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CIHR CAFÉ SCIENTIFIQUE  
PRESENTS

# Science on tap

## Quench your interest

Thursday, October 2<sup>nd</sup>, 2008, 6 pm – 8 pm

**Château des Charmes**

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

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

### Sleepless in Niagara

#### Are you dreaming of better sleep?

Sleep loss is a major problem in modern society. Many people don't 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.

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

**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

**Experts:**

**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



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Canadian Sleep Society Société Canadienne  
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