

SLEEP SUPPORT WORKSHOP



Trouble going to sleep? Trouble staying asleep? Having daytime fatigue?...

This educational and interactive workshop is intended to provide information about insomnia and other common sleep disorders. You will learn behavioral strategies, lifestyle modifications, and other non-pharmacological approaches to improve your sleep.

Facilitated by:

Mary Rose, PsyD

Certified Behavioral Sleep Medicine Specialist by the American Board of Sleep Medicine

Nilgun Giray, MD

Board certified in Psychiatry and Sleep Medicine by the American Board of Psychiatry and Neurology

**2nd Wednesday of
Each Month
6:00 – 9:00 P.M.**

**Facilitated by
Sleep Disorder
Specialists**

**Centrally located
in Houston**

**For More
Information or
to register call
713-346-1555**

**GREATER HOUSTON
PSYCHIATRIC
ASSOCIATES**

4888 Loop Central Drive
Suite 510
Houston, TX 77081
713-346-1555

\$75.00 for 3-hour session