

Resources for Sleep and Stress

OASIS presentation: <http://oasis.vch.ca/our-classes/sleepstress-slides>

Internet Resources

- Sleep
 - UBC sleep disorder clinic – www.ubc-sleepdisorders.vch.ca
 - National Sleep Foundation – www.sleepfoundation.org
 - Canadian Sleep Society – www.canadiansleepsociety.ca
- Online course for Insomnia www.myshuti.com
- Sleeping Tool – www.mydodow.com

- Stress & Self-Management:
 - Self-Management BC – www.selfmanagementbc.ca
 - AnxietyBC – www.anxietybc.com
 - BounceBack BC (for depression) – www.bouncebackbc.ca
 - Mindfulness Based Stress Reduction (MBSR) – www.drkasimalmashat.com

- Free Guided Meditation Online
 - www.ilivethelifeilove.com/10-best-guided-meditations/
 - www.mindfulmuscle.com/5-top-guided-meditations/
 - Guided Mindfulness Meditation for Sleep – YouTube
 - www.headspace.com – Guided Meditation Platform

- Free Meditation, In Person Instruction
 - www.willpowerinstitute.com – East Vancouver
 - www.vancouver.shambhala.org – by VGH
 - www.unityofvancouver.org – South Vancouver
 - www.sos.org – Richmond
 - www.northshorezen.org – North Vancouver
 - www.northshoremeditationgroup.com – North Vancouver
 - www.freemeditation.com – other BC locations

- www.iyengaryogavancouver.com – Iyengar classes in the lower mainland
- www.taichivancouver.com – Yang style (24 form) info on classes
- www.Healthlinkbc.ca
- Finding a psychologist – www.psychologists.bc.ca

Local Clinics and Resources

- Vancouver Sleep and Breathing Centre
- Pacific Sleep Disorders Clinic
- Coastal Sleep Clinics
- Clinical Sleep Solutions-various locations
- RHS Sleep Clinics-various locations
- UBC Sleep Clinic-doctors referral required

Books

- Say Good Night to Insomnia: The 6-week program proven more effective than sleeping pills. Dr. Gregg D. Jacobs
- The Power of Now by Eckhart Tolle
- Mindfulness Meditation for Pain Relief by Jon Kabat-Zinn
- The Brain That Changes Itself by Norman Doidge, MD

Pain

- Live Plan Be – www.liveplanbe.ca
- Pain BC – www.painbc.ca
- Change Pain – www.changepain.ca