**Guest names:**

Alanna McGinn

**Summary:**

On our final episode of Season 1, host Michelle Jobin is joined by author, fellow podcast host and lead sleep expert at Good Night Sleep, Alanna McGinn. The two take an extensive look into McGinn’s work including the #BringBackBedTime initiative, her studies on how a healthy lifestyle can affect sleep, and how important sleep can be for a caregiver. We also hear about a few of the free support services that The Ontario Caregiver Organization provides. For more information about the organization and these services, visit [ontariocaregiver.ca](http://www.ontariocaregiver.ca)

**Episode Links & Resources:**

Health Canada Study: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/health-nutrition-surveys/canadian-community-health-survey-cchs/canadian-adults-meet-their-nutrient-requirements-through-food-intake-alone-health-canada-2012.html>

**Guest websites/links/resources:**

Website: https://goodnightsleepsite.com/

Facebook: https://www.facebook.com/GoodNightSleepSite/

Instagram: ​​https://www.instagram.com/gnsleepsite/

Twitter: ​​https://twitter.com/GNSleepSite

YouTube: https://www.youtube.com/user/GoodNightSleepInc

Spotify: https://open.spotify.com/show/6fGYPvHQ9MUgLFaop5vbcR

**OCO Links & Resources:**

<https://www.ontariocaregiver.ca>

<https://ontariocaregiver.ca/helpline/>

<https://ontariocaregiver.ca/peersupport/>