

“The considerable amount of knowledge (about sleep and sleep disorders) that has accumulated in recent times remains underutilized because awareness of these advances by both the general public and professionals remains inadequate.” Prof. Gregory Stores, 2009

Announcing! SleepU

A comprehensive sleep health education program for health and wellness professionals who wish to

- increase their expertise
- add value for their clients
- broaden their service capabilities

SleepU will be of interest to those who provide

- occupational health services
- return to work assessments
- health and wellness programs
- EAP or EFAP
- disability assessments
- executive medical/health assessments
- health promotion
- medical treatment
- psychiatric treatment
- natural health remedies

SleepU courses include

- Foundations of Sleep and Sleep Health
- Assessing and Resolving Employee Sleep Problems

SleepU Instructor

Carolyn Schur is the founder and president of Alert@Work Human Resource Services, a company that addresses sleep and fatigue issues in the workplace, and Associated Sleep Services, a sleep disorder screening centre in Saskatoon, Canada. She is a member of the American Academy of Sleep Medicine and is regularly called upon by the media to share her expertise. She is the author of “Birds of a Different Feather: Early Birds and Night Owls Talk About Their Characteristic Behaviors,” “Working ‘Round the Clock: A Survival Guide for Shift and Night Workers,” and Alert@Work: Keys to Managing Sleep and Fatigue in the Workplace”.

SleepU Fees

Per person/ per course - \$499, includes printed resources and lunch

SleepU Dates and Locations 2010

Foundations of Sleep & Sleep Health: Toronto – June 1, Calgary – June 8, Phoenix – November 8

Assessing & Resolving Employee Sleep Problems: Toronto – June 2, Calgary – June 9, Phoenix – Nov. 9

For more information call 1-866-975-1165.

To request a registration form, send email to schurgoode@sasktel.net.

SleepU – Foundations of Sleep and Sleep Health!

Learn about sleep, sleep disorders and sleep health. Apply this knowledge to reduce sick time/absenteeism and drug costs and improve employee health and well-being.

You will learn about –

Physiology of sleep
Circadian type
Outcomes of poor sleep
Sleep and mental health
Sleep disorders
Other sleep problems
Shiftwork

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SleepU – Assessing and Resolving Employee Sleep Problems!

Though there are hundreds of tips and solutions offered for how to sleep better, none of them are of any value if you don't know what is at the root of the sleep problem. Learn to do the assessments that uncover root causes and apply the appropriate solutions that will truly help your clients/employees sleep better and feel better.

SleepU – Foundations and Applications of Sleep Health! is a pre-requisite for this course.

Dates and Locations 2010

Toronto – June 2, Calgary – June 9, Phoenix – Nov. 9

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