

Experiencing sleep disturbances?

Here are how decisions are made in our clinics to address sleep disturbances in our patients:

First, we focus on treating sleep issues without the use of medication

Our nurses will provide you with sleep resources. These could include our on-demand sleep workshop, our sleep hygiene resource and information about available sleep apps.

Sleep workshop videos:

Part 1: <https://www.youtube.com/watch?v=y2CctzALyyY&t=5s>

Part 2: <https://www.youtube.com/watch?v=vvFy3xAqSug>

Part 3: <https://www.youtube.com/watch?v=6NtZMg7mZsw>

Experiencing sleep disturbances only?

Experiencing health concerns along with your sleep concern such as symptoms of anxiety, depression, stress, grief, or chronic pain?

The clinic will follow up with you within 2 weeks to see if there has been an improvement in your sleep.

Our clinics will refer you to a Behavioural Health Consultant/counselling/mental health support as they see fit.

