine
Director, Centre for Sleep Medicine
and Circadian Biology
University of Toronto

Dr. Marie Dumont

Professor
Department of Psychiatry
University of Montreal

Dr. Charles M. Morin

Professor
Sleep Disorders Center
School of Psychology
Laval University

Moderator:

Dr. Benjamin Rusak

Professor
Director, Chronobiology and Sleep Program
Director, Research Division, Department of Psychiatry
Dalhousie University