

Dear members,

During this period of upheaval, we hope you and your family are well.

It is normal that this COVID-19 health crisis can cause stress and anxiety and can disturb sleep for people at any age. As you know, sleep contributes to a better physical and mental well-being, thereby helping us to deal better with the situation that we are all experiencing.

After consulting several researchers and colleagues, we have decided to launch an initiative harnessing our knowledge so that sleep specialists can take part in a collective effort of resilience. Since last Friday and over the course of the next few weeks, the campaign Sleep-on-it*, operating since September 2019, will provide a platform for our community of experts to discuss the impact that the COVID-19 crisis could have on sleep. These experts will talk about concrete measures to protect the sleep of Canadians so that they can be better prepared to deal psychologically and physically with this crisis situation.

This initiative has three objectives all involving the experts' participation in several media platforms: newspapers, the internet and social media.

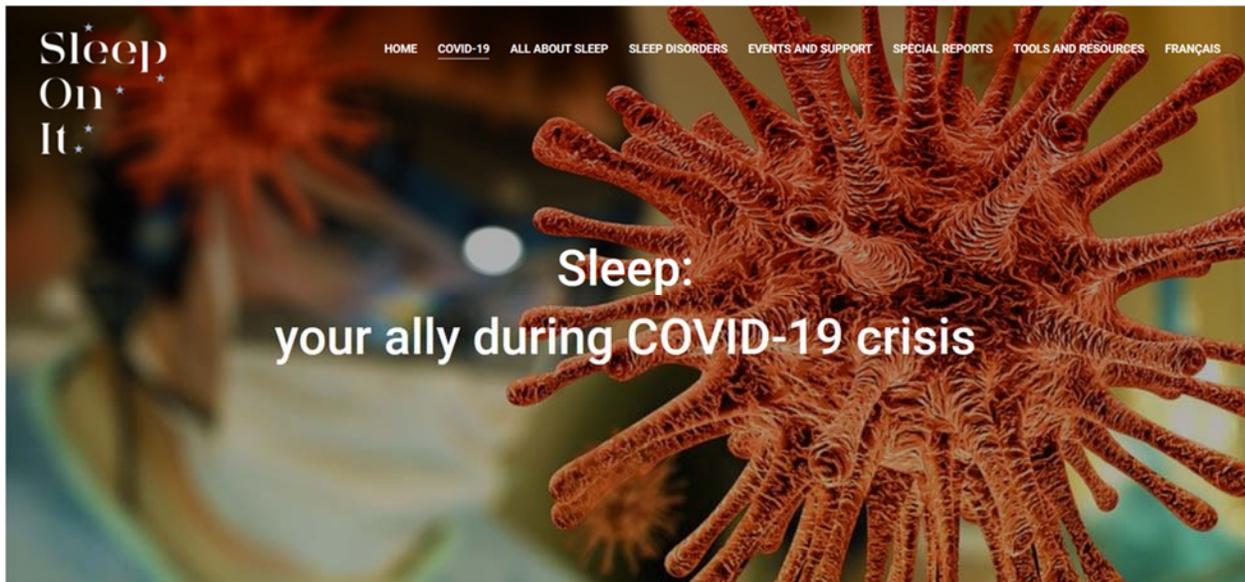
1. To provide accessible, practical scientific content that is both reassuring and credible in order to help targeted audiences to manage the consequences for their sleep.
2. To identify CSCN as a network allied with public and government authorities managing the crisis.
3. To position sleep as a fundamental factor for good health and as a factor that can actively bring resilience not only during the COVID-19 crisis but also after the crisis when Canadians will have to face the economic and social challenges and other consequences.

Therefore, over the next few weeks, several stories about specific topics relating to sleep in the context of the COVID-19 crisis, will be recorded by different experts and published on our website, Sleep-on-it (www.sleeponitcanada.ca) and on social media (Facebook, Twitter and Instagram).

In order to maximize the positive impact of this initiative, we are asking you, the sleep community, to collaborate with us. You can help us by actively contributing:

- by offering your suggestions about specific content for managing sleep in a time of crisis.
- by relaying this information to all your network of contacts in order to get the word out about our efforts to the widest possible audience.
- By identifying ways to financially contribute to this campaign that requires significant resources (production of scientific and media content, media management, publicity, etc.).

More than ever, this is an opportunity for the CSCN community to fulfill a part of its mission by providing Canadians with information about sleep, based on science!



Currently, this initiative is supported by:



For all your scientific suggestions or financial support to this collective effort, please contact:

Valérie Viau, MSc, MAP responsible for external relations and strategic partnerships :
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If you are currently on the front lines, we send you all our support and encouragement.

Take care of yourself and your family!

*The Canadian campaign, “*Sleep on It*” launched in September 2019 by the Canadian Sleep and Circadian Network (CSCN), the Canadian Sleep Society (CSS), la Fondation Sommeil, and Wake-up Narcolespy Canada is designed to demystify sleep for the public, and to offer solutions to people who have sleep-related problems.