

CRIR Scientific Conference

Presented by:
Jewish Rehabilitation Hospital (JRH),
CISSS de Laval



Centre de recherche interdisciplinaire
en réadaptation du Montréal métropolitain

As part of the "Talking Research" series | Presentations by researchers or postdoctoral fellows on the findings of their research projects

Introducing the new Sleep Lab at the JRH and some of the ongoing sleep projects.



Marc Roig, Ph.D.

*Associate Professor, School of Physical and Occupational Therapy,
McGill University
Regular Researcher, Feil Oberfeld/CRIR–Jewish Rehabilitation Hospital
Research Centre, CISSS de Laval*

Marc Roig completed a Bachelor's degree in Sports Science and Physical Therapy and graduate studies in Sports Medicine and Exercise Science and Rehabilitation Sciences. He also has postdoctoral training in neuroscience.

Dr. Roig's research program aims to understand the mechanisms of brain plasticity that underlie memory formation and learning processes. His studies are designed to gain insight into these mechanisms in both health and disease, targeting not only young, older, and non-disabled individuals, but also people with neurological conditions such as stroke, Parkinson's and mild cognitive impairment. His research program provides mechanistic information to design novel patient-oriented treatments that he tests directly in randomized clinical trials. Creating a continuum between applied neuroscience, clinical practice, and patient care, this translational approach has the potential to improve the quality of life in people living with cognitive and/or mobility limitations.

Conference abstract

In this presentation, Dr. Roig will introduce his research on sleep (and lack of sleep). The presentation will introduce the new sleep lab, which is part of the Memory and Motor Rehabilitation Laboratory, located at the CRIR-Jewish Rehabilitation Hospital (JRH) site.

To find out more about the laboratory, [click here](#).

Date et heure : January 31, 2024
12:00 - 13:00

Contact : fpietran_hjr@ssss.gouv.qc.ca

Langue : English

Modality : Hybride

■ **In person:** Jewish Rehabilitation Hospital, Room D 1004
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or

■ **Virtual:** On Zoom. Please register:
<https://us02web.zoom.us/meeting/register/tZIsdOigrD0pHNdIFD6CQVnyci-MG3VvYCUg>

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