

QUEEN SQUARE FAMILY HEALTH TEAM



Keep Calm and Sleep On

EDUCATION AND PRACTICAL STRATEGIES

A VIRTUAL PROGRAM PRESENTED BY:

MARINA REZKALLA,
REGISTERED OCCUPATIONAL
THERAPIST

MASSINA MICOLI,
REGISTERED SOCIAL WORKER, AND

TAYYABA MAWANI & JASPREET DEOL,
REGISTERED PHARMACISTS



An outline



VIDEO #1
ALL ABOUT SLEEP

VIDEO #2:
CALMING THE BUSY
MIND



VIDEO #3
TREATMENT OF
INSOMNIA AND ROLE OF
MEDICATIONS



Video #1

In this video, Marina explains the foundations of sleep, busts common sleep myths, and breaks down the three key systems that regulate sleep:

Sleep Drive
Biological Clock
Arousal System

click to watch video



Video #2

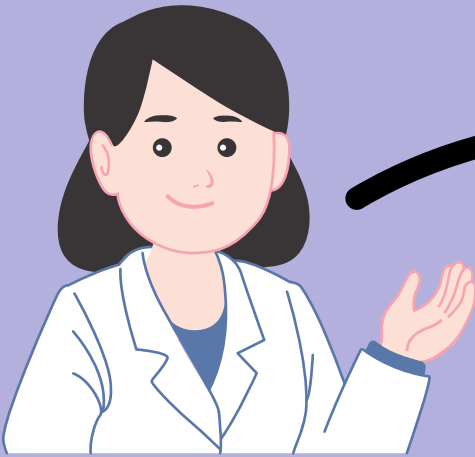
In this video, our social worker Massina explores the connection between our thoughts and sleep. She explains how worry, stress, and unrealistic expectations can interfere with sleep—and how to manage these thoughts effectively. You'll also learn practical strategies to calm your mind.

click to watch video



Video #3

In this video, our pharmacists explore the different treatment options for insomnia, focusing on the role of medications. They explain how sleep aids work, when they may be helpful, and the risks and benefits involved. You'll also learn how medications fit within a broader treatment plan like CBT-I and how to use them safely.



click to watch video



Resource List

Sleep Hygiene & Habits

- [Sleep Hygiene](#)
- [BufferZone Activities](#)

Monitoring Your Sleep

- [Sleep diary](#)

Cognitive Arousal Strategies

- [Constructive Worry Worksheet](#)
- [Unhelpful Thinking Styles](#)

Physiological Strategies

- [Breathing exercises](#)

Books

- Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia
- Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain
- The Insomnia Workbook
- Good night mind

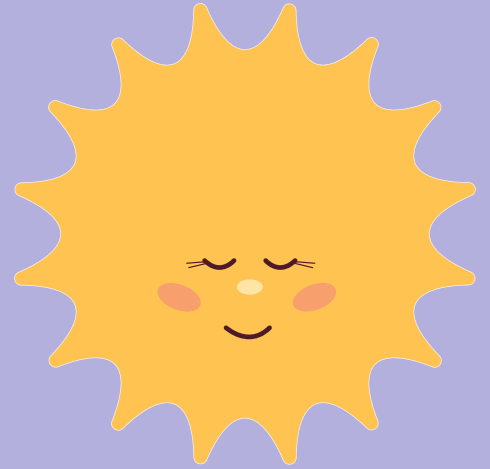
Online Resources

- <https://mysleepwell.ca/>
- <https://sinkintosleep.com/>
- <https://sleeponitcanada.ca/>
- <https://www.deprescribingnetwork.ca/>

Apps you might be interested in trying:

- [CBTi Coach](#)
- [Calm](#)
- [Simple Habit](#)
- [Headspace](#)
- [Stop, breathe, and think](#)
- [Free Mindfulness Links](#)





Good Night

