



Need SLEEP?

(Everything you've ever wanted to know about sleep)

2012 Meeting Schedule

Location: 252 San Jose Street; 6PM-7PM on select Thursdays

Free and open to the public; call 759-1920 to reserve a space

February 2	How sleep affects your heart; <i>Speaker:</i> Khalid Rauf, MD
March 1	In your Dreams! (REM sleep); <i>Speaker:</i> Khalid Rauf, MD
April 5	Reasons to get a sleep study; <i>Speaker:</i> Mazhar Javaid, MD
May 24	Sleep Hygiene and habits; <i>Speaker:</i> Mazhar Javaid, MD
June 21	I can't go back to sleep!; <i>Speaker:</i> Mazhar Javaid, MD
July 12	Lies you've been told about sleep; <i>Speaker:</i> Naeem Rana, MD
August 9	Sleep and disease prevention; <i>Speaker:</i> Naeem Rana, MD
September 13	Getting your child to sleep; <i>Speaker:</i> Naeem Rana, MD
October 18	What goes bump in the night; <i>Speaker:</i> John Roper, MD
November 15	Why Do we need sleep?; <i>Speaker:</i> John Roper, MD



For more information, call the SVMHS Sleep Medicine Center at (831) 759-1920 or visit svmh.com/sleep.