CPD EVENT RECORD

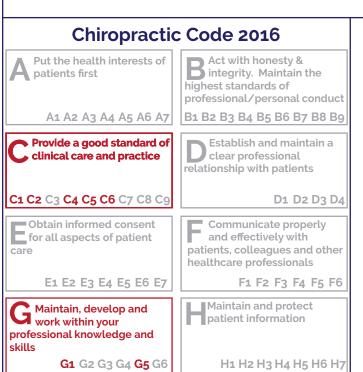
SCIENCE OF SLEEP

with Neil Stanley

Recording: Learning by Oneself

Summary

This discussion covered the effects poor sleep on anxiety and vice versa. Methods of improving sleep quality were discussed, including the importance of routine, the value of wrist-worn devices and the merits of advice from a variety of popular authors on this topic. It was explained that there are no fixed rules for improving sleep, but that routines are important. The effect of menopause on sleep was discussed, and the merits of melatonin supplements explained.







Evaluation, Reflection and Impact on Practice

On reflection, this information is applicable to virtually all my patients. Alleviating stress, and promoting a healthy routine are important at all times, and this discussion has provided me with evidence-based information that I can share as part of my own consultations.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

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