

Topic: Sleep disorders

Nights are getting longer and colder and the time is right to settle in for a long winter's nap! It can be frustrating, discouraging and exhausting to experience poor or interrupted sleep, trouble falling asleep, staying asleep or living with more concerning sleep disorders such as sleep apnea.

Please see QR code for more information about recognizing sleep disorders, and easy ways to maximize your sleep effectiveness.



Article Links:

National Library of Medicine: www.medlineplus/sleepdisorders.html

American Academy of Sleep Medicine: www.aasmnet.org

National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov/health/resources/sleep

Faith Community Health at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email FaithCommunityHealth@carle.com.



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