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Dear Members,

CUPE 873 & 873-02 is proud to offer our members a unique opportunity to learn about circadian rhythm sleep training. The course attracts 13 CME credits and is free for our members to attend (shift coverage, mileage, accommodation and meals not included). Bob Parkinson, Director of Health and Safety, has been working with Dr. Glenn Landry to bring this education to our members.

The course is a comprehensive two-day seminar covering everything shift workers need to know about circadian rhythms and sleep in order to protect themselves from the health hazards associated with shift work. This program was created Dr. Landry and focuses on Dispatchers, Paramedics, the first responder community and, in particular, shift workers.

## **SIGN UP FOR A COURSE TODAY!**

June 13-14 Victoria

<https://circadiansleeptrainingvictoria.eventbrite.ca>

June 19-20 & 21-22 Vancouver

<https://circadiansleeptrainingvancouver.eventbrite.ca>

### **About Dr. Glenn Landry**

*Dr. Landry has studied circadian rhythms and sleep for over 20 years. He completed his graduate research at Simon Fraser University, examining circadian mechanisms of entrainment, supervised by Dr. Ralph Mistlberger and supported by grants from MSFHR and NSERC. He then focused his research efforts on sleep, aging and cognition as a CIHR postdoctoral fellow in Dr. Teresa Liu-Ambrose's Aging, Mobility, and Cognitive Neuroscience Lab at UBC. His research there explored age-related*

*changes in sleep duration, efficiency and architecture that contribute to or accelerate cognitive decline in the elderly. As an academic, Dr. Landry's goal was to develop chronotherapeutic interventions capable of delaying cognitive decline in the elderly, with the objective of improving quality of life, productivity, and extending capacity for independent living. Now in private practice, Dr. Landry is a sleep coach. He works with older adults, shift workers, and parents to improve physical and mental health through better sleep quality by translating sleep science into practical interventions tailored for each client.*

### **Video Presentation**

*Sleep Matters: Improving Sleep Quality for Older Adults (26<sup>th</sup> John K. Friesen Conference, 2017)*

<http://www.sfu.ca/video-library/video/1826/view.html>

### **Publications**

*Google Scholar (a list of publications)*

[https://scholar.google.ca/citations?user=ISO\\_MdAAAAAJ&hl=en](https://scholar.google.ca/citations?user=ISO_MdAAAAAJ&hl=en)

*Frontiers in Aging Neuroscience (featured articles)*

<https://www.frontiersin.org/articles/10.3389/fnagi.2014.00325/full>

<https://www.frontiersin.org/articles/10.3389/fnagi.2015.00166/full>

JC/km/MoveUp

