

Healthy Sleep Habits

What can I expect to learn?

Are you waking up tired in the mornings? A Respiratory Therapist can help you understand:

- What can interfere with your sleep
- How to identify behaviours that are not helping sleep
- Ways to develop healthy sleep habits for better sleep

How many classes are there?

One class for 1 hour and 30 minutes

How is this class being offered?

Over Zoom and in-person

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use [our Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

