Dr. Charles Morin to be the First Recipient of Distinguished Lecturer Award in Sleep Sciences

From The Canadian Institutes Of Health Research (CIHR) – Institute Of Circulatory And Respiratory Health (ICRH) and the Canadian Sleep Society (CSS)

Montreal, QC, Canada (September 17, 2019) -- The Canadian Institutes of Health Research (CIHR) -- Institute of Circulatory and Respiratory Health (ICRH) and the Canadian Sleep Society (CSS) have established an inaugural and biennial Distinguished Lecturer Award in Sleep Sciences in recognition of an individual’s outstanding contribution to the advancement of sleep sciences in Canada. Charles M. Morin, PhD has been selected as the first-ever recipient.

Dr. Morin will receive the award during the Opening Ceremony of World Sleep 2019, where he will also give a keynote lecture as part of the scientific program. World Sleep 2019 will be held in the Vancouver Convention Centre in Vancouver, B.C. from September 20–25, 2019, with the Opening Ceremony taking place on Sunday, September 22, 2019.

“I am deeply honored to receive this award,” states Dr. Morin. “It is with great pride that I accept it on behalf of my entire research team at Laval University in Quebec City. I am very grateful to the CIHR-ICRH and the Canadian Sleep Society for the establishment of this new distinguished sleep scientist award, which is a formal recognition of the critical role that sleep medicine/sleep research play in promoting global health.”

DR. MORIN: BACKGROUND AND ACCOMPLISHMENTS

Charles M. Morin, PhD, is Professor of Psychology and Director of the Sleep Research Centre at Université Laval in Quebec City. He holds a Canada Research Chair on behavioural sleep medicine.

Charles Morin has been a pioneer in the development and validation of psychological approaches for the management of insomnia. Through his landmark studies published in high-impact journals including JAMA and the Lancet he was first to demonstrate that psychological therapy is as effective as drug therapy in the short-term management of insomnia and produces more durable sleep benefits in the long-term. In addition, professor Morin developed and validated a behavioural program to facilitate discontinuation of sleep medications among chronic users. This program has been adopted in sleep and health-care clinics, not only in Canada, but in several countries where long-term use of psychotropic medications is a common public health problem.

Professor Morin has been at the forefront of knowledge dissemination and translating research findings into practical/clinical applications. He has maintained an outstanding productivity throughout his career with more than 300 publications and 600 papers presented at scientific and
professional conferences (H-index 88, > 35,000 citations, Google Scholar). He is currently ranked as the second world’s foremost cited expert on insomnia (www.expertscape.com).

The exceptional quality of Professor Morin’s contributions to the fields of psychology, social sciences and behavioural sleep medicine has been recognized with several prizes and awards from scientific and professional organizations including more recently, the Distinguished Scientist Award from the Sleep Research Society (2016), the highest honor given by this society for significant, original and sustained contributions to the field of sleep research. He was elected to the Royal Society of Canada (2015) and received the Prix Marcel Vincent de l’Association francophone pour le savoir (ACFAS) for exceptional contributions to Social Sciences (2012).

The impact of Professor Morin’s research has been broad in scope and significant in its influence on the field and on society at large. His research has contributed to enhancing the standards of clinical care and improving the health and quality of life of millions of individuals affected with insomnia. For these different reasons, Professor Morin is highly deserving of the Distinguished Lecturer Award in Sleep Sciences from the The Canadian Institutes of Health Research (CIHR) – Institute of Circulatory and Respiratory Health (ICRH) and the Canadian Sleep Society.

For media interviews with Professor Morin, please contact:
Andrée-Ann Stewart
Direction des Communications,
Université Laval
418 656-3952

For media interviews with the Canadian Sleep Society, please contact:
Dr. Reut Gruber, media@css-scs.ca
514-222-1779

About Canadian Sleep Society
https://css-scs.ca/
The Canadian Sleep Society is a national organization committed to improving sleep for all Canadians through support for research, promotion of high quality clinical care, education of professionals and the public, and advocacy for sleep and sleep disorders medicine Promoting Healthy Sleep for Healthy Canadians.

About CIHR - Institute of Circulatory and Respiratory Health
http://www.cihr-irsc.gc.ca/e/8663.html
The Institute of Circulatory and Respiratory Health (ICRH) supports research into the causes, mechanisms, prevention, screening, diagnosis, treatment, support systems, and palliation for a wide range of conditions associated with the heart, lung, brain (stroke), blood, blood vessels, critical and intensive care, and sleep. The ICRH vision is to achieve international leadership by fostering an environment of openness, excitement, energy, commitment and excellence in highly ethical, partnered initiatives focused on research, research training, and research translation for the circulatory and respiratory sciences and for the betterment of the health of Canadians.

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