

GrapeVine Unit

Better Sleep: What's Getting in the Way?

FREE

1 in 3 American adults fails to get enough sleep. Are you one of them? Instead of loading up on extra caffeine, join us for this educational session to discuss what's getting in the way of better sleep and what you can do about it.

The session will cover:

- The relationship between sleep and health
- Sleep needs for adults
- Reasons why you can't sleep
- Promoting better sleep through good sleep hygiene
- Getting help for sleep issues

Handouts on the topic will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation