

ADHD and Sleep

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

Leah Corkum, LPN
Sleep Works

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

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|------------------------------|---|
| 1:15 p.m. – 1:30 p.m. | The Relationship Between Sleep and ADHD

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