

Complimentary Webinar Presentation

Strategies for Better Sleep

Earn
1 CEU
FREE

Presented by
Chris Mohr, PhD, RD, and Kara Mohr, PhD

Thursday, October 29, 2020
2-3 PM EDT



Learning Objectives

1

Understand what happens during sleep and why both quantity and quality are important factors for each night of rest.

2

Identify the impact of chronic sleep deprivation on health outcomes and everyday performance.

3

Describe the effects of caffeine, alcohol, technology, and environment on sleep.

4

Implement morning and evening rituals for improved performance and sleep.

What Behavior is Linked to the Following?

↑ Brain Disease

↑ Cancer Risk

↑ Alzheimer's Risk

↑ Body Weight/Fat Mass

↑ Risk of Errors

↑ Risk of Car Accidents

↑ All Cause Mortality

↓ Productivity

↓ Immunity

↓ Accuracy


↓ Likeability

↓ Muscle

↓ Natural Killer Cells by 70%

↓ Lifespan

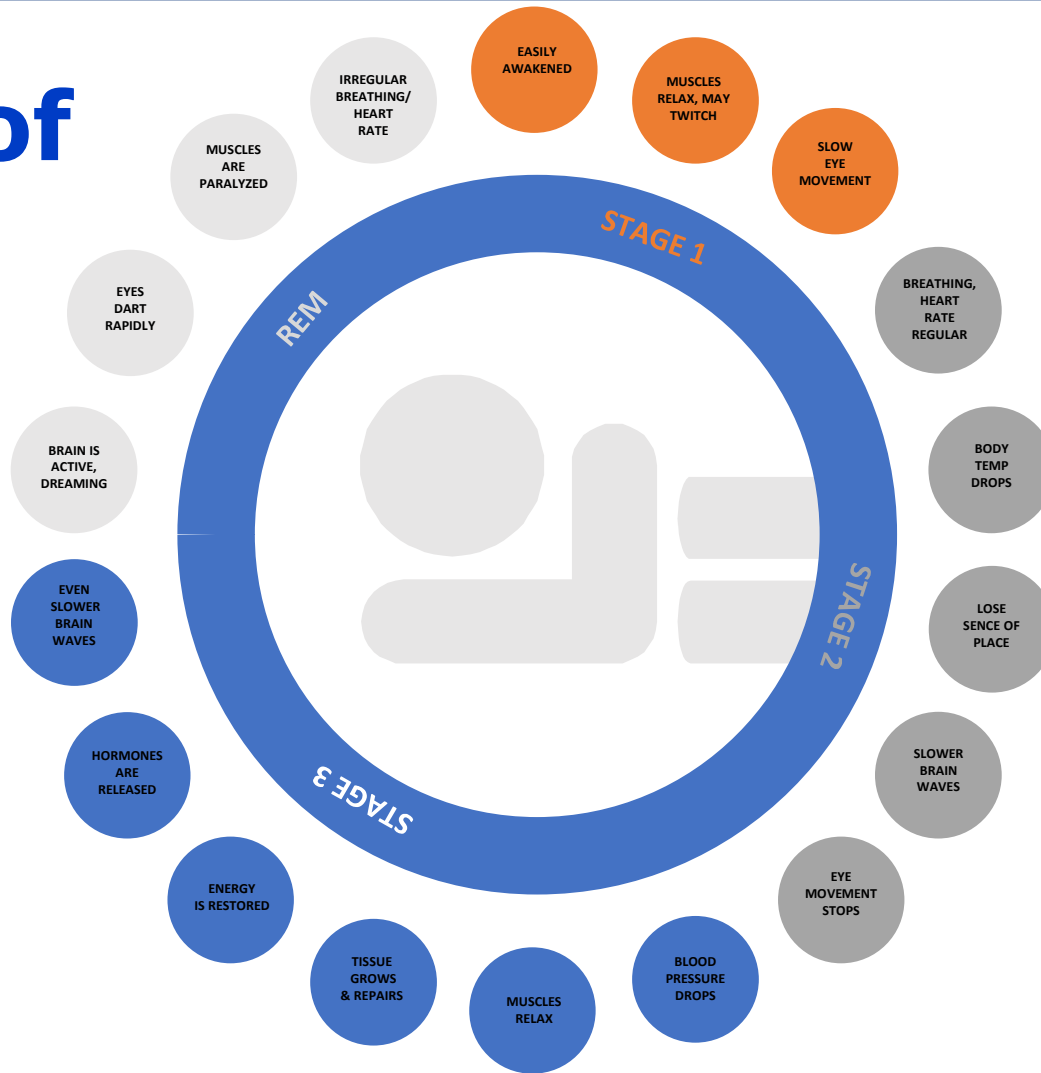
200% ↑ Risk of Heart Attack or Stroke



Average
Amount of
Sleep
Normally?

Least
Amount of
Sleep in
Past Week?

Stage of Sleep

















The most important thing you can do to improve your sleep is to go to bed and wake up at the same time every day.

Create White Space In Your Day





First hour of morning

Make *you* the highest
priority

Set
Intention

Visualize

Solitude

Exercise

?



Last hour before bed

Assess and Align

Wins

Struggles

Gratitude

Direction

?



Questions?

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Presented by Chris Mohr, PhD, RD

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SURVEY

The image shows the word "SURVEY" spelled out using six light-colored wooden blocks. Each block has a single letter in a bold, black, sans-serif font. The blocks are arranged in a horizontal line on a smooth, light-colored surface that reflects them. The background is a soft, out-of-focus gradient of light blue and grey.