

Sleep and Your Mental Health: Tools for a Healthy Life

CO-CHAIRS

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Sleep Works Consulting

March 7, 2024



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Library and Archives Canada
Cataloguing in Publication

Sleep and Your Mental Health: Tools for a Healthy Life

ISBN 978-1-77345-969-1 (Hardcopy)
ISBN 978-0-77345-970-7 (PDF)



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Registered Respiratory Therapist
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March 7, 2024
11:00 a.m. to 12:30 p.m.
Total CPD Hours = 1 h 30 m Professionalism ^P

Webcast Only

SKU CLE24-00306

Agenda

- | | |
|--------------------------------|--|
| 11:00 a.m. – 11:05 a.m. | Welcome |
| 11:05 a.m. – 11:15 a.m. | The Connection Between Sleep and Mental Health |
| 11:15 a.m. – 11:30 a.m. | A Wake-Up Call – Common Habit-Forming Substances and Their Effect(s) on Sleep |

- 11:30 a.m. – 11:45 a.m. Pragmatic Approaches to Managing Sleep and Alternatives to “Sleeping Aids”**
- 11:45 a.m. – 12:00 p.m. Changing your Relationship with Sleep**
- 12:00 p.m. – 12:30 p.m. Question and Answer Session**
- 12:30 p.m. Program Ends**



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Sleep and Your Mental Health: Tools for a Healthy Life

Faculty Biographical Information

(In Alphabetical Order)

March 7, 2024



Marlee Boyle, Registered Respiratory Therapist (RRT); Certified in Clinical Sleep Health; BSc Biology

Leah Corkum, Licensed Practical Nurse (LPN); Certified Child & Infant Sleep Consultant, BA Psychology

Marlee is a registered respiratory therapist, certified in clinical sleep health. Her specialties include treating sleep disordered breathing, CBT for insomnia, and sleep coaching for neurodiverse clients. Marlee works directly with sleep medicine patients, families and practitioners to coordinate and manage patient care, improve outcomes, educate clients and the community, and advocate for the importance of good sleep in healthcare. Marlee's goal is to change the culture of sleeplessness, as well as promote individuals to take control of their health and wellness by making sleep a priority in their lives.

Leah has been working in the healthcare sector for just under a decade as a Licensed Practical Nurse. She is certified in CBT for insomnia as well as a certified child and infant sleep consultant through the Family Sleep Institute. Throughout Leah's career in nursing, she has spearheaded multiple sleep-health initiatives such as shift worker education, long-term care facility sleep strategies for staff and residents, as well as teaching drug-free sleep techniques to hospital staff for better patient outcomes. Leah is focused on preventative healthcare and education to reduce the strain on our healthcare system.

Together, they co-founded their company, Sleep Works Consulting in 2022 after recognizing the growing rates of sleep problems and lack of sleep services available to the public in Canada. Sleep Works provides sleep education, counseling, coaching, courses, and keynotes virtually so anyone can access support for their sleep health from the comfort of their homes. Sleep is foundational for our health and wellness, yet is often overlooked and their goal is to bring the importance of sleep to the forefront of healthcare.

Sleep and Your Mental Health: Tools for a Healthy Life

March 7, 2024

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Table of Contents

TAB 1	Sleep & Your Mental Health Tools for a Healthy Life (PowerPoint)	1 - 1 to 1 - 25
	Recap of “Sleep & Your Mental Health: Tools for a Healthy Life”	1 - 26 to 1 - 26
	Sleep Works Tool Kit	1 - 27 to 1 - 28
	The Sleep Retreat	1 - 29 to 1 - 30

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TAB 1

Sleep and Your Mental Health: Tools for a Health Life

Sleep & Your Mental Health
Tools for a Healthy Life (PowerPoint)

Recap of “Sleep & Your Mental Health: Tools for a Healthy Life”

Sleep Works Tool Kit

The Sleep Retreat

Marlee Boyle, BSc., RRT, CCSH, Registered Respiratory Therapist
Sleep Works Consulting

