

Recording will be available for 60 days on-demand after the live session.



Sleep Skills for Travel

Thursday, November 9, 2023
11:30 AM - 12:30 PM (PT)

Travel is coming back in a big way, so it's time to refresh your travel sleep skills so you can have a fabulous trip. Shifting our body clock doesn't happen automatically, and can cause symptoms including digestive upset, daytime fatigue along with night time sleepiness, and irritability. Adding skills to help shift your body clock to the new time zone can make all the difference. Come learn how to prepare in advance of your trip, and what to do when you arrive. We'll talk about strategies from light and dark exposure, timing of melatonin supplements, mealtimes and more.

About the Presenter

Dr. Catherine Darley, ND specializes in improving sleep for individuals and groups. In her private practice for over 15 years, she has helped people of all ages who are struggling with insomnia, circadian rhythm problems, movement disorders and other sleep issues. As an educator and consultant, she works with organizations to improve the sleep, safety, and performance of their members. She is a dynamic speaker who actively engages participants in improving their sleep and alertness. Dr. Darley is published in professional journals including Natural Medicine Journal, co led the Seattle Start School Later initiative, has been featured in Seattle Magazine and is regularly interviewed by the media for her sleep expertise. She is passionate about helping people get the sleep they need.

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