



National Sleep Awareness Week is March 5-11, 2012

Tired of being tired? To emphasize the importance of sleep health, the SJPHS sleep centers will be celebrating National Sleep Awareness Week at different locations around the health system during the months of February and March. We will be providing free sleep apnea screenings, information on our accredited sleep centers and board certified sleep medicine physicians, and giving away lots of other goodies. Please stop by one of our booths at a location near you to learn more about sleep health and our Sleep Medicine program. Come meet the staff that keeps our sleep centers functioning smoothly. Everyone is welcome to stop by, so bring along that spouse that keeps you up all night with their snoring! National Sleep Awareness Week ends with setting our clocks ahead one hour for Daylight Savings Time on Sunday, March 11. Learn some tips on how to cope with losing that hour of sleep. We look forward to seeing you there, and to helping you get a good night's sleep.

For more information on the five SJPHS sleep centers, you can also visit us on our website at www.stjohnprovidence.org/sleep. To learn more about Sleep Awareness Week, you can visit the National Sleep Foundation website at <http://www.sleepfoundation.org/event/national-sleep-awareness-week>.

Activities Schedule:

Sunday, February 26 **6pm**

Macomb Sleep Institute (North) will be at the Ladies' Night Out event at the Art Van Furniture store on 14 Mile Road and Van Dyke in Warren. Guests will enjoy wine and ladies night fun to benefit St. John Hospital. The ladies will be treated to a sampling of complimentary services and activities provided by local vendors. There will also be a DJ, dance lessons, and a photo booth along with lots of door prizes. Guests must be 21 years old to attend.

6500 14 Mile Road, Warren, MI

Wednesday, February 29 **7am-2pm**

The sleep centers will be hosting a booth at the St. John Providence Health System Resource Fair at the cafeteria in Providence Hospital in Southfield. There will be ice cream, popcorn, and prizes! This event is geared towards SJHPS associates.

16001 West 9 Mile Road, Southfield, MI 48075

Friday, March 2 **8:30am**

The SJPHS sleep centers staff will be giving a breakfast and lecture at Northland Mall in Southfield. This event will be held in the food court inside the mall. We will discuss all five SJPHS locations and answer general questions about your visit to the sleep center.

21500 Northwestern Highway, Southfield, MI 48075

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Activities Schedule:

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Monday, March 5 **9am-11am**

Macomb Sleep Institute (North) will be in the lobby of the Macomb Medical Campus building (enter east of the ER and main entrance) at the Macomb Township Medical Center.
17900 23 Mile Road, Macomb Township, MI 48044

Tuesday, March 6 **11am-1pm**

Macomb Sleep Institute (South) will be at St. John Hospital and Medical Center in the Moross Market Café.
22101 Moross, Detroit, MI 48236

Tuesday, March 6 **11am-1pm**

The Neurodiagnostic and Sleep-Wake Disorders Center at River District Hospital will be hosting a booth at the hospital. Exact location of booth to be determined. Look for posters in lobby.
4100 River Road, East China, MI 48054

Wednesday, March 7 **11am-1pm**

Michigan Institute for Sleep Medicine is hosting a booth in the Providence Park Hospital Cafeteria Area.
47601 Grand River Ave, Novi, MI 48374

Thursday, March 8 **10:30am-11:30am**

Physician Lecture: Getting a Good Night's Rest?

St. John Hospital & Medical Center, Lower Level Conference Room

Is a good night's rest an ongoing problem? Do you fall asleep watching TV, but can't sleep when you move to bed, or wake up with thoughts racing? Learn tips to improve your sleep habits and how to adjust to losing that hour with daylight savings time. Valet pass provided.

Presenter: Emad Alatassi, MD, Sleep Medicine Physician, Pulmonologist and Internist on staff at SJH&MC

Thursday, March 8 **11am-2pm**

The Sleep Center at St. John Oakland Hospital will be hosting a booth in the alcove in front of the cafeteria.
27351 Dequindre, Madison Heights, MI 48071

Sunday, March 11 **9am-3pm**

The Sleep Center staff from St. John Oakland Hospital will have a booth at the health fair being held at Mother of God Chaldean Church in Southfield. The Chaldean-American Medical Student Association (CAMSA) and Chaldean American Association for Health Professionals (CAAHP) have joined together to host this event. Our nighttime tech that speaks fluent Arabic will be present, along with our lead PSG technologist.
25585 Berg Road, Southfield, MI 48033

Wednesday, March 21 **7am-2pm**

Michigan Institute for Sleep Medicine will be hosting a booth at the St. John Providence Health System Resource Fair at the lobby atrium inside Providence Park Hospital in Novi. There will be ice cream, popcorn, and prizes! This event is geared towards SJHPS associates.
47601 Grand River Avenue, Novi, MI 48374