



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



ShineHHS.ca



The POWER of Sleep

Sleep Disorders, Brain Function, Weight, Immunity, Depression, Hormones, Health

Getting a decent night's sleep sounds very plain and simple. However, as a person/wife/mother/HHS medical lab assistant and having Narcolepsy, Diana knows first-hand that having a normal sleeping pattern is easier said than done.

Why are there so many sleep disorders? You would think sleep is just shutting your eyes and waking up the next morning well rested and ready to conquer another day. What makes narcolepsy amongst other sleep disorders so unique? What does our brain need to function? Does genetics play a role? How about our immunity and hormones? How can one fight against the constant fatigue that seems to rule our lives, relationships, mood and physical activity?

Diana is not a doctor but it is her hope that many will embrace this topic and learn something new about the effects of sleep on their life and their health.

Mark Your Calendar!

Mon Mar 5	WLMH	12:15 PM – 12:45 PM Board Room
Wed Mar 7	JHCC	12:15 PM – 12:45 PM JH A4-4 Auditorium
Mon Mar 19	SPH	12:15 PM – 12:45 PM North Conference Rm
Wed Mar 21	MUMC	12:15 PM – 12:45 PM MUMC 4E20
Mon Mar 26	KING WEST	12:15 PM – 12:45 PM Rm. 22-009
Wed Mar 28	HGH Campus	12:15 PM – 12:45 PM Marg Charters

REGISTER TODAY!

Register to attend : shinehhs.ca

Questions? Email [Jessica Galopoulos](mailto:Jessica.Galopoulos)

All Attendees will be entered to win a cozy blanket and Shine swag!



EVENT BROUGHT TO YOU BY

Diana Alampi
Narcolepsy Advocate,
Person/Wife/Mom of 3

sleeptalkawareness@gmail.com

Canadian Sleep Society:

<https://css-scs.ca/>

Diana has worked at HHS for over 15 years and is currently a medical lab technician at the Juravinski. What you may not know is that Diana is one of the estimated 20,000 Canadians living with an often unrecognized sleep disorder called narcolepsy. Despite the fact that there is no known cure for narcolepsy, Diana has not let this debilitating condition determine her destiny. Instead she is living well with narcolepsy, and has bravely chosen to share her experience. It is her mission to not only increase awareness about narcolepsy, but also provide inspiration and hope to many others who find themselves in the midst of a life-changing diagnosis.