



# THE SCIENCE OF SLEEP

## An Educational Session & Workshop

- ✓ Boost productivity and increase efficiency
- ✓ Promote the importance of mental health & well-being
- ✓ Reduce workplace injuries and improve safety
- ✓ Reduce sick time and medical expenses

To support optimal health, it is recommended that adults get seven or more hours of sleep per night. However, recent studies suggest about one-third of adults do not get enough sleep, which can prevent employees from meeting their health and productivity goals. In addition, poor sleep slows both physical and cognitive reaction times and accuracy, increasing risk for injury in the workplace.

Some of the organizations that have benefitted from Sleep Efficiency's Science of Sleep workshops include:



Défense nationale National Defence



Public Service Commission of Canada

Commission de la fonction publique du Canada



**ASHBURY**  
COLLEGE



The Council on Aging of Ottawa



Le Conseil sur le vieillissement d'Ottawa





# CANADA'S CLINICAL SLEEP EDUCATOR

## Meet the Founder, **Andrew Holmes**

In his role as Senior of Cardiopulmonary and Sleep Services at Queensway Carleton Hospital in Ottawa, Andrew led the team responsible for the operations of a full-service community hospital and has 15 years of experience routinely performing diagnostic sleep services.

Andrew is a sleep educator and has presented many talks on sleep hygiene, fatigue impairment, sleep and the aging process, and best sleep practices. He is a sleep consultant to the Ottawa Senators Hockey Organization. In addition, he has been featured on CBC's The National and routinely appears as a sleep subject matter expert on numerous news and media networks.

**Click to watch our  
features on:**



## Let's Schedule It In



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