

Sound Sleep Nurtures Life



- ✓ Did You Know? **Sound sleep** is one of the three pillars of good health along with a balanced diet and regular exercise.
- ✓ Individuals with quality sleep experience **lower rates of diabetes, obesity and other chronic diseases**.
- ✓ **Most sleep disorders are treatable or preventable**, yet less than one-third of individuals seek professional help.

In conjunction with WORLD SLEEP DAY 2019, join us to learn about how sound sleep nurtures life in an interactive way

Date: 16 March 2019 (Saturday) **Time:** 8.00am - 12.25pm

Venue: Ng Teng Fong General Hospital, 1 Jurong East Street 21, S(609