Sleep 101

Research indicates to us how important sleep is to our overall well-being. But are you really taking the need for sleep as seriously as you should? Do you feel sleepy, fatigued or have difficulty concentrating during the daytime? Do you have difficulty falling asleep, staying asleep, or wake earlier than desired? Do you snore, or have you been told you gasp, snort, or stop breathing at night? These and other questions can help you determine if you have a sleep disorder or if you need to address some basic sleep hygiene techniques to enhance your ability to get quality sleep. Join us for this “Sleep 101” presentation by St. Peter’s Sleep Center to learn more about sleep disorders, insomnia, sleep apnea, and sleep hygiene. Bring your questions!

Presenters: Jean Porter ANP-BC, RN, MS and Jill Sullivan ANP-BC, RN, MS from St. Peter’s Sleep Center.

To Register Contact:
Brenda Seckerson, EAP Coordinator
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call 442-5483 or register online

http://www.albany.edu/eap/event_sign-up.htm

Wednesday, February 4
12:00 - 1:00 pm
Room 375
Campus Center
Registration Deadline:
Tuesday, February 3

THE WORLD WITHIN REACH