

SLEEP FAIR

MONDAY, MARCH 21, 2016

Presented by Park Nicollet and the American Sleep Apnea Association

A.W.A.K.E.™
(Alert, Well and Keeping Energetic)



If you or a loved one has ever experienced sleep apnea, snoring, excessive sleepiness, insomnia, restless legs syndrome or narcolepsy, don't miss this FREE event. Many national and local vendors will be on hand to exhibit the latest in sleep technology and treatment. We'll also have a question and answer session with a sleep doctor and a short presentation on insomnia.

If you already own CPAP equipment, bring it in for a pressure check and stay for an informational session about equipment care and cleaning.

Location Park Nicollet Heart and Vascular Center Auditorium Methodist Hospital Campus 6500 Excelsior Blvd. St. Louis Park, MN 55426	10:30 a.m. to 3:30 p.m. Vendor show
	11 a.m. to 11:30 a.m. Insomnia Mary Rymanowski, LICSW, Behavioral Psychotherapist/Sleep Therapist
Park in the Orange or Blue ramp for reduced parking; free parking with shuttle service is available in the Red Lot on the corner of Louisiana Avenue and Oxford Street.	12 p.m. to 1 p.m. Ask the doctor Lisa Bolin, M.D.
	1:15 p.m. to 2 p.m. Care and Cleaning of CPAP Park Nicollet Sleep Store
	No registration is required; for more information call 952-993-6083 , option 1.