



MINI-RETREAT  
ON WEARABLE  
TECHNOLOGIES

2<sup>nd</sup>  
Edition

November 26, 2025  
Institut universitaire  
de gériatrie de Montréal

Sleep at the Crossroads  
of Science and Industry



# Join the 2<sup>nd</sup> Provincial Mini-Retreat on Wearable Technologies and Sleep

A day to explore, test, and imagine the future of wearable technologies at the intersection of science, industry, and career development.

## Objectives of the day

1

### **Foster intersectoral dialogue**

to better understand and anticipate the methodological, scientific, and industrial challenges related to wearable technologies applied to sleep.

2

### **Support the next generation**

by showcasing student projects and opening career perspectives in the field.

## Program highlights

2

Keynote lectures

3

Career spotlight sessions

12

Student presentations

+

Networking spaces with industry partners and device demonstrations

The retreat will be held in person.



# DAILY SCHEDULE

8:30 am	Arrival of participants (coffee, tea, pastries)
8:45 am	<b>Opening remarks</b> <b>Adrien Peyrache</b> Co-Director, Quebec Sleep Research Network <b>Caroline Arbour and Christophe Grova</b> Co-leads of the Initiative
9:00 am	<b>Keynote Lecture</b> by Manuel Schabus, University of Salzburg
10:00 am	<b>Session – Career Spotlight</b> by Jonathan Charest, Idorsia
10:30 am	Health Break
11:00 am	<b>Student Presentations – My Super Tech Project</b>
12:00 pm	<b>Immersive Lunch – Test Your Wearable</b> Thematic tables with industry representatives
1:00 pm	<b>Keynote Lecture</b> by Tamir Avigdor, Harvard Medical School
1:30 pm	<b>Student Presentations – My Super Tech Projectno</b>
2:30 pm	Coffee Break
3:00 pm	<b>Session – Career Spotlight</b> by Mason Harris, Dreem
3:30 pm	<b>Session – The Future of Scientific Careers in Sleep</b> by Julie Carrier, Université de Montréal
4:00 pm	<b>Closing Remarks</b> by Adrien Peyrache et Nadia Gosselin Co-Director, Quebec Sleep Research Network
4:30 pm	Refreshments and networking reception



## Sleep Beyond the Lab: Wearables and the Future of Digital Sleep Medicine

9:00 am - 10:00 am

Univ.-Prof. Dr. Manuel Schabus is a neuroscientist and sleep researcher at the University of Salzburg, where he leads the Laboratory for Sleep, Cognition and Consciousness. He has published more than 140 international articles with over 15,000 citations (h-index 55). His research spans cognition during sleep, insomnia, and the development of digital sleep medicine. As CSO and co-founder of Nukkuaa GmbH, he has translated scientific insights into the CE-marked medical app sleep<sup>2</sup>, a “virtual sleep lab at home” validated against gold-standard polysomnography. Combining high-precision wearable technology with cognitive behavioural therapy for insomnia (CBT-I), his work bridges basic neuroscience with practical health solutions for patients, companies, and elite athletes.



## Beyond Circadian: A Yearlong Subcutaneous EEG Study Reveals Hidden Ultralong-Term Sleep Cycles

13:00 pm - 13:30 pm

Tamir studies sleep and epilepsy using EEG in humans. He uses sleep as a model for physiology and epilepsy as a model for pathology to investigate oscillatory neural phenomena. He is currently a postdoctoral fellow at Massachusetts General Hospital (MGH) with Professors Sydney Cash and Rina Zelman (2025–present). Previously, he was a visiting scholar with Professor Sandor Beniczky in Denmark (2024–2025), focusing on sleep research with subcutaneous EEG and gamma properties of epileptic spikes. He completed his PhD with Professors Frauscher and Grova at McGill University and partly at Duke University (2019–2025), studying high-frequency activity in physiology and pathology.



## CAREER SPOTLIGHT SESSIONS

### **Scientific Career in Industry**

#### **Jonathan Charest, Idorsia**

10:00 am - 10:30 am

Jonathan Charest is a scientific consultant at Idorsia, a biopharmaceutical company specializing in insomnia. He has clinical and research expertise in sleep and human performance.

