

# SLEEP TALK 2014

LECTURE SERIES | SLEEP TALK - INSOMNIA GROUP

ORGANIZER | MICHELLE ZETOONY, DO

This is an informal group that meets once a month on the second Tuesday of the month to discuss topics pertaining to sleep. The specific focus is on insomnia and improving sleep quality and quantity with lecture series focusing on variety of sleep topics.

MONTH	DATE ...	ALSO ON...	TITLE
JANUARY	1.14.2014		WHAT IS SLEEP APNEA AND HOW DOES IT AFFECT SLEEP
FEBRUARY	2.11.2014		BEHAVIORAL MANAGEMENT OF INSOMNIA: TIPS AND TRICKS
MARCH	3.11.2014		SLEEP AND YOUR HEART: CARDIOVASCULAR AFFECTS
APRIL	4.15.2014		HEADACHES AND SLEEP: INSOMNIA/SLEEP PROBLEMS
MAY	5.13.2014		SLEEP AND WEIGHT: IT'S ABOUT HORMONES/CALORIES
JUNE	6.10.2014	6.19.2014	MOVEMENT DISORDERS & SLEEP: DIAGNOSIS & TREATMENT

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE							
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JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							
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