

## SLEEP THE KEYSTONE OF HEALTH

Let's discuss the impact of sleep deprivation and sleep disturbances on health and wellness. This presentation focuses on the basic neuroscience of sleep, and sleep disorders.



Participants will learn to detect whether their sleep is normal, and how to improve their sleep. They will discuss:

- Basic sleep physiology
- Common sleep disorders; insomnia, sleep apnea, circadian rhythm misalignment
- Impact of inadequate sleep on health
- Prevention and strategies for sleep

**When:** JANUARY 30<sup>th</sup> 6:30-7:45pm

**Where:** South Health Campus Wellness Centre

**Cost:** Free!

**Other:** Register at [app.booking.ca/bkshcwellnesspub](http://app.booking.ca/bkshcwellnesspub) or call 403-956-3939

Two hour parking on Front Street near main entrance, on a limited basis

Brought to you by:  
Centre for Sleep and Human Performance

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