

Episode 8: Multiple Sclerosis - Drained, Fatigue & Sleep

Resources

My MS Toolkit

<https://mymstoolkit.com/>

National MS Society: Sleep

<https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Sleep>

The University of Kansas SleepWell Lab

<https://www.kumc.edu/school-of-health-professions/academics/departments/physical-therapy-rehabilitation-science-and-athletic-training/research/sleepwell-lab.html>

Cleveland Clinic Go! to Sleep Program

<https://clevelandclinicwellness.com/pages/GoToSleep.htm> Sleep Online Program

Kathy Chester

<https://disruptfitnessgym.com/>

<https://moveitorloseitpodcast.com/>

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Abbey Hughes

<https://www.hopkinsmedicine.org/profiles/details/abbey-hughes>

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