

Menopause and Sleep

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

Leah Corkum, LPN
Sleep Works Consulting

April 10, 2025

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

Total CPD Hours = 30 m Professionalism ^P

Webcast
Law Society of Ontario

SKU CLE25-00403

Agenda

1:15 p.m. – 1:25 p.m.	Intro to Sleep and Menopause
1:25 p.m. – 1:30 p.m.	Menopause-Related Sleep Disruption and the Workplace
1:30 p.m. – 1:40 p.m.	Cognitive Behavioural Therapy for Insomnia and Other Tools to Manage Menopause-Related Sleep Disruption
1:40 p.m. – 1:45 p.m.	How to Support Colleagues and Staff Experiencing Menopause-Related Sleep Disruption
1:45 p.m.	Program Ends