Leah Corkum, LPN, Licensed Practical Nurse
Sleep Works Consulting

March 7, 2024





SLEEP WORKS

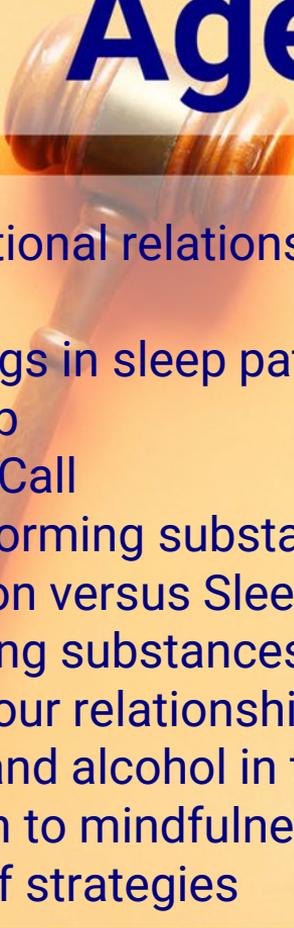
www.Sleep-Works.com

Sleep & Your Mental Health

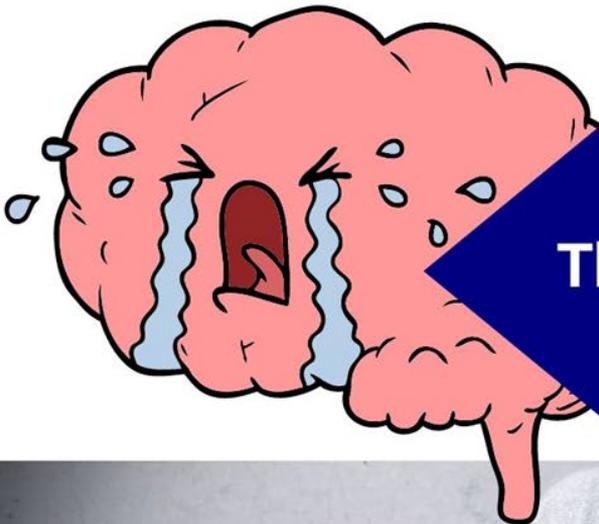
Tools for a Healthy Life

By
Marlee Boyle BSc., RRT, COSH
and
Leah Corkum BA, LPN

Agenda



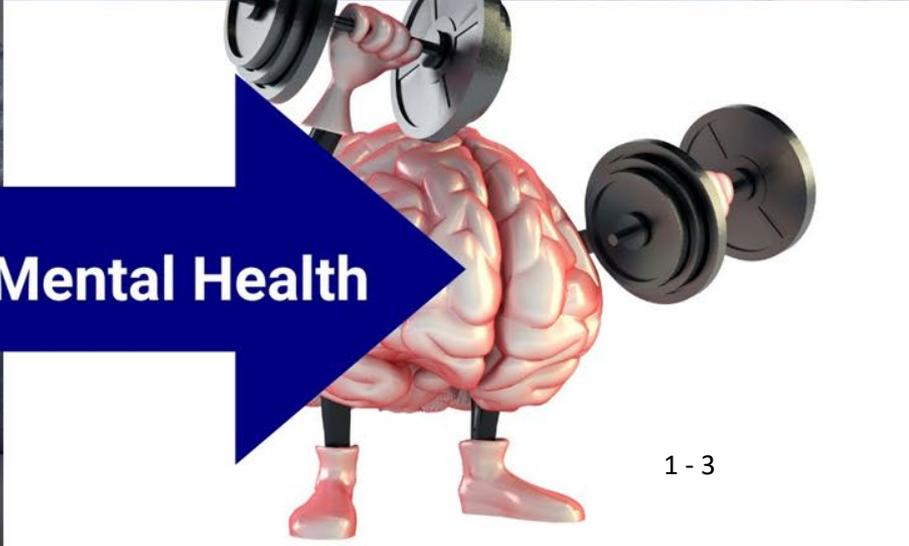
- The bidirectional relationship between sleep and mental health
 - Red flags in sleep patterns & protective mechanisms of sleep
- A Wake Up Call
 - Habit-forming substances used for sleep
 - Sedation versus Sleep
 - Reducing substances used for sleep and wakefulness
- Changing your relationship with sleep
 - Sleep and alcohol in the legal profession
- Introduction to mindfulness for sleep
- Summary of strategies



