



## Brainworks Welcomes You To Our 2<sup>nd</sup> Annual Breakfast Seminar!

### Sleep Tight© Sleep as a Goal of Rehabilitation Rather than a Barrier

We wish to thank you for attending this seminar. We trust you will enjoy hearing presentations on the latest from Medical, Psychological and Rehabilitation Professionals on what is *currently* being done to understand and treat sleep disturbance and improve quality of life.

#### Agenda:

8:00 - 8:30	Registration and Breakfast
8:30 - 9:00	Presentation by Dr. Barr
9:00 - 9:30	Presentation by Dr. Vernon-Scott, Ms. Nestor
9:30 - 10:00	Questions/Discussion
10:00 - 10:15	Networking



Clients who have experienced an accident, trauma, brain injury, illness or loss often complain of disrupted sleep. Sleep disruption impacts all areas of life: cognitive, emotional and physical. Family, social, vocational and rehabilitation commitments are also negatively affected by poor sleep. Disrupted sleep is a risk factor for developing secondary illnesses and difficulties. It is critically important to understand how sleep disruption can be assessed and treated.

Sleep patterns can appear to be a *barrier* to rehab;  
It is our aim, to reframe sleep as a *goal* of rehab.

## Guest Speakers

**Dr. Jennifer Barr:** Dr. Barr is currently the Physician Lead of Consultation Liaison Psychiatry at London Health Sciences Centre, and has an academic appointment of Assistant Professor with the Department of Psychiatry at UWO. She also works in the Department of Sleep Medicine at LHSC. Dr. Barr completed her undergraduate training at the University of British Columbia obtaining a B.Sc.Pharm. and MD. She also completed her psychiatry residency at UBC.

**Dr. Sarah Vernon-Scott:** Dr. Vernon-Scott is a clinical psychologist with a focus on community-based rehabilitation. She has been working at Brainworks in London, Ontario and surrounding area, since completing her residency in Behavioural Medicine at London Health Sciences Centre in 2007. While completing her dissertation examining the physical and mental health of caregivers of people with dementia, and training in various medical settings, she came to appreciate the importance of supporting clients with cognitive-behavioural interventions to implement healthy daily routines, including sleep and physical exercise, for the benefit of their physical health, mental health, and overall rehabilitation.

**Ms. Tami Nestor:** Ms. Nestor is a case manager at Brainworks. She has spent the past decade as a disability rehabilitation consultant and case manager in clinical, third-party service provision, and disability insurance fields. With an undergraduate honours degree in psychology, a post B.A degree in behavioural science as well as previous experience as a behavioural therapist, she has built on her specialized and intensive training in working with individuals who have psychological, behavioural and physical disabilities and diagnoses. Her professional focus has included rehabilitation program research and development, including significant contributions to Brainworks' "Sleep Tight" program. She has presented to numerous allied health and legal professionals about the role of case managers in identifying sleep issues, and ensuring that sleep disturbance is identified as a target of rehabilitation rather than a barrier.



We look forward to spending another fun and  
informative morning with you!

