

December 21, 2023

Sleep and Your Mental Health: Tools for a Healthy Life

CO-CHAIRS: **Marlee Boyle, BSc, RRT, CCSH**
Registered Respiratory Therapist
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March 7, 2024
11:00 a.m. to 12:30 p.m.
Total CPD Hours = 1 h 30 m Professionalism ^P

Webcast Only

SKU CLE24-00306

Agenda

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| 11:00 a.m. – 11:05 a.m. | Welcome |
| 11:05 a.m. – 11:15 a.m. | The Connection Between Sleep and Mental Health |
| 11:15 a.m. – 11:30 a.m. | A Wake-Up Call – Common Habit-Forming Substances and Their Effect(s) on Sleep |

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| 11:30 a.m. – 11:45 a.m. | Pragmatic Approaches to Managing Sleep and Alternatives to “Sleeping Aids” |
| 11:45 a.m. – 12:00 p.m. | Changing your Relationship with Sleep |
| 12:00 p.m. – 12:30 p.m. | Question and Answer Session |
| 12:30 p.m. | Program Ends |