



Lifespan Community Health Ambassadors
VIRTUAL Lecture
Tuesday, July 11, 2023 | 12:00 to 1:00 pm
Sleep Well, Live Well: A Focus on Sleep in the Adult
Primary Care Setting

Presented by

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This presentation will review sleep as a necessity to life and health and the changes associated with sleep as we age. The Primary Care setting is where most referrals start, and initial treatment can be initiated. This will review the risk factors associated with sleep disorders (specifically Obstructive Sleep Apnea), diagnosis, and treatment.



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Objectives

- describe how sleep changes over a lifetime
- provide the guidelines for the treatment of sleep disorders
- explain the importance of quality sleep in accordance with daily functioning
- explain the risk factors associated with obstructive sleep apnea

Location: This lecture will be provided through Zoom. The link and sign in information will be provided prior to the lecture.