

The Science of Sleep

and Mitigating the Impact of Shift Work

Thursday, November 27
10:30 am to Noon

[Register at TBDHU.com/workplaces](https://TBDHU.com/workplaces)

Interested, but can't attend?
No problem! A link to the
webinar recording will be
sent to those who register.



Free webinar for workers
and workplace leaders on:

- The importance of sleep
- How shift work impacts health
- How the health risks of irregular sleep can be reduced
- How leaders can support workers to get the rest they need



Presenter: **Dr. Sandra Dorman**
Director, Centre for Research in
Occupational Safety and Health