## **CPD EVENT RECORD**

### **SCIENCE OF SLEEP**

with Neil Stanley

professional knowledge and

G1 G2 G3 G4 G5 G6

skills

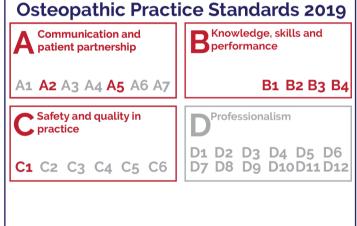
# Recording: Learning by Oneself

#### **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.

#### **Chiropractic Code 2016** Put the health interests of Act with honesty & patients first integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 A1 A2 A3 A4 A5 A6 A7 Provide a good standard of Establish and maintain a clinical care and practice clear professional relationship with patients C1 C2 C3 C4 C5 C6 C7 C8 C9 D1 D2 D3 D4 Obtain informed consent Communicate properly for all aspects of patient and effectively with patients, colleagues and other healthcare professionals E1 E2 E3 E4 E5 E6 E7 F1 F2 F3 F4 F5 F6 Maintain, develop and work within your ■ Maintain and protect patient information





**Objective Activity: None** 

Communication & Consent: No

#### **Evaluation, Reflection and Impact on Practice**

H1 H2 H3 H4 H5 H6 H7

#### Confirmation

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

Signed			