

Rest & Renewal: Sleep Health As We Age

FREE Webinar

Join us for an engaging and informative session with Dr. Sophiya Benjamin as she explores the sleep-related changes that often occur with aging and the common sleep problems faced by older adults. Dr. Benjamin will shed light on the science of sleep, the challenges that arise as we age, and the critical role that behavioral treatments play in effectively managing insomnia. Discover why sleep hygiene, while helpful, is often not enough on its own—and what evidence-based strategies can lead to lasting improvements in sleep quality and overall well-being.



Presenter: Dr. Sophiya Benjamin, MBBS,
MHSc, FRCPC, Associate Professor,
McMaster University

June 5, 2025
10-11 a.m.
Virtual on Zoom

Register Here