



# How to Promote Sleep & Injury Prevention

September 21, 2019: 9:00am – 12:30pm  
Vancouver Convention Centre West Room 110

Injury is the leading cause of death in Canada among individuals ages 1–34 years of age. An average of 900 children and teens in British Columbia are hospitalized each year due to sports-related injuries.

Studies which have examined the effect of sleep deprivation on sport performance and injury risk among young athletes show that the amount of sleep affects risk factors for injury, with less than 8-hours sleep increasing injury risk by 30 to 70%.

Knowing that student athletes tend to sleep 2-hours less each night compared to non-athletes, it is necessary to highlight the importance of sleep for good health and injury prevention. However, most attempts to promote healthy sleep and sleep hygiene among children and youth over the past decade have led to disappointing results.

In this symposium, a transdisciplinary faculty consisting of athletes of all ages, and students and community/university-based researchers, will share the latest research and discuss these issues with interested members of the public. This symposium will be of particular interest to high school and

university students, trainers and teachers, and will review traditional and novel communication concepts, including youth-led participatory action initiatives designed to raise awareness about the effects of sleep deprivation and low vigilance on sport performance.

**Contacts:**

**Allan O'Bryan, Executive Director**  
obryan@worldsleepsociety.org

**Gina Dewink, Marketing & Messaging**  
dewink@worldsleepsociety.org

**On behalf of the symposium:**

**Osman Ipsiroglu**  
oipsiroglu@bcchr.ca

**Gerhard Kloesch**  
gerhard.kloesch@meduniwien.ac.at

**Sarah Richmond**  
sarah.a.richmond@gmail.com

# Schedule:

Sleep Expo 2019  
Advancing Public Sleep Health

## Saturday, September 21, 2019

Introduction		
<b>Session 1</b>	'Sleep Deprivation = Alcohol Intoxication' & Injury Prevention <b>Student introduction</b> of speaker & short introduction to the topic  Sleep Deprivation: The Perspective from the Emergency Room & Sleep Medicine <b>Najib Ayas</b> (Canada)	9:00–9:20am
<b>Session 2</b>	Athletic Injuries <b>Student introduction</b> of speaker & short introduction to the topic  Active & Safe – The BC Injury Prevention Campaign <b>Sarah Richmond</b> (Canada)	9:20–9:40am
<b>Session 3</b>	Introduction by Chair: From 'Sleep to Vigilance' <b>Osman Ipsiroglu</b>  From Sleep Deprivation to Vigilance: A New Communication Concept? <b>Gerhard Kloesch</b> (Austria)	9:40–10:00am
<b>Session 4</b>	Student Presentations: Communication of Sleep Health via Vigilance Games & Scientific Background of the Games <b>Renee Boldut, Ruth Liu, Gemma Tomasky, Monica Hsu</b> (Canada)	10:00–10:15am
<b>Session Break</b>	What questions do you have for the upcoming round table	10:15–10:40am
<b>Session 5</b>	Introduction by Chair: Upcoming Challenges <b>Osman Ipsiroglu</b>  Youth, Sleep & Drugs: Vigilance Fluctuations <b>Pierre Philip</b> (France)	10:40–11:00am
<b>Session 6</b>	Introduction <b>Osman Ipsiroglu &amp; Nadia Beyzaei</b> (Moderators)  Kick-off: Risk-taking Behaviours <b>Mariana Brussoni</b> (Canada)  Roundtable: Do We Need a New Communications Concept for Messaging the Importance of Sleep & Negative Aspects of Sleep Deprivation? <b>Dan Small</b> (Medical Anthropologist & Addiction Researcher, UBC) <b>Samantha Pritchard</b> (Manager, Sport Science & Sport Medicine, UBC) <b>Calvin Kuo</b> (Kinesiologist & Computer Scientist, UBC) <b>Angelika Schlarb</b> (Psychologist & Psychotherapist, University of Bielefeld)  Short statements by: <b>Pierre Philip; Najib Ayas; Gerhard Kloesch, Sarah Richmond</b>  Review by invited members of the community: What can I apply in the community today?	11:05am–12:30pm
<b>Take Home Messages</b> What can I apply today?		