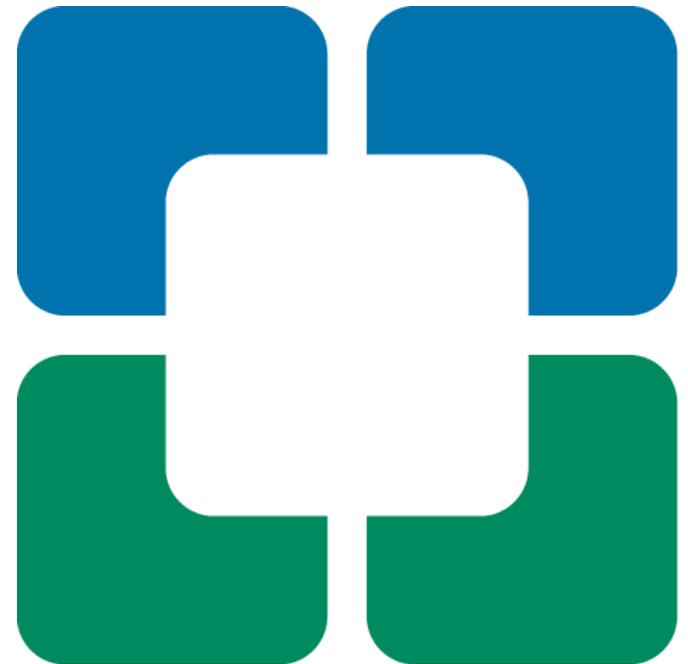


Winter Wellness Series

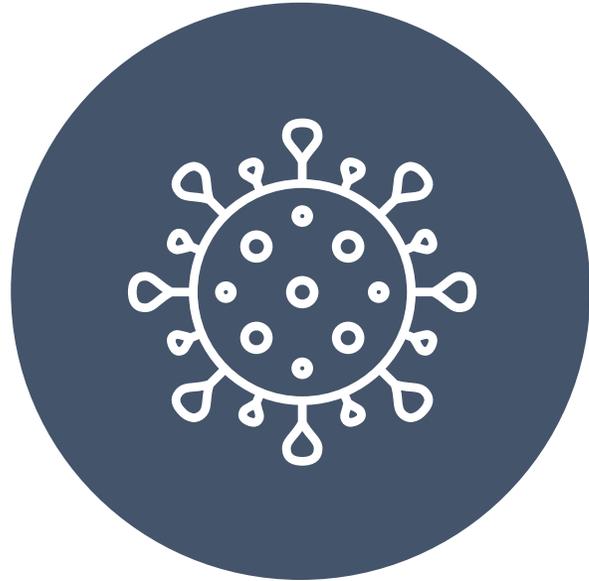
Medical Director Program
January - February, 2022



Cleveland Clinic
Canada



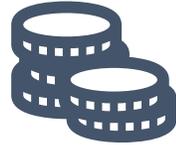
The pandemic has unfortunately brought tremendous uncertainty to all facets of life



Healthcare



Self care



**Career and
Finances**



Travel



**Social
Connections**



Education



Entertainment



Recreation

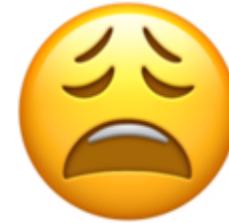
Having lost control of many aspects of our lives, we experience a spectrum of negative emotions



Anxious



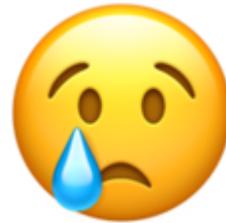
Angry



Weary



Disappointed



Sad



Anguished



Frustrated



Confused



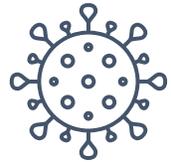
All of the above

Wellness is about training ourselves to survive and thrive amidst ongoing uncertainty

The Basic Premise:

There are a set of external factors that are outside of our control...

