

2-PART MINI SERIES

CIRCADIAN ENTRAINMENT

PRESENTED BY: Paul Kern

PART 1: **Digital Burnout**

22nd October 2024

PART 2: **Unlock the power of the body clock**

6th November 2024



Sleep, once considered a passive state, is now recognised as a vital component of our physiological and psychological functioning. Our bodies operate on a delicate internal clock known as the circadian rhythm, which is easily disrupted by the demands of daily life. By harnessing the power of circadian entrainment, the interaction between our internal body clock and external environmental cues, we may optimise sleep and enhance health.

During this eVENT series, we will explore the rise of digital burnout, highlighting the impacts of excessive screen use on mental and physical health, and delve into the importance of aligning with our body's natural circadian rhythms to combat the growing risks of chronic disease, providing actionable strategies for both prevention and recovery.



Paul Kern has been a practicing naturopath for the past 26 years. Since 1993 he has been in practice as a fully qualified naturopath using homeopathic, nutritional and herbal medicine to address many complex health issues. For over 18 years Paul has also been delivering highly informative seminars to doctors, chiropractors and naturopaths around Australia and New Zealand. Paul has lectured in several Australian colleges, in physiology, toxicology, nutrition, herbal and homeopathic practice.

In this eVENT series we will explore:

- How to recognise the signs and symptoms of digital burnout
- Why digital burnout is so destructive of cognitive function
- What circadian entrainment is and how to harness this process for optimal sleep.
- Which biological mechanisms are involved in circadian rhythms and sleep regulation.

All eVENTs are scheduled to run live from 6:00pm - 7:30pm AEDT

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2-PART MINI SERIES

CIRCADIAN ENTRAINMENT

PART 1:

Digital Burnout – Help Your Patients Unplug

22nd October 2024

Since the COVID-19 pandemic, individuals increasingly turned to digital platforms to meet their work, leisure, and social needs. This explosion in digital consumption patterns has brought with it a new variant of burnout syndrome, dubbed 'digital burnout'. Digital burnout has been defined as a syndrome whereby individuals may experience physical, psychological and social disturbances as a consequence of excessive use of digital devices, including reduced productivity, fatigue, stress, anxiety, and an inability to regulate emotions.

Herbal nootropics, compounds shown to improve human learning, concentration, and memory, whilst improving adaptation to stress, may provide an innovative solution for sufferers of digital burnout. Additionally, herbal nootropics may act as a preventative against burnout for those individuals who need to use digital tools for work and want to offset the potential side effects. This may be particularly effective when combined with blue light protection strategies, such as wearing blue light blocking glasses.

In this eVENT we will explore the emergence of digital burnout and discuss:

- How to recognise the signs and symptoms of digital burnout
- Why digital burnout is so destructive of cognitive function
- How digital burnout may impact long-term health if it is overlooked
- Why herbal nootropics are proving efficacious for both management and prevention of digital burnout
- Clinical strategies for improved mental health of digital users



PART 2:

Unlock the Power of the Body Clock

6th November 2024

In an age where hustle culture and the demands of modern life often override the importance of eating and sleeping in accordance with our biological clock, the detrimental effects of circadian disruption are becoming increasingly evident. Mounting research indicates that this misalignment increases the risk of chronic disease, such as diabetes and hypertension.

Sleep, once considered a passive state, is now recognised as a vital component of our physiological and psychological functioning. Our bodies operate on a delicate internal clock known as the circadian rhythm, orchestrating a symphony of biological processes that influence everything from hormone regulation to cognitive performance.

Circadian entrainment, the process by which our internal body clock aligns with external environmental cues, such as light, temperature, and meal timing, to regulate our 24-hour sleep-wake cycle, can greatly influence overall health. By aligning our lifestyle with natural circadian cues, we can improve sleep quality, boost mood, increase energy levels, and reduce the risk of chronic health conditions.

This presentation will explore the multifaceted consequences of circadian disruption, shedding light on its role as a silent killer lurking in our society. From mood disorders to heightened risk of chronic diseases such as obesity and cardiovascular disorders, the ramifications of sleep deprivation are far-reaching and profound. By understanding the root causes of circadian disruption, we can begin to implement effective strategies for helping our patients reclaim their sleep and restore balance to their lives.

Gain valuable insights into:

- What circadian entrainment is and how to harness this process for optimal sleep.
- Which biological mechanisms are involved in circadian rhythms and sleep regulation.
- What are the detrimental effects of sleep deprivation on physical and mental health.
- Strategies for targeting the circadian system to improve overall health.
- Novel diagnostic techniques to identify circadian health and dysfunction.



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