



Sleep Hygiene

The global coronavirus pandemic has changed many aspects of our lives over the last few months, including how well we sleep. While sleep problems are common at the best of times, additional stress, worry and turmoil can result in existing sleep difficulties to worsen, and even trigger new sleep problems in those who used to be “good sleepers”. As we try to remain healthy, focusing on having a good sleep can offer us tremendous benefits. Sleep is critical to mental health, physical health, and effective functioning of the immune system.

This theme will provide you with an abundance of resources that will educate you on how you can manage stress and anxiety. This includes adopting healthier daytime habits, establishing a regular sleep schedule, and how to optimize your bedroom to promote sleep.

To kick off the September theme, we have provided you with a live webinar called “Let’s Sleep on It: Developing a Healthy Sleep Pattern” on **Monday, September 14 at 1 p.m. EST**. This session will educate you on the importance of sleep and its impact on the body when deprived as well as the types of stages of sleep, aspects of shiftwork-related sleep disorders, and actions that sabotage sleep. You will also have the opportunity to create a sleep “programme” using tips to ensure a better night’s sleep. This Workplace Options session is available for any Black & McDonald employee and family member to attend. Please note that you will need to register. Register via the link below:

- <https://attendee.gotowebinar.com/register/4846813690539065870>

The session will be recorded and will be made available for those unable to attend.

In addition to the webinar, we also have the following resources available to you:

- [Sleep Hygiene](#)
- [Sleep Guidelines During the COVID-19 Pandemic](#)
- [Are Canadian Adults Getting Enough Sleep?](#)
- [Sleep Self-Assessment. Questionnaire](#)
- [Understanding “How do I Sleep Better” TED Talk by Dr. Vyga Kaufmann](#)
- Try the [AWARE Program](#) or [Computerized Cognitive Behavioural Therapy](#) available for free through Workplace Options. Both are proven to improve your quality of sleep and overall wellness.

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the ‘ICONNECT YOU’ app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the ‘Alternative EAP’ app from the App Store or Google Play