...so we need to protect the set of lifestyle factors that are within our sphere of control



Pandemic



Global Warming

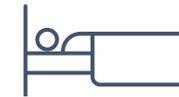


Political Divide



Economic Inequality

Wall of Zen



Sleep



Relationships



Addictions



Stress



Nutrition



Exercise

We will explore each of these lifestyle factors in our six-part Winter Wellness Series



Sleep

January 19, 2022, 1:30-2:15 EST

(today)



Nutrition

January 25, 2022, 12:30-1:15 EST



Exercise

February 2, 2022, 1:30-2:15 EST



Stress

February 9, 2022, 12:30-1:15 EST



Addictions

February 16, 2022, 12:30-1:15 EST



Relationships

February 23, 2022, 12:30-1:15 EST

Why Should You Sleep?

Amazing Breakthrough!

“Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You’ll even feel happier, less depressed and less anxious. **Are you interested?**”

- Matthew Walker, PhD

Recent evidence suggests there are significant health risks to poor sleep

In addition, poor sleep is associated with a broad array of adverse health effects



- Accidents and workplace errors
- All-cause mortality
- Cancer
- Cognitive disorders and dementia
- Depression, anxiety and other psychiatric conditions
- Diabetes and insulin resistance
- High cholesterol
- Immune function (decreased)
- Obesity and unhealthy diet patterns
- Quality of life (decreased)
- Reduced hormone levels
- Type 2 diabetes
- Unhealthy dietary patterns

The more we learn about sleep, the more we appreciate it is critical to restoration

When we sleep...

- A network of vessels open in our brains, removing the accumulated metabolic waste
- Our neurons reshape themselves – building new connections and pruning old ones



Sleep before learning

Refreshes our ability to make new memories

Sleep after learning

Protects newly acquired information, a process called consolidation

Sleep to forget

Aids in the process of retaining what you need, and nothing you don't

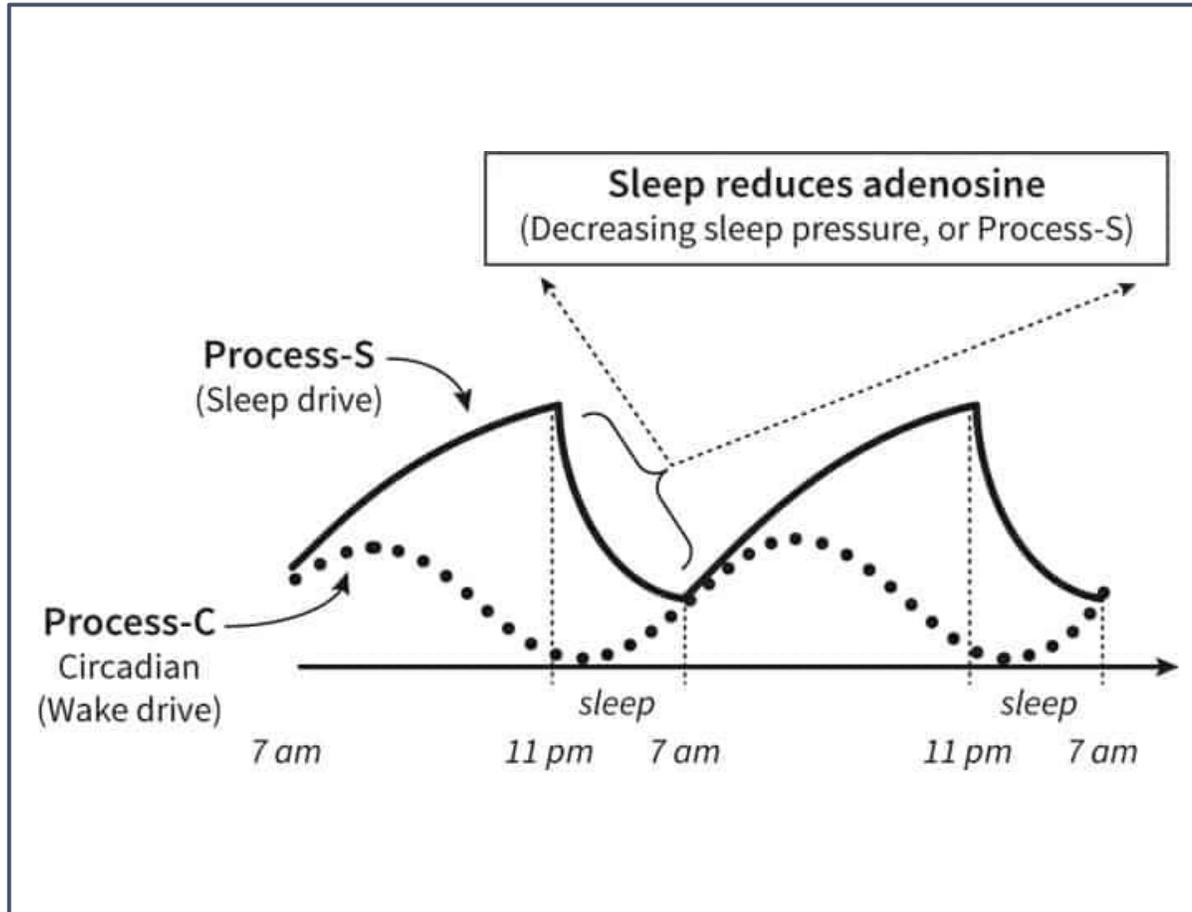
Sleep for “muscle memory”

