

February 15, 2023

# Sleep and Your Wellness: More Info on the Business of Sleep

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

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

**March 8, 2023**  
**11:00 a.m. to 12:30 p.m.**  
**Total CPD Hours = 1 h 30 m Professionalism <sup>P</sup>**

**Webcast Only**

**SKU CLE23-00307**

## **Agenda**

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|--------------------------------|---|
| <b>11:00 a.m. – 11:05 a.m.</b> | <b>Welcome</b>  |
| <b>11:05 a.m. – 11:15 a.m.</b> | <b>Circadian Science</b>  |
| <b>11:15 a.m. – 11:30 a.m.</b> | <b>Effects of Sleep Loss on Relationships, Personality, and Mental Health</b> |

<b>11:30 a.m. – 11:45 a.m.</b>	<b>Insomnia</b>
<b>11:45 a.m. – 11:55 a.m.</b>	<b>Sleep and Travel</b>
<b>11:55 a.m. – 12:10 p.m.</b>	<b>Tools for Better Sleep</b>
<b>12:10 p.m. – 12:30 p.m.</b>	<b>Question and Answer Session</b>
<b>12:30 p.m.</b>	<b>Program Ends</b>