



## Got CPAP? *A Sleep Disorders Support Group*

### 2012 Meeting Schedule

**Location: 252 San Jose Street; 6pm-8pm on select Thursdays**

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

<b>February 9</b>	<b>Driving Drowsy and Sleep Deprivation;</b> <i>Speaker: Naeem Rana, MD</i>
<b>March 8</b>	<b>CPAP 101: Understanding your mask;</b> <i>Speaker: Naeem Rana, MD</i>
<b>April 19</b>	<b>Venga a hablar del sueno!;</b> <i>Speaker: John Roper, MD</i>
<b>May 17</b>	<b>What else is there besides CPAP?;</b> <i>Speaker: John Roper, MD</i>
<b>June 14</b>	<b>Insomnia;</b> <i>Speaker: John Roper, MD</i>
<b>July 5</b>	<b>How to interpret your sleep study;</b> <i>Speaker: Khalid Rauf, MD</i>
<b>August 2</b>	<b>Get used to it! Tolerating your CPAP;</b> <i>Speaker: Khalid Rauf, MD</i>
<b>September 6</b>	<b>Nutrition and Sleep;</b> <i>Speaker: Khalid Rauf, MD</i>
<b>October 22*</b>	<b>Sleep Apnea and families;</b> <i>Speaker: Mazhar Javaid, MD</i>
<b>November 19*</b>	<b>Venga a hablar del sueno!;</b> <i>Speaker: Mazhar Javaid, MD</i>
<b>December 13</b>	<b>What's New in Sleep Technology?;</b> <i>Speaker: Vendor</i>



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

*\*Class is held on a Monday, not on a Thursday*