Supports execution of skilled memory routine – such as riding a bike

Sleep for creativity

Tests and establishes new connections between unrelated memories to foster problem-solving

The Science of Sleep: Two Factors Regulating Sleep and Wakefulness



Process-S (Sleep Drive):

- The longer you are awake, the more adenosine builds up, creating an increasing urge to sleep
- During sleep, the brain degrades and removes the day's adenosine

Process- C (Wake Drive):

- Our bodies have an innate biological clock termed a circadian rhythm, which is regulated by hormones such as melatonin and cortisol
- Daylight is not the only signal that sets the clock. Other factors include food, exercise, temperature fluctuations and social interaction

Aligning daily behaviors with the sleep drive and wake drive is the best way to ensure a good night's sleep

While the rhythm of sleep is ingrained in all of us, we are sleeping less than ever

Shift Work

Many roles in our complex society require working at night

- Production lines and supply chain
- Healthcare and other emergency services
- Food and entertainment

Global Economy

There is a need to coordinate activities with partners across the globe

- Example: Zoom meeting with Asian client

Work Expectations

For many professions, there is increasing demand to work longer hours

Social Life

Much of modern day entertainment and culture happens at night

- Bars, clubs, concerts, sports games

Media Content

We are increasingly tied to a 24/7 stream of media content

- Twitter, Facebook, TickTok, Instagram
- News outlets
- Television



The key to restoring sleep is returning to a routine – one that eliminates disruptions (1/2)



Hormone-altering substances

- Stop all drinking when not sleeping well. Okay to resume light alcohol intake once sleep restored
 - Stop all caffeine when not sleeping well. Okay to have some caffeine (before noon) once sleep restored
 - Check with your doctor whether any of your medications or supplements could be affecting sleep
-



Daytime activities

- Be active during the day as this will drive up adenosine
- Get some exercise, but finish at least three hours before bedtime
- Eat more during the day, avoiding heavy meals late in the evening. Don't eat anything within two hours of bedtime
- Get some natural light during the day and avoid bright lights in the evening

The key to restoring sleep is returning to a routine – one that eliminates disruptions (2/2)



Environment for sleep

- Keep your bedroom dark - consider blackout curtains or eyeshades
 - Keep your bedroom quiet - “white noise” can help
 - Keep your bedroom cool
 - Create a comfortable sleep environment – invest in mattress, sheets and pillows
 - Keep electronics out of the bedroom
 - The bed is only for sleeping and intimacy
-



Sleep ritual

- Two hours before bedtime, shut down the screens – TVs, computers and phones. (Blue light suppresses release of melatonin, and content can get your mind racing)
- One hour before bedtime, begin a process to relax – reading, light yoga, meditation
- Enjoy the sleep ritual – give yourself a mini-spa every night!