#### **Mason Harris, Dreem**

3:00 pm - 3:30 pm

Mason Harris is a certified sleep technologist and project manager at Dreem, a biotechnology company specializing in sleep. He develops and oversees innovative solutions to measure and improve sleep quality.

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### **The Future of Scientific Careers in Sleep**

#### **Julie Carrier, Université de Montréal**

3:30 pm - 4:00 pm

Julie Carrier is Associate Vice-Rector for Graduate and Postdoctoral Studies at the Université de Montréal. An internationally recognized sleep specialist, she studies how aging influences circadian rhythms and sleep regulation.



## Student Presentations MY SUPER TECH PROJECT

AM

11:00 am	<b>Samuel O'Brien Gillman</b> U. Concordia	Feasibility and Acceptability of using a Brain Activity Headband at Home to Monitor Sleep in Older Adults with Insomnia with and without Subjective Cognitive Decline
11:10 am	<b>Lylou Guilloton</b> U. Concordia	Improving Sleep Health in Older Adults: A Pilot Study of Online Cognitive Behavioral Therapy for Insomnia with Sleep Sensors vs. Sleep Diaries
11:20 am	<b>Anthony Levasseur</b> U. Montréal	Fascia Ecosystem: A Step Forward in Sleep Engineering and Research
11:30 am	<b>Edouard Delaire</b> U. Concordia	Measuring the hemodynamic response to seizure using Near-Infrared spectroscopy
11:40 am	<b>Noor Abbas</b> U. Toronto	Tracking Dreams and Sleep with Wearables: Social Connectedness During Ramadan Fasting
11:50 am	<b>Mathis Laidi</b> U. Montréal	Genetic susceptibility to Alzheimer's disease and sleep variability in older adults without dementia according to amyloid profile

PM

1:30 pm	<b>Anne Calvel</b> U. Concordia	A wearable closed-loop brain stimulation device for real-time modulation of sleep oscillations: the Portiloop
1:40 pm	<b>Catherine Leclerc</b> U. Montréal	Post-Traumatic Amnesia: The Role of Sleep and the Sensory Environment
1:50 pm	<b>Maeva Laquitaine</b> U. McGill	Impact of transient epileptic spikes on the coupling between sleep spindles and slow wave coupling during NREM sleep: insights from intracranial EEG (iEEG)
2:00 pm	<b>Mathilde Reyt</b> U. Concordia	Digital cognitive behavioural therapy for insomnia and anxiety in older adults: feasibility and efficacy of the eSPACE program
2:10 pm	<b>Xavier Michaud</b> U. Montréal	The Role of Sleep Architecture in Operational Recovery During a Winter Military Training in a Subarctic Environment.
2:20 pm	<b>Lucas Demey</b> U. McGill	Agreement between sleep and respiratory measures from the Sleep Image ring and simultaneous complete polysomnography



### Organizing Committee

- Caroline Arbour, Université de Montréal
- Christophe Grova, Concordia University
- Adrien Peyrache, McGill University
- Florence Lambert-Beaudet, Quebec Sleep Research Network

### Advisory Group

- Emily Coffey, Concordia University
- Véronique Daneault, Université de Montréal
- Thanh Dang-Vu, Concordia University
- Nadia Gosselin, Université de Montréal
- Christophe Moderie, Stanford University

## Participant Information

### Venue Address

Institut universitaire de gériatrie  
de Montréal (IUGM)  
4545 Queen Mary Road,  
Montreal, Québec H3W 1W5

### Google Maps link

➤ <https://maps.app.goo.gl/Gc4vdysk3xrQDdkq8>

### Event Room

IUGM Amphitheatre

### Directions

- The main entrance is located on Queen Mary Road, near Decelles Avenue.
- From the main lobby, follow the signage to the Amphitheatre (ground floor, near the conference rooms).

### Nearest Metro Stations

- Côte-des-Neiges (see Google Maps)
- Snowdon (see Google Maps)

### Nearby Parking

- Use the Saint Joseph's Oratory parking lot. Present the IUGM event plan upon entry.
- Fee: \$5/day, payable directly at the entrance.



Registration Website:

[reseau sommeil.ca/en/events/mini-retraite-technologies-portables-2025](https://reseau sommeil.ca/en/events/mini-retraite-technologies-portables-2025)

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