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Overview/description

Catching your Z's: Practical strategies for sleep and longevity

Sleep is one of the most underrated strategies for mental and physical health and well-being. Research demonstrates that adults who consistently get less than 6 hours of sleep per night are predisposed to many health problems. Unfortunately, more than 30% of people experience insomnia and with the constant pull of work and technology, getting a good night's sleep is increasingly challenging.

During this webcast, veterinary wellness advocate and Thrive! collaborator, Dr. Marie Holowaychuk will discuss the sleep cycle, explore the causes of insomnia, and provide practical tools to improve sleep. After this session, you will:

- Know recent statistics regarding sleep deficits and health challenges;
- Understand the sleep cycle and circadian rhythm;
- Use strategies for insomnia management and enhancing sleep hygiene.

Speaker's bio and credentials



Marie Holowaychuk, DVM, Dipl. ACVECC, CYT

Dr. Marie Holowaychuk is a board-certified small animal emergency and critical care specialist and passionate advocate for veterinary team wellbeing. She lives in Calgary and travels worldwide as a speaker, consultant, and locum. Marie has spent more than 15 years practicing emergency and critical care medicine in academic and private referral hospital settings. She has been primary or co-author of more than 30 manuscripts published in peer-reviewed journals. Outside of veterinary practice, Marie is a certified yoga and meditation teacher and has completed a mindfulness-based stress reduction course for professionals. She facilitates wellness workshops and retreats for veterinary clinics or organizations and offers individual or group wellbeing sessions for veterinary team members. Marie has Compassion Fatigue Training from the University of Tennessee School of Social Work, as well as Mental Health First Aid Training from the Mental Health Commission of Canada and Applied Suicide Intervention Skills Training from the Centre for Suicide Prevention. Marie is also a certified life coach and writes a monthly blog and e-newsletter on pertinent issues related to veterinary wellness. She has authored dozens of articles and recorded a multitude of podcast interviews related to personal and professional wellbeing.



Questionnaire

1. **How many hours of sleep is generally recommended for most adults?**
 - ☐ 5–6 hours
 - ☐ 6–7 hours
 - ☒ 7–8 hours
 - ☐ 9–10 hours
2. **What is the recommended way to create an ideal sleep environment in your bedroom?**
 - ☐ Keep the room bright to make it easier to wake up
 - ☒ Use a comfortable mattress and pillows, and block out all light
 - ☐ Keep the bedroom at a very warm temperature
 - ☐ Place your phone on the bedside table to help with early morning alarms
3. **To condition your brain to associate the bedroom with sleep, it is best to:**
 - ☐ Work and read in bed to relax before sleeping
 - ☒ Avoid looking at clocks and use the bedroom only for sleep
 - ☐ Leave the bedroom light on to make it more inviting
 - ☐ Eat large meals before going to bed
4. **Which of the following is important to help improve sleep quality?**
 - ☐ Consuming caffeine throughout the day
 - ☐ Using exercise to stay sedentary
 - ☒ Avoiding large meals and excessive fluid intake before bedtime
 - ☐ Watching television for an hour before sleep
5. **Which of the following symptoms may indicate a sleep disorder that should be discussed with a health care provider?**
 - ☐ Waking up feeling refreshed after 7–8 hours of sleep and not needing caffeine during the day
 - ☒ Taking more than 30 minutes to fall asleep, frequent awakenings and waking too early in the morning
 - ☐ Falling asleep easily at night and staying asleep through the entire night without any issues
 - ☐ Experiencing vivid dreams and occasionally needing caffeine to stay alert during the day
6. **Which of the following is NOT recommended to improve sleep hygiene?**
 - ☐ Keeping the bedroom dark during sleep
 - ☒ Using bright lights to stay alert before bedtime
 - ☐ Keeping the bedroom cool and comfortable
 - ☐ Using earplugs or a white noise machine to block disruptive sounds



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7. True or False. Drinking alcohol right before bed is a good strategy for improving sleep.
- ☐ True
 - ☒ False
8. Which stage of sleep is characterized by extremely slow delta brain waves and is also referred to as deep sleep?
- ☐ Stage 1
 - ☐ Stage 2
 - ☒ Stages 3 & 4
 - ☐ REM
9. True or False. The body's circadian rhythm is influenced by external factors such as light exposure.
- ☒ True
 - ☐ False
10. What is the primary purpose of REM sleep?
- ☐ To restore physical energy and muscle repair
 - ☒ To process emotions and store memories
 - ☐ To regulate body temperature
 - ☐ To produce growth hormones

PERSONAL INFORMATION:

First name:

Last name:

Type:

(Veterinarian, Technician)

Licence number:

Province where you practise:

Email:



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CERTIFICATE OF COMPLETION

Educational webcast

Catching your Z's: Practical strategies for sleep and longevity

Presented by

Marie Holowaychuk, DVM, Dipl. ACVECC, CYT

This document confirms that

Dr. Lorem Ipsum

has viewed the above-mentioned webcast and has answered and submitted the questionnaire meant to evaluate the understanding of the content.

Date:

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CE credit (s) earned: 1