

Psychological Health & Safety

Welcome

Today's session is on **Dealing with Sleep Issues** presented by TELUS health where we will learn to uncover the reasons behind sleep disorders, including circadian rhythms, insomnia, and snoring/sleep apnea.

Dealing With Sleep Issues: Resources

LifeSpeak

- [Using white noise to achieve better sleep \(5-minute video\)](#)
- [How long before sleep time should we turn off all blue light sources - does this include television too? \(1 minute read\)](#)
- [Stress and Sleep \(3-minute read\)](#)

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EAP

- [Sleep Health Toolkit](#) for various articles, infographics and podcasts
- Self-directed CareNow program on sleep [CareNow Programs](#) *Note: you will need to create a personal account to start a program*
- Access professional counseling at 1-844-880-9142 for help with stress or anxiety
- Connect with a Health Coach for practical tips on how to get better sleep at 1-844-880-9142

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