

PCI TEEN CLINIC

Take charge of your health...it's your choice!

- serving clients aged 12—21 years old -

Teen Clinic Hours:

Monday – Friday 8:00am – 3:30pm

To book an appointment:

TEXT or Call 204-870-0689

Call 204-857-6843 ext. 11609

Book online through Medeohealth.com (QR code above)



Jackie Meulpolder



Receptionist

Dr. Shayne Reitmeier



2SLGBTQ+

Rebecca Krause



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Registered Dietitian



Does sleep even matter for teens?

YES

Sleep is essential for physical and mental development, and Teens are in a **CRITICAL PERIOD** for development

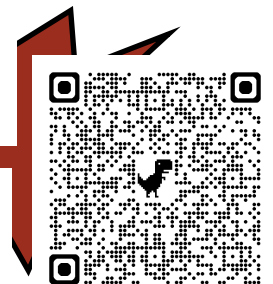
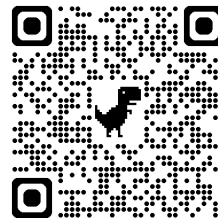
Why do teens have trouble with sleep?

- ◆ Teens have a “sleep drive” that builds more slowly than others (they do not start to feel tired until later in the evening)
- ◆ Teens’ bodies produce melatonin later in the day (the hormone that creates sleepiness)
- ◆ Busy schedules—school, work, friends, sports and hobbies all need to fit into the day— how much time is left for sleep?
- ◆ Phones, video games, computers —using backlit devices until late in the evening further delays melatonin production (it’s like being exposed to sunshine until late at night)

Signs of Poor Sleep:

- ◆ **Having a hard time falling asleep**
- ◆ **Frequent sleep disturbances**
- ◆ **Daytime sleepiness/fatigue**
- ◆ **Inconsistent sleep QUANTITY**

Follow the QR codes for info on how to improve sleep!!!



If you are having poor sleep and want advice and support,

Book an appointment at: PCI Teen Clinic—drop in, text, call or MEDEO to book