

# Sleep and Your Health: Sleep Suite

Sleep is crucial to our consciousness; we spend at least one-third of our lives in its realm. Although it requires no expertise or training, recent surveys reveal an increasing population having difficulty achieving a “good night’s sleep.” The consequences of sleep deprivation are varied and vast and can have significant effects on our health and professional and personal relationships.

Join us in exploring various aspects of sleep, including causes of some common disorders. Learn helpful guidelines and techniques for restoring restful sleep.



**Glenn D. Wollman, M.D.**

Sunday, February 27

1:30 – 3:30 p.m.

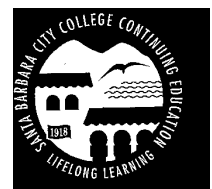
(Registration begins at 1 p.m.)

Auditorium

The Karpeles Manuscript Library Museum  
21 W. Anapamu St.

**Co-Sponsors:** *The Karpeles Manuscript Library Museum;  
Cottage Health System*

RN/LVN, CNA contact hours: 2



Presented by the OMEGA Program of Santa Barbara City College, Continuing Education Division