



Apple a Day

Health and medical
information programs

Sleep Disorders & Treatment



PRESENTER:

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Sleep Clinic

DESCRIPTION:

For many people, getting a good night's sleep is only something they dream about. The reality is that sixty percent of us have sleep problems that keep us from falling asleep, wake us in the night, or make us drowsy during the day, according to the National Sleep Foundation.

Inadequate sleep can impair mental function and make us more accident-prone. It affects blood pressure and can increase the risk of cardiovascular disease and more. This program will talk about the importance of sleep and how it affects your health. Information will be presented on common sleep disorders, how they are diagnosed, and what can be done to treat them. There will also be time for questions and answers.

**MONDAY,
MARCH 15TH**

6:30 - 8 p.m.

LOCATION:

Cambridge
Medical Center
Foundation Room

Programs are free but
registration is requested.
To register, call CMC's
Education Department
at 763-688-8419.



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