

# ADHD and Sleep

CO-CHAIRS: **Marlee Boyle, BSc, RRT, CCSH**  
*Sleep Works Consulting*

**Leah Corkum, LPN**  
*Sleep Works Consulting*

PRESENTER: **Dr. Gurdeep Parhar**  
*Adult ADHD Centre*

**January 15, 2025**

**1:15 p.m. to 1:45 p.m.**

**Total CPD Hours = 30 m Professionalism **

**Webcast**  
**Law Society of Ontario**

**SKU CLE25-00101**

## Agenda

- |                              |   |
|------------------------------|---|
| <b>1:15 p.m. – 1:30 p.m.</b> | <b>The Relationship Between Sleep and ADHD</b><br><br>Featuring guest speaker Dr. Gurdeep Parhar,<br><i>Adult ADHD Centre</i> |
| <b>1:30 p.m. – 1:35 p.m.</b> | <b>Night Owls and ADHD</b>  |
| <b>1:35 p.m. – 1:40 p.m.</b> | <b>Practical Tools and Strategies for Individuals with ADHD to get Better Sleep</b>   |
| <b>1:40 p.m. – 1:45 p.m.</b> | <b>Supporting your Colleagues and Staff</b>   |
| <b>1:45 p.m.</b>             | <b>Program Ends</b>   |