

**Respiratory Specialists
invites you to attend**

Sleep Awareness Day

Thursday, March 12, 2009 - 1:30 to 9 p.m.

Millions of people are troubled by sleep disorders.

Too many simply don't know that their lack of energy may be signs of serious health issues that interrupt a good night's sleep. Others may not realize that there are easy ways to both diagnose and effectively treat these problems.

Sleep Awareness Day provides a **FREE** opportunity to learn more about the important relationship between sleep and overall health. Experts from The Sleep Health Center at Respiratory Specialists will provide information on signs and symptoms of sleep disturbance, and the latest treatments available.

Accredited physicians from Respiratory Specialists will provide information on symptoms of sleep disturbance and the latest medically approved treatments available. This is a **FREE** community event. For more information call 610-685-5864.



**The Sleep Health Center
at Respiratory Specialists
www.sleephealthcenter.net**



**Respiratory Specialists
2608 Keiser Blvd., Wyomissing PA 19610
www.lungmd.net**

ATTEND THESE SPECIAL PRESENTATIONS

2:00pm

Tammy Balatgek, DDS
CPAP Alternatives for the
Treatments of Sleep

Apnea

3:30pm

Robert W. Pattillo, MD
Obstructive Sleep Apnea
Cardiovascular Effects

5:00pm

**Sowmya
Lakshminarayanan, MD**
Restless Leg Syndrome

6:30 p.m.

Alec Platt, MD
Danger on the Road: Sleep
Deprivation, the Drowsy
Driver and Obstructive
Sleep Apnea

8 p.m.

Sajjad H. Shah, MD
Diagnosis and Treatment
of Sleep Apnea

WHERE:

The Inn at Reading
1040 N. Park Road,
Wyomissing

INFO:

Exhibits,
FREE Refreshments
and door prizes!

The Sleep Health Center will be available to answer questions and address concerns.