The Bidirectional Relationship



Between Sleep & Mental Health



Sleep Patterns and Mental Health

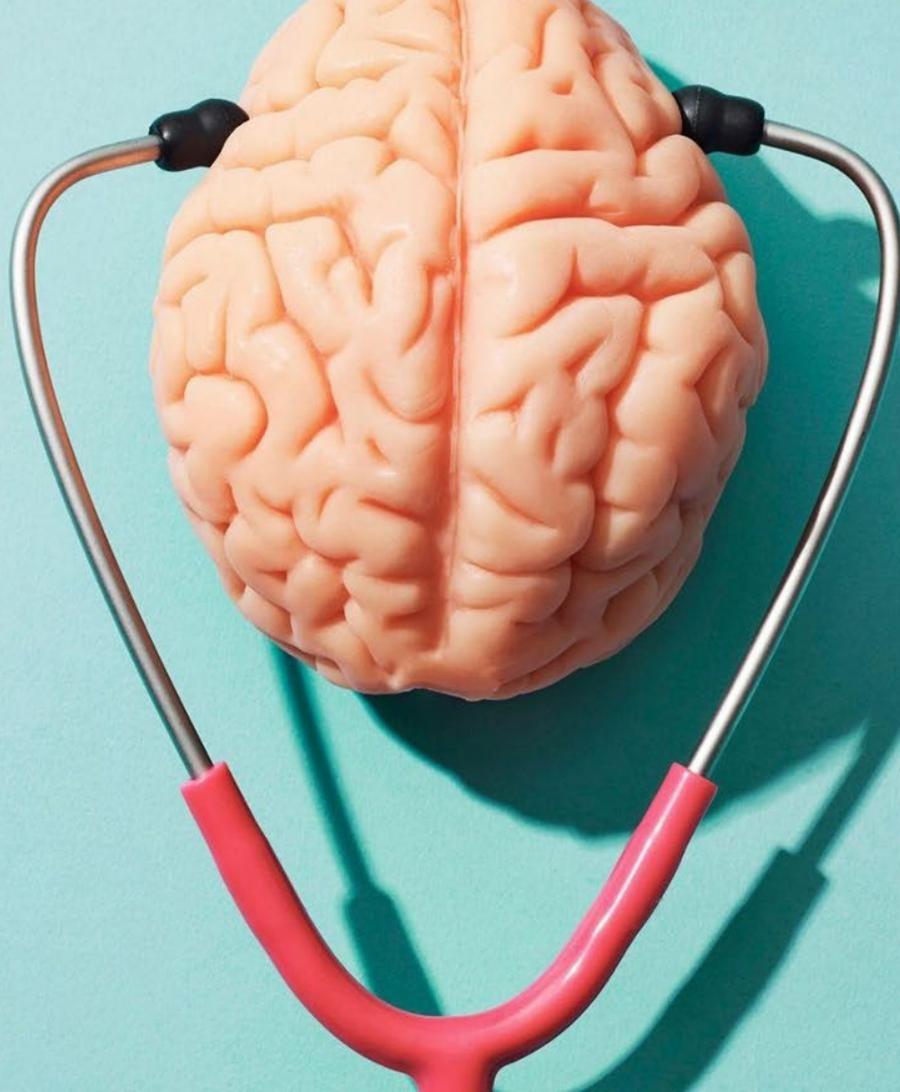
An occasional night of poor sleep is normal, but....



**WATCH
OUT!**

- Prolonged awakenings throughout the night
- Waking up too early
- Sleep latency >30 mins
- Waking unrefreshed

**Sleep is
protective
for your
brain
health
&
mental
health**



The glymphatic system is a system for waste clearance in the central nervous system.

This system is mainly at work during sleep and mostly disengaged during wakefulness.

A Wake Up Call



Common Habit-Forming Substances
And Their Effects On Sleep



1 - 6





Sedated

≠

Sleeping

- Dizziness or lightheadedness, which may lead to falls.
- Headache.
- Diarrhea or nausea.
- Prolonged drowsiness, more so with drugs that help you stay asleep.
- Severe allergic reaction.
- Daytime memory and performance problems.
- Sleep-related behaviors, such as driving or eating when not fully awake.
- Changes in thinking and behavior, such as hallucinations, agitation, trouble remembering events, suicidal thoughts and bizarre behavior.

