

SLEEP FOR LIFE

A New Sleep Program for Teens

Learn skills and techniques from your peers assisted by sleep experts.

You will learn:

- Why you need sleep
- How much sleep you need
- Common behaviors which prevent restorative sleep
- Solutions to common problems getting and staying asleep
- How to wake up feeling refreshed
- Skills to support healthy sleep habits for a lifetime



Sleep Presenters Include:

- **Amer Khan, M.D.** Sleep specialist and pediatric neurologist, Sutter Neuroscience Institute
- **Richard Valdez**, Professor, Sierra College
- **Cindy Reynolds, MFT**
- **Jibran Khan**, High School Senior and Teen Volunteer

What: Three consecutive weekly classes:

- Week 1: Sleep mechanics
- Week 2: Healthy sleep habits
- Week 3: Making changes

When: Tuesdays from 4-5 p.m.

Where: Sutter Roseville Medical Center, 2nd Floor, Conference Room 8

First class begins September, 2011

All classes are FREE!

To register: Visit us online at sutterneuroscience.org/sleepforlife or call 916-773-8711, or email Cindy Reynolds at reynolc@sutterhealth.org