

# REGISTER NOW!

## Staff Wellness & Health Booster Sessions - February 2021: Sleeping Habits During the COVID-19 Pandemic

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COVID-19 has challenged health system workers to change how we conduct ourselves in the workplace, our homes and our social connections. These changes can sometimes feel overwhelming.

To support health system workers, Shared Health and our Psychological Health & Safety Committee partners have brought together skilled trainers from across the province to facilitate a number of Staff Booster Sessions.

The Staff Booster Sessions are short, timely, and relevant presentations designed to fit into busy schedules. Between 15 and 20 minutes in length, topics will include stress management, self-care and dealing with uncertainty. Booster Sessions will be recorded and later made available as a streaming video on [demand](#).

### Session Description

This session will focus on sleep during the pandemic. We will review techniques to address insomnia, assisting your children with sleep, coping better with night shift work, reviewing the impact of alcohol/ drugs on sleep and the role of stress/anxiety in sleep.

### Presenter Bio



Dr. Norah Vincent

Dr. Norah Vincent is a clinical psychologist in the Clinical Health Psychology Program of Shared Health, located at Health Sciences Centre. Together with colleagues, she runs a Behavioural Sleep Medicine clinic which provides consultation, online programming, and group treatment to those with sleep disorders. Dr. Vincent accepts physician or health-care provider referrals. Additionally, Dr. Vincent also conducts research into sleep disorders, and supervises residents in their work in the sleep clinic.

### Session Dates

[February 16, 2021, 12:30 p.m.](#)

[February 20, 2021, 2:00 p.m.](#)

[February 24, 2021, 4:00 a.m. \(overnight session\)](#)

[February 26, 2021, 12:30 p.m.](#)

For further information please contact [ddacombe@afm.mb.ca](mailto:ddacombe@afm.mb.ca).