Talk to your family physician, as there are medical conditions that can impact sleep

Example Medical Conditions

Obstructive sleep apnea

- Partial or full collapse of the airway during sleep, lasting 10 seconds or longer

Chronic insomnia

- Difficulty initiating and/or maintaining sleep, ongoing for 3 months and at least three times a week

Restless leg syndrome /
periodic limb movement

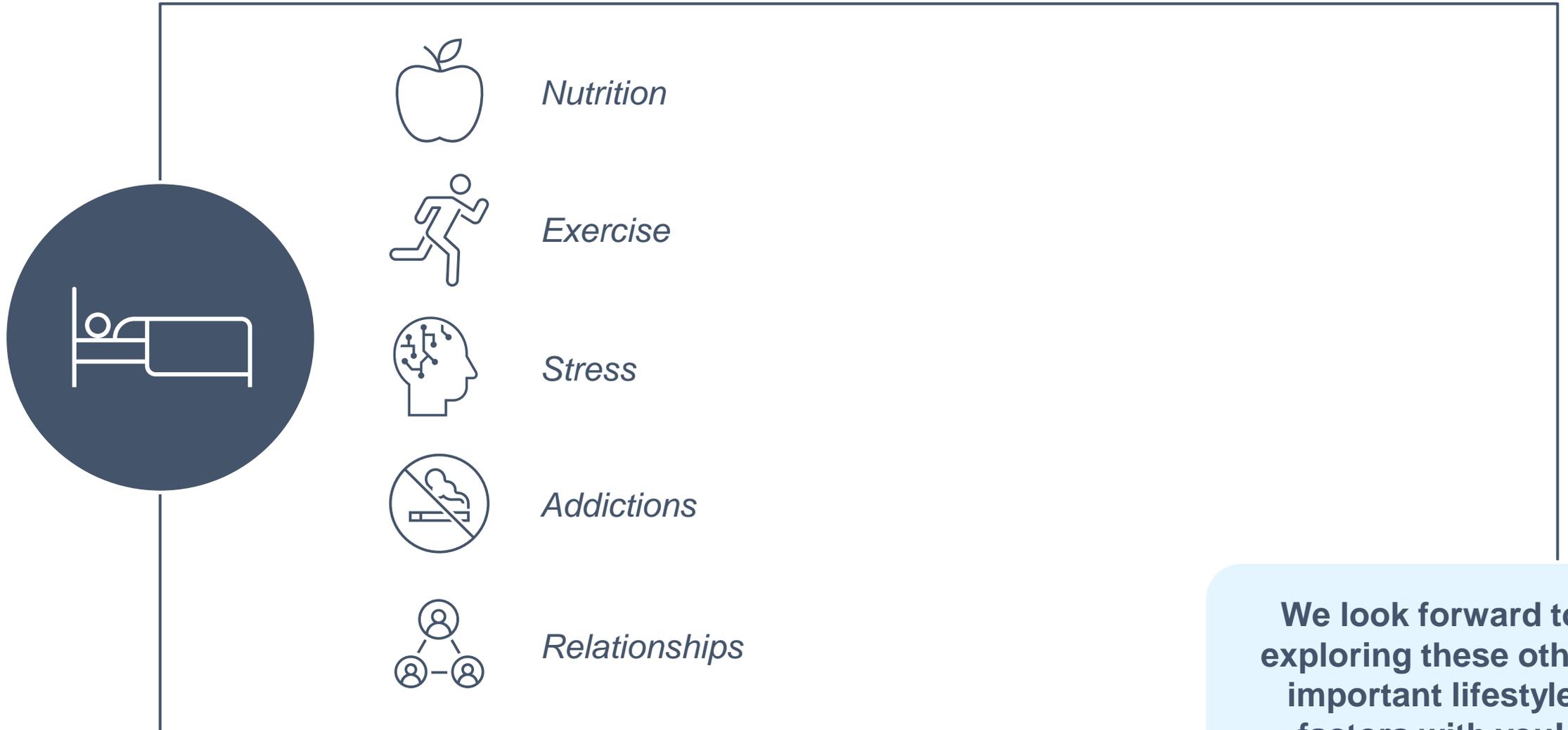
- A feeling or urge to move the limbs or torso in the nights and evening

