

Secrets To Slumber: Strategies For A Good Night's Sleep

**Facilitated by
Michelle Stolicker, LMSW**

We have all had a night when we just couldn't fall asleep. We look at the clock, obsess about how many hours or minutes we could get if we fell asleep right then, toss, turn, get up and wander the house, notice how loud the hall clock ticks, etc., etc.. That's relatively normal. However, if we begin to string several of these nights together, our bodies and our minds begin to rebel. Sleep is an essential restorative bodily state in which physical and psychological repairs are made. No sleep. No repair. In this workshop we will:

- Review various types of sleep disorders and their features
- Explore our sleep environments and identify where improvements can be made
- Learn proven strategies to help promote sleep
- Identify when it is time to seek professional assistance

DATE: Tuesday, November 18, 2014

TIME: 4:30 p.m. – 6:00 p.m.

FEE: FREE

**LOCATION: OCM BOCES-McEvoy Campus
McEvoy Conference Center, Room 701
1710 NYS Route 13, Cortland, NY 13045**

If you have questions about the program, contact Michelle Stolicker at
1-800-EAP-8764 or (315) 471-1361.

To accommodate participants, please complete and return by:
November 11, 2014

Secrets To Slumber— November 18, 2014

Name: _____

School Building: _____

School District: _____

Position: _____

School Phone: _____ Home Phone: _____

Email (please print clearly) _____

Return :
**EMPLOYEE ASSISTANCE PROGRAM
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