

SATELLITE SESSION OF CCRN'S  
MINDING MENTAL HEALTH CONFERENCE 2025

# Make Your Day:

## A Good Night For A Better Day

**DATE:** Saturday, April 26th, 2025

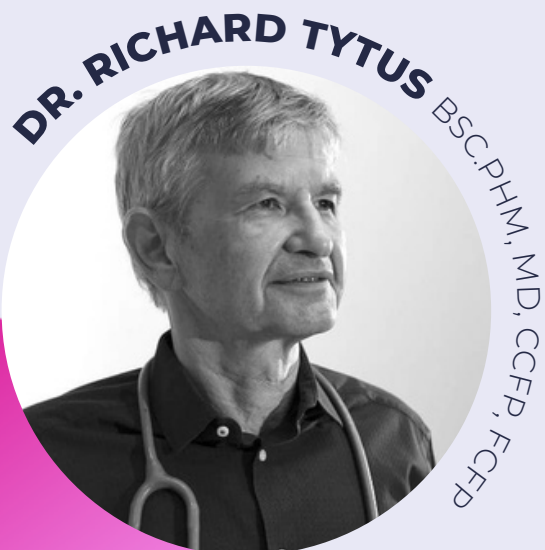
**TIME:** 9 AM to 9:25 AM EDT

**KEY OBJECTIVES:**

- Understand the impact of insomnia on daytime function
- Discuss pharmacological options for the treatment of insomnia
- Discuss the impact on daytime function of these medication

**REGISTER AT:**

[www.ccrnmd.com/minding-mental-health-in-primary-care](http://www.ccrnmd.com/minding-mental-health-in-primary-care)



This session is not certified by the College of Family Physicians of Canada.