

# Up All Night

April 16, 2026

1:30-3:00pm MT

The hormonal changes that occur during a woman's 30s to 50s (during perimenopause) have a significant impact on sleep. Many women notice that they struggle to fall asleep or stay asleep and this can negatively affect mood, energy, and weight. In this session, Dr. Prendergast will describe the reasons behind these changes and what can be done to protect or even improve sleep.



## Learning Outcomes:

- Participants will learn about the science of perimenopause and sleep
- Participants will learn how the lack of or poor sleep impacts health
- Participants will learn about the many approaches both holistic and medical that can help women sleep better

## Speakers:

Dr. Susan Prendergast PhD NP, Ellithia Healthcare, Owner/Nurse Practitioner. Dr. Prendergast is an uninvited settler of Norwegian heritage who has worked alongside Indigenous people and community in both Alberta and B.C. in a variety of roles including Nurse Practitioner, Co-Researcher and Learning Partner



Target Audience: All including healthcare professionals

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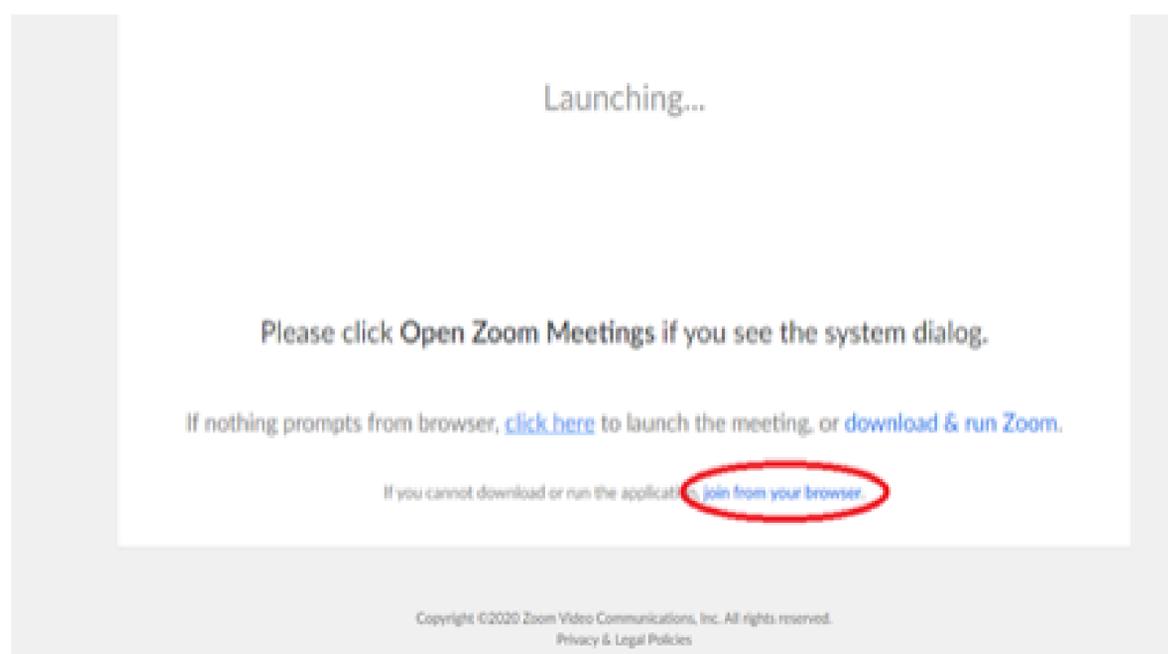
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