- Get sick less often.
- Stay at a healthy weight.
- Lower your risk for serious health problems, like diabetes and heart disease.
- Reduce stress and improve your mood.
- Think more clearly and do better in school and at work.
- Get along better with people.
- Make good decisions and avoid injuries.
- Helps keep blood sugar consistent.
- helps control weight
- Important for memory formation.
- Quicker reflexes and focus better.
- Increases longevity.
- Increases growth hormone
- Improves healing

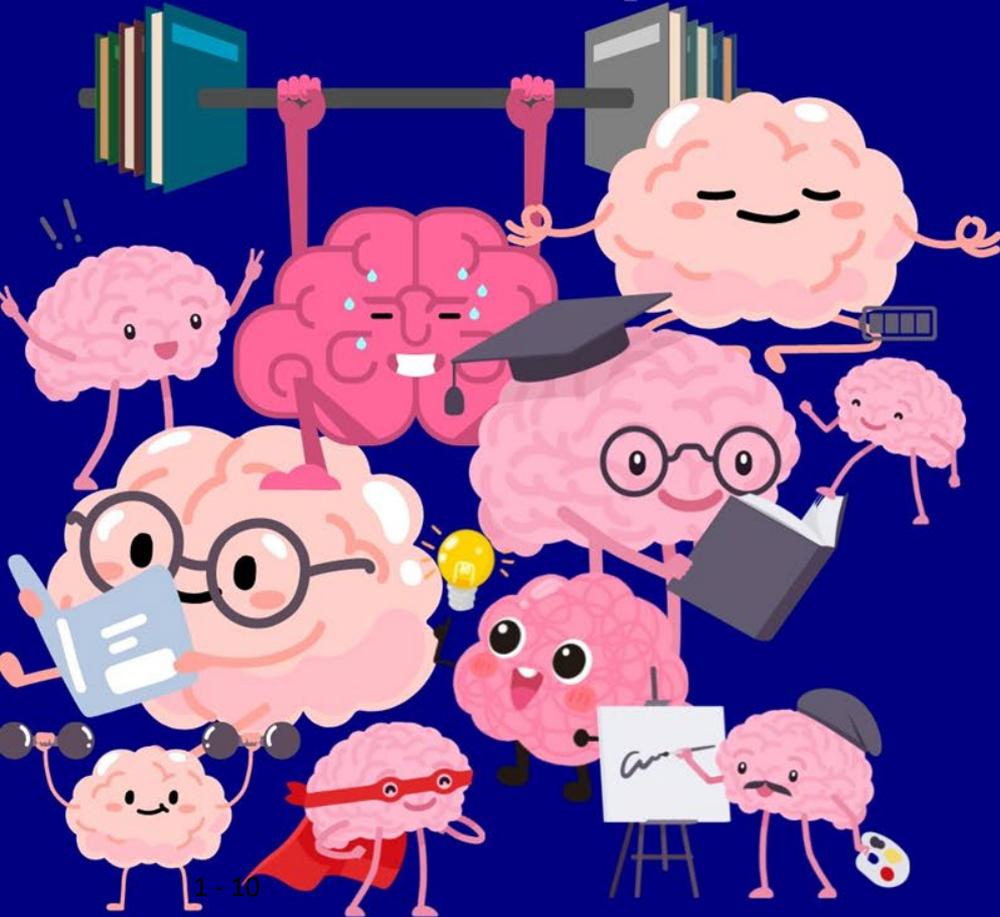
Approx. 8 out of 10 people experience a hangover effect the day after taking sleep medicine. They feel drowsy, have muddled thinking and experience dizziness or balance problems.