Secondary insomnia

- There are other causes of poor sleep relating to medications, vascular dysfunction, visual impairment and fluid balance

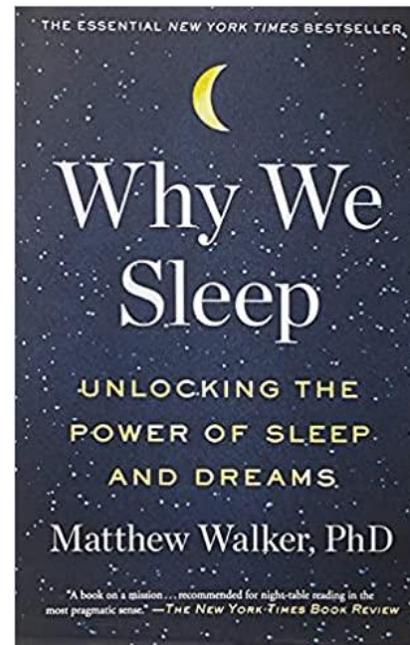
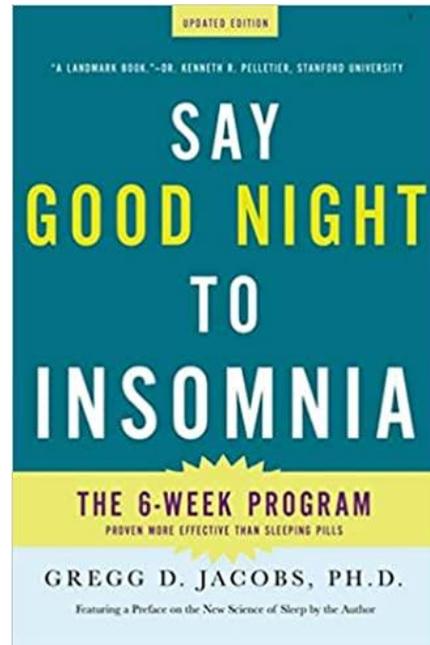
Some of these conditions, such as obstructive sleep apnea, can be easily diagnosed and treated

Lastly, sleep enables the other pillars of lifestyle



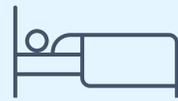
We look forward to exploring these other important lifestyle factors with you!

Some Bedtime Reading



Recap of Wellness Series

Sleep is critical to our physical and mental restoration
It plays an important role in learning, creativity and performance
We invest in sleep by creating a routine that minimizes disruptions



Sleep



Relationships



Addictions



Stress



Nutrition



Exercise



LIVE
WELL

EYLiveWell.ca
is a one stop shop
for everything
wellbeing related

HR Helpline Information:

Check out the [Canada HR Connection site](#), or contact Canada Talent support using the following options:

- [Submit a request or question](#) (Select request type "Other Talent Enquiries")
- [Chat with Talent Support](#)
- Call 1-866-857-3947 (EYHR)



Mental health benefit

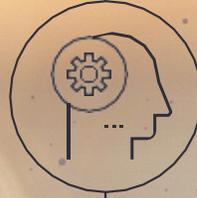
EY offers a **\$5,000** mental health benefit for all EY staff and eligible dependents



Employee and family assistance program

1-866-392-7478

EFAP is a confidential, short-term counselling and referral service for you and your family



MindBeacon

Typically 8-10 sessions – digital Cognitive Behaviour Therapy (CBT) for people with mild to moderate symptoms of depression, anxiety, insomnia, PTSD, panic disorder, health anxiety



WeCare

4 steps to support someone who may be struggling:

1. Notice for signs of change
2. Ask "Are you ok?" to open the topic for discussion
3. Listen for clues to understand the situation
4. Act Involve EFAP, Talent Consultant or other who can help



Healthcare Online

On-demand healthcare service available 24/7 for your health and wellness needs for all benefits plan members and dependents