

National public
webinar



February 4
2025

WORRYING ABOUT SLEEP? That may be part of the problem.



CBTi

Effective sleep-enhancing techniques that are better than sleeping pills

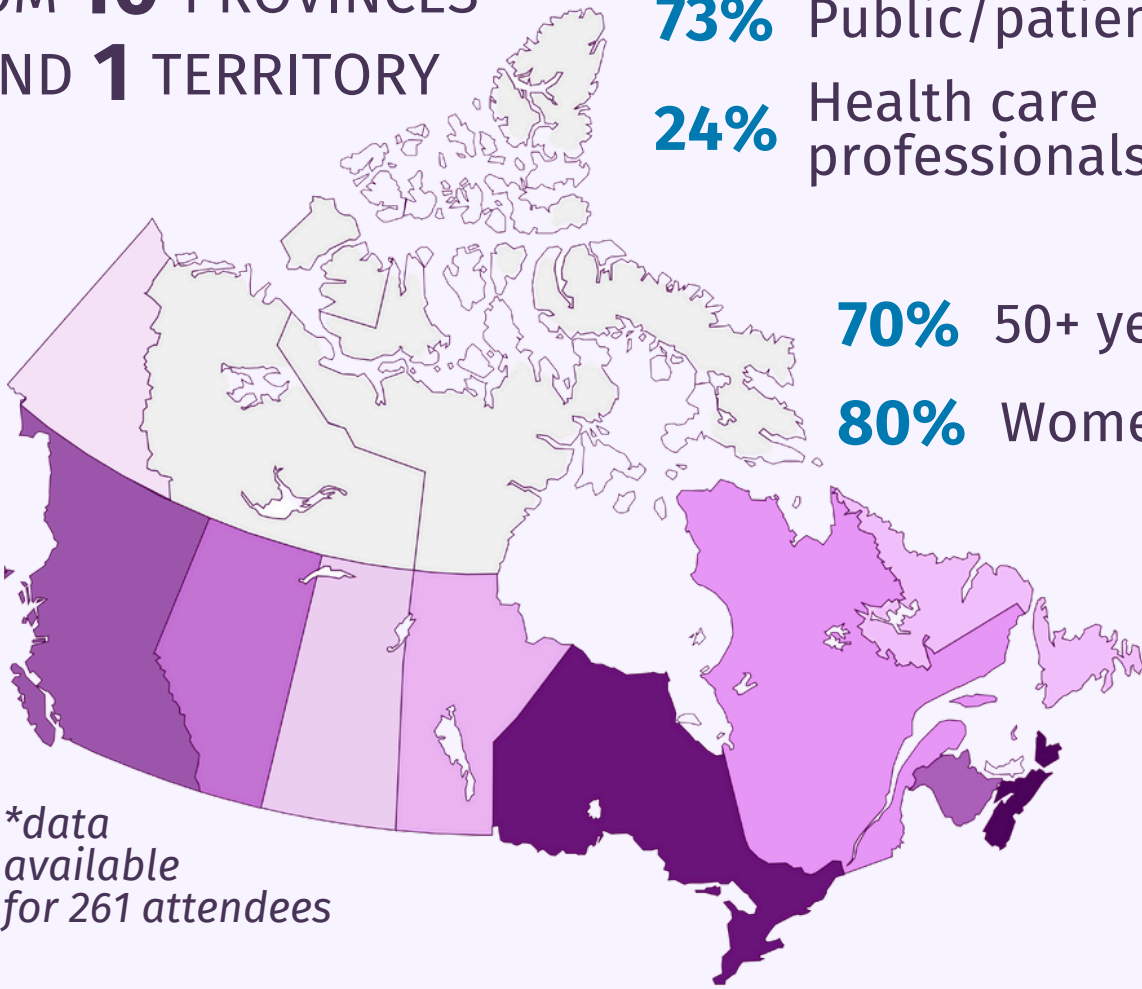


How to safely and effectively end dependence on sleeping pills



Why worrying about sleep interferes with it and what you can do about it

304* ATTENDEES
FROM **10** PROVINCES
AND **1** TERRITORY



73% Public/patients

24% Health care professionals

70% 50+ years old

80% Women

KNOWLEDGE QUIZ

10 TRUE/FALSE QUESTIONS

BEFORE  **59%**

AFTER  **74%**

Average percentage of correct answers

EXAMPLES:

Sleepwell is a specific type of sleep therapy. (F)

Orthosomnia is the study of body positions for getting the best sleep. (F)

FEEDBACK

shared by 96 attendees

78% will use the information

73% expect to benefit from the information

88%* intend to change their approach to managing insomnia

*health care professionals only

"I appreciated the clear, evidence-based information."

"It gave me a chance to recognize my problems."

Financial contribution:



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