



# MENTAL HEALTH WELLNESS PROGRAM

## Mental Health Awareness and Communication Series

**Three-Part Series featuring Sleep  
Expert Dr. Glenn J. Landry, PhD**

**First Session: Wednesday, April 27th, 2022**

**Second Session: Wednesday, May 25th, 2022**

**Third Session: Wednesday, June 22nd, 2022**

**Time: 1:00 PM - 2:15 PM EST**



## Dr. Glenn J. Landry, PhD

Dr. Glenn Landry has studied circadian rhythms and sleep for over 20 years. He completed his graduate research at Simon Fraser University under the supervision of Dr. Ralph Mislberger and he then focused his research efforts on sleep, aging and cognition under the supervision of Dr. Teresa Liu-Ambrose's Aging, Mobility, and Cognitive Neuroscience Lab at UBC. Over the years, his areas of research examined:

- Circadian mechanisms of entrainment;
- Age-related changes in sleep duration, efficiency and architecture that contribute to or accelerate cognitive decline; and,
- The development of chronotherapeutic interventions capable of delaying cognitive decline, improving quality of life, productivity and extending capacity for independent living.

Dr. Landry is now in private practice as a sleep coach and educator. He works with individuals, shift workers and families to improve physical and mental health through better sleep quality by translating sleep science into practical interventions tailored to each client. Dr. Landry is very familiar and successful in working with First Responders including those in the policing world. He is passionate about and committed to helping individuals improve their sleep and overall physical and mental health as a result.

### Video Presentations

BC First Responder' Mental Health Conference, 2019

[Fatigue Risk Management: Circadian Rhythms & Sleep](#)

Geriatric Services Conference, 2018

[Sleep Matters: Improving Sleep Quality for Older Adults](#)

26th John K. Friesen Conference, 2017

[Sleep Matters: Improving Sleep Quality for Older Adults](#)

### Publications

Google Scholar

[List of peer-reviewed publications](#)

Frontiers in Aging Neuroscience - Featured Articles

[Buying Time](#)

[Measuring Sleep Quality in Older Adults](#)





## About Glenn:

As a teen, I couldn't sleep. I would sit in bed, tossing and turning... knowing I needed sleep, but all I could do was watch as time ticked by, and the clock would scream at me: "You're gonna be sorry in the morning!" I'd finally fall asleep around 3 or 4am and then drag my butt out of bed to begin the next day - feeling exhausted all day - until nighttime came and I was wide awake again... rinse and repeat! So began my fascination with sleep. I've spent over 25 years studying sleep, learning what drives sleep health, and figuring out how to translate sleep science for real people; and now my life's work is helping others get the sleep they need. I've worked extensively with First Responders and other Shift Workers, as well as older adults and teens. If you've tried everything and still can't sleep, please join me for this series. I developed it for people just like you!

## Elite Sleep Series

We've known for decades the importance of sleep plays in the growth, repair, and restoration of both the brain and body. Recent advances in neuroscience have provided greater insight into mechanisms by which sleep literally washes our brain of the day's waste. But wait, there's more! During sleep, we process our day, prioritize items that must be learned and remembered, and discard the clutter. Sleep processes trauma and builds resilience. If you want to be elite, you must first become an elite sleeper, because sleep impacts every aspect of human health and performance. Join Dr. Glenn Landry, PhD for an enlightening Elite Sleep Series (3 sessions; 75-minutes each) answering important questions like:



Why does sleep matter?



How much sleep is enough?



Can I just take a pill to help me sleep?



Is poor sleep just a fact of life for First Responders and other Shift Workers?



What can I do to get the sleep I need?



Why can't I sleep?

Each session within the sleep series builds on the prior session(s). If you are unable to attend a session, recordings will be made available at <https://www.encompascare.ca/encompas-mental-health-awareness-and-communication-series/>

## **Elite Sleep Series Session 1 - Sleep Matters!**

**Wednesday April 27th - 1:00 PM to 2:15 PM ET**

We kick off this series with an introduction to the consensus sleep science explaining why, if you want to be elite, you need to first become an Elite Sleeper. We explain how sleep health status impacts every aspect of human health and performance. Participants will learn:

- ✓ What defines Elite Sleep (i.e., optimal sleep architecture);
- ✓ How to objectively measure their sleep architecture; and,
- ✓ How to begin their journey toward better sleep.

## **Elite Sleep Series Session 2 - Why Can't I Sleep?**

**Wednesday May 25th - 1:00 PM to 2:15 PM ET**

Having begun our journey with an understanding of what Elite Sleep looks like, and the opportunity to objectively evaluate our sleep health status; we follow up with a deep dive into the drivers of poor sleep health. Participants will learn:

- ✓ The impact of shift work on sleep health and why we're all shift workers;
- ✓ How sleep changes as a normal course of aging, beginning in our 30's; and,
- ✓ What our Sleep Accountant does and how drugs (e.g., caffeine, alcohol, CBD, medications and supplements) impact sleep architecture.

## **Elite Sleep Series Session 3 - Circadian Rhythms are the Secret to Sleep Health!**

**Wednesday June 22nd - 1:00 PM to 2:15 PM ET**

We finish this series with an exploration of circadian rhythms, explaining how timing is everything when it comes to driving optimal sleep health. We have daytime and nighttime physiology, biology, and behaviour and these processes must be kept separated by time because they are incompatible. When we turn our nights into days and days into nights, circadian regulation is dramatically impaired, resulting in poor health and performance. Participants will learn:

- ✓ How to fix a broken circadian clock;
- ✓ The importance of light, mealtimes, and physical activity to promote a stronger circadian regulation; and,
- ✓ How to turn back the clock on accelerated aging.