The Cleveland Clinic 2021

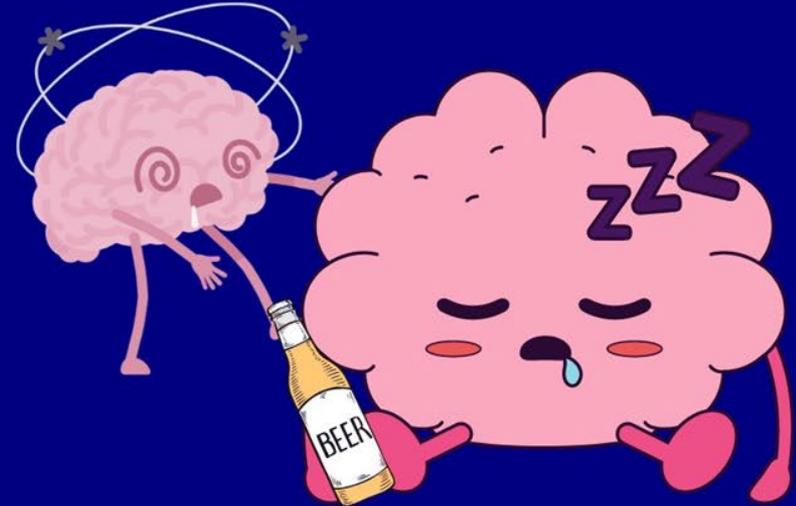


Natural Sleep



Sedation From Alcohol

Central Nervous System depressants, like alcohol reduce electrical activity in the brain and inhibits the functioning of neurons. Alcohol fragments sleep and blocks REM sleep.





Drinking Culture in the Legal Profession

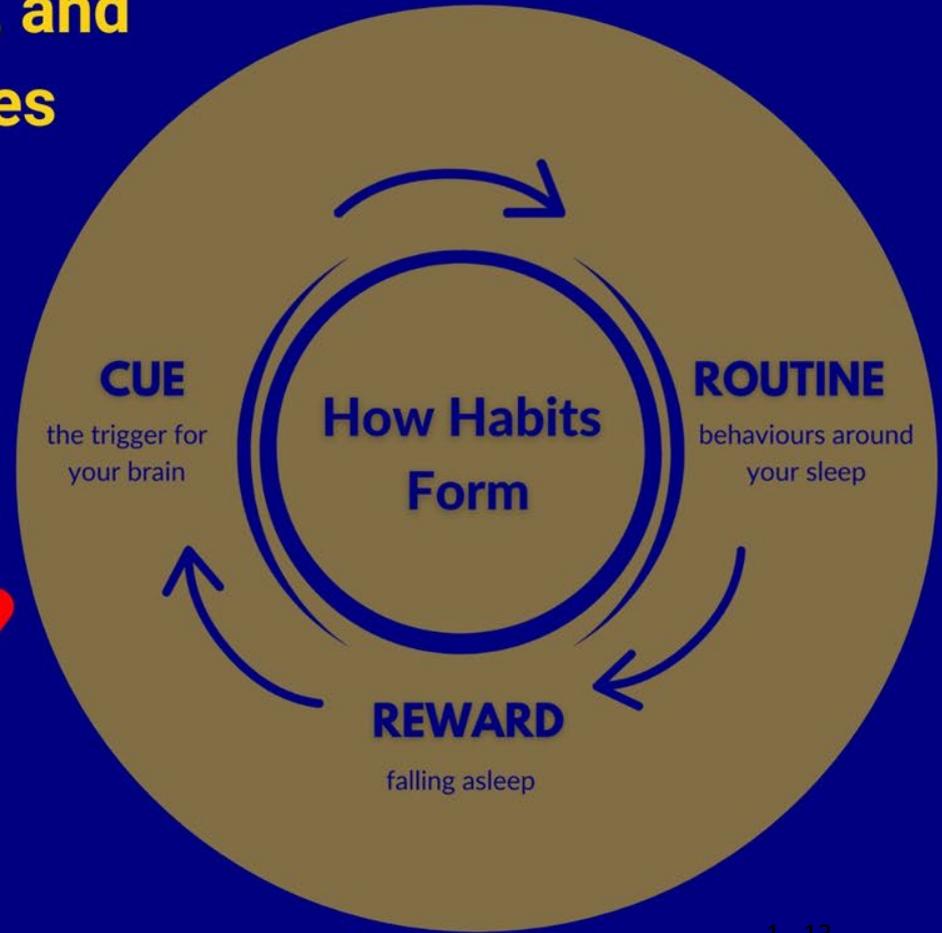
Legal professionals may be at greater risk than the general population of developing addictions due to higher consumption tendencies.

According to the National Study on the Psychological Health Determinants of Legal Professionals in Canada, 53.1% of Canadian legal professionals drink alcohol at *least twice per week*

A composite image illustrating the link between poor sleep and health risks. In the background, a person is shown holding their head in pain. In the foreground, there is a glass of whiskey with ice, a black alarm clock, and a white lantern. A semi-transparent text box is overlaid on the center.

When Sleep is Poor, Risks are High

Alternatives to 'night caps', and other sedating substances



Sleep Aid reduction tips*:

Experts agree that sleep aids should not be used long term

Use cognitive restructuring around reducing substance use for sleep

- Identify thought “I can’t sleep without a drink (or pill, or getting high, etc)”
- Challenge thought “I have slept without sleeping pills before ”
- Restructure thought “If I don’t sleep well tonight, I will sleep better tomorrow”



Caffeine Reduction Strategies To Improve Sleep Quality

The best part of waking up is.....~~COFFEE~~.....FEELING REFRESHED!!

Reduce caffeine intake, especially after the morning time by:

- Switching to decaf or caffeine-free beverages
- Moving your body between 2-4pm
- Going outside for 10-20 minutes
- Use bright light therapy to combat sleepiness

Delay caffeine intake for at least 90 minutes after waking to avoid a late morning caffeine crash



Start with Sleep!



Sleep is a perfect place to start, if you're looking for a high value health behaviour that benefits everything!

Not only does sleep make maintaining healthy diet & exercise habits easier, it makes them more effective!

Sleep Position According to Your Profession



Teacher



Chef



Doctor



Lawyers/Paralegals

Changing Your Relationship With Sleep

- **Healthy boundaries**
- **Selfcare**
- **Celebrate healthy behaviours**
- **Ask each other about sleep**
- **Ask for help**

**4 Hours of
Sleep last
night**

Memory consolidation
Emotional regulation
Hormonal regulation
Blood pressure regulation
Blood sugar regulation
Facilitates brain function
Glymphatic detox
Cellular repair
Restores concentration
Metabolism regulation
Tissue growth and repair
Immune system regulation
Skin repair
Healing
Appetite regulation
Lowers inflammation
Maintains healthy eyeballs
Gut bacteria regulation
Etc.

8 Hours of Sleep

**Insert Your
Schedule Here**

8 Hours of Work

**Sleep is Productive
&
Sleep Increases
Productivity**

Scheduling your Sleep

Sleep Regularity is associated with long lasting improvements in daytime alertness and sleep efficiency

- Better digestion
- Easier weight management
- Stronger immune system
- Increased productivity
- Improved alertness
- Better concentration
- Etc





VS

When You Can't Get Enough Sleep

(7-9 hours)



Prioritize



VS



VS

The Quality



VS

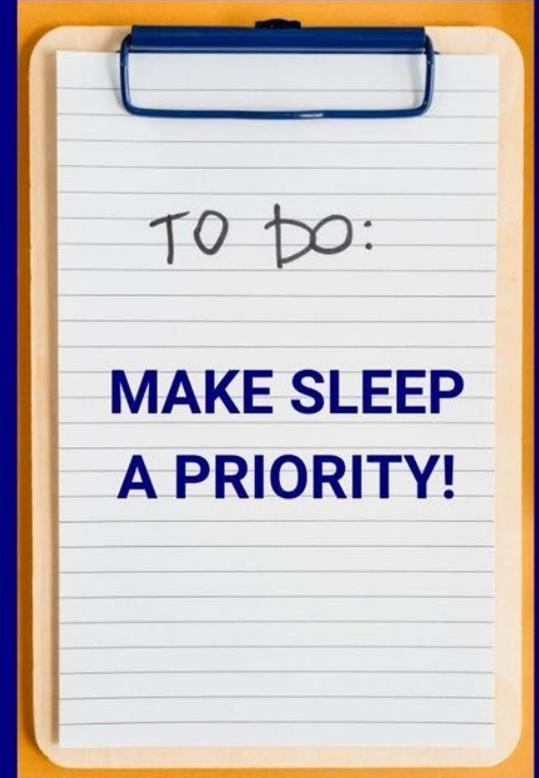


Introduction to Mindfulness for Better Sleep



Summary of Strategies

- Identify red flags in our sleep habits/patterns
- Reduce using sedating substances for sleep
 - Try CBT-i
 - Try healthy alternatives, like mocktails
- Reduce caffeine intake
 - Decaf or caffeine-free alternatives
 - Go outside to wake up
- Change your relationship with sleep
 - “How are you sleeping?”
- Keep a regular wake up time and bedtime
 - Quality over quantity
- Practice mindfulness for better sleep



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Thank You



Questions?

What's New?

- The Sleep Retreat
- CBT-I with RCT
- Free 15 min Consultations



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BOOKING CODE:
LSO2024**



Recap of “Sleep & Your Mental Health: Tools for a Healthy Life”

Thank you for attending the Sleep works presentation “Sleep & Your Mental Health: Tools for a Healthy Life”. We’ve included some notes and links to Sleep Works Tool Kit items that are available for purchase on Amazon. You can always reach out to us on our website if you would like support with your sleep, or if you have any questions.

1. Know when sleep patterns are becoming a problem:
 - When the sleep problem outlasts the cause of the sleeplessness
 - Prolonged awakenings throughout the night
 - Regularly taking longer than 30 minutes to fall asleep
 - Waking up too early and difficulty falling back asleep
 - Waking unrefreshed regularly

Seek help for your sleep when the patterns listed above are identified.

2. Try Cognitive Behavioural Therapy for Insomnia. Visit our [website](#) for more information.

3. Try not to rely on substances to help you sleep regularly. We’ve included our favourite Sleepy Time Mocktail recipe on the next page if you need help to transition away from alcohol in the evening.

4. Reduce caffeine intake:
 - Try switching to decaf or caffeine free
 - Delay caffeine intake for 1-2 hours after waking
 - Use sunlight or bright light therapy lamps to ward off sleepiness

5. Ask each other how you’re sleeping- changing the culture of sleeplessness. Remind yourself that sleep is a productive activity.

6. Schedule your sleep! Go to bed and wake up at the same time everyday as much as possible, especially prioritizing waking up at the same time.

7. When you cannot get enough sleep, focus on getting high quality sleep by practicing healthy sleep hygiene.

Sleep Works Tool Kit

Having a Sleep Tool Kit is essential to creating lasting change and establishing healthy sleep habits. By using a few sleep tools consistently, your mind will start to associate them with winding down for sleep. This will kickstart the relaxation response that is needed to fall asleep and reduce stress at bedtime. Most of the tools listed in the Sleep Works Tool Kit are easy to travel with, which means that you'll also be much more likely to have a good night's sleep when you are away from your bedroom environment. Making a small investment in these Sleep Tool Kit items will have a lasting impact on your overall health and wellness, which has often ignored or abandoned in our quest to live healthier, happy lives. We know

that getting quality rest is important, but it is still often the first thing that is overlooked in our day to day lives. Something as small as replacing your pillows every year can seem like an unnecessary expense, but we sleep on those pillows 8 hours every night. We are more likely to replace or buy new shoes for the same cost and for which we probably don't use nearly often as our pillows. Remember, making a small investment in these Sleep Tool Kit items will undoubtedly change the way you appreciate and prioritize your sleep. At the very least they will help improve the quality of the hours you do get each night. Please know that as an Amazon Associate, Sleep Works earns from qualifying purchases.



Contoured Eye Mask

Wearing an eye mask can improve sleep quality and create a dark environment, regardless of where you go to sleep. This powerful tool is great for traveling, so you can always get your rest whether you're in a hotel or on a plane.



Blue Light Blocking Glasses

Sleep Works recommends using blue light blocking glasses with an amber lense. They will absorb over 98% of blue light from devices and will help you establish a healthy circadian rhythm. Put them on 1-2 hours before your intended bedtime for best results.



New Pillows

Your pillows should be replaced every 1-2 years. Otherwise, dust mites and dead skin cells are piling up under your head. Pillow can be expensive, but you use them every day for 6-10 hour so it's worth the investment for quality sleep. The shredded foam pillows we've linked are affordable and come with cooling technology. Bonus!



Bright Light Therapy Lamp

Use a 10K lux bright light lamp to kickstart your circadian rhythm and start your day. The bright light will mimic the sunrise for your brain and let your body and brain know it's time to start the day. An excellent tool for shift workers or to combat the short winter days. Keep the lamp 6-18 inches from your face and don't look directly in the light!



Soft Ear Plugs

Ear plugs are a great way to reduce noise from a snoring bed partner or when you're trying to take a nap. They won't completely block out sound so you will still be able to hear your alarm clock. They are another great sleep association tool and easy to travel with.



Tuneable Light Bulbs

Along with your blue light blocking glasses, switching to tuneable lighting in your bedroom will allow you to reduce bright light by switching to a nice warm red glow before bed. We recommend a smart bulb so you can set a schedule for bright light in the morning and red light in the evening.



Weighted Blanket

A weighted blanket is used for deep pressure therapy, which creates firm, gently pressure on your body that has been shown to reduce stress. The optioned linked here has a cotton outer layer to keep you cool, and you can always add an extra duvet or comforter.



Fleece Weighted Blanket

Same as the other weighted blanket, but soft and fuzzy!

Sleepy Time Mocktail Recipe

Whether you enjoy an evening cocktail or not, incorporating this alcohol-free beverage into your nighttime routine at least 1 hour before bed will help reduce stress and start winding your mind and body down for rest.

When you are having a drink, try to cut off your alcohol consumption 4 hours before bed to minimize sleep disruption.

Ingredients:

- ½ cup pure tart cherry juice
- 1 serving of magnesium bisglycinate
- lemon lime-flavored soda or sparkling water (unsweetened / no sugar)
- ice

Fill a glass with ice and pour in the tart cherry juice. Add the magnesium bisglycinate and stir. Top off with unsweetened lemon-lime soda or plain sparkling water and enjoy!



SLEEP WORKS PRESENTS

THE SLEEP RETREAT

**IN COSTA RICA
NOVEMBER 4-9, 2024**

Are you ready to reset and rejuvenate your mind & body? Join Sleep Works on our first Sleep Retreat to experience the ultimate sleep reset in Costa Rica!

AN ALL-INCLUSIVE EXPERIENCE

Escape the hustle and bustle of everyday life & embark on a transformative journey designed for everyone seeking restful sleep. Our program is expertly planned by the team at Sleep Works using evidence-based strategies to help you achieve deep rest & relaxation.

Our clinically proven workshops & one-one-one daily coaching sessions will improve your sleep quality & overall well-being while you bask in a tropical paradise. Whether you are struggling with insomnia or in need of a sleep reset, our team will work with you to get your sleep back on track so you can enjoy the benefits of a healthier, happier, sleep-first lifestyle.



LEARN MORE

INCLUDED IN YOUR SLEEP RETREAT JOURNEY



- ✓ Pre-retreat intake & personalized Sleep Program for each attendee
- ✓ All-inclusive gourmet meals prepared by an on-site chef
- ✓ Sleep Works Tool Kit
- ✓ Private chartered flight from SJO
- ✓ Daily individual coaching with Marlee or Leah
- ✓ Luxury ground transportation during your stay
- ✓ 3 post-retreat virtual sessions with Marlee or Leah
- ✓ Completely private campus with access to waterfalls & walking trails
- ✓ Daily activities including sleep workshops, guided meditation, yoga, hikes, excursions and more!
- ✓ Breathtaking Pacific Ocean & jungle views + infinity pools & yoga space

Interested in receiving certification in sleep health for the workplace or to support your individual professional development while attending The Sleep Retreat? Contact us at hello@sleep-works.com to learn more.

LSO MEMBERS WILL RECEIVE A FREE 60-MINUTE SPA SERVICE WHEN YOU BOOK BEFORE APRIL 30, 2024

Due to the exclusive nature of this retreat, space is limited.

[BOOK NOW](#)