

**Better Sleep.
Better Health.
Better Life.**

**FREE SLEEP
SCREENING**

SLEEP AWARENESS EVENT

March 12, 2011 - 10:00 am to 12:00 pm

In celebration of **National Sleep Awareness Week**, RESTA Sleep Disorders Center is committed to sleep education... being well rested helps us perform our everyday tasks better and positively affects our mood. However, going to bed earlier is sometimes not enough, especially for those with sleep apnea. This common sleep disorder prevents a person from getting the full benefits of sleep and often goes unnoticed. Common symptoms of the disorder include snoring, weight gain, and pauses in breathing during the night. ***Diagnosing and treating sleep problems like these are not as simple as just getting a sleep test.*** Instead, it requires a trained professional who understands that improving sleep health is about comprehensive care that treats the entire issue, not just one of the symptoms.

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K-SHASTA Live Broadcast
Meet the Doctors
Free Sleep Screening
Facility Tours
Refreshments & Prizes
\$500 Getaway Package


RESTA^{Inc.}
Sleep Disorders Center