

Instructions for CPC Patients Enrolled in the “Headache Management: Sleep Strategies” Learning Module

Questions About the Module

If you have any questions about the module or need help understanding something, please:

1) Call (403) 955-8445 and ask to speak to the person assigned to this module. If you leave a message, please say and spell your first and last names, and leave your phone number and question(s)

OR

2) Email the module facilitator at champeducationcontact@albertahealthservices.ca

Sending in Questionnaires

At the beginning of the module, please send in:

- The Current Sleep Status Questionnaire
(Please also tell us for this same 2 week period how many hours per night (on average) you spent in bed.)
- The Glasgow Sleep Impact Index (part 1)

At the end of the module, please send in:

- The Current Sleep Status Questionnaire
(Please also tell us for this same 2 week period how many hours per night (on average) you spent in bed.)
- The Glasgow Sleep Impact Index (part 2)

You can send your module materials by:

(1) mail to:

Online Sleep Module
Attention: A. McLean, O.T.
Chronic Pain Centre
1820 Richmond Road S.W.
Calgary, AB T2T 5C7

(2) fax to:

(403) 955-4692 (Attention: A. McLean, O.T./Online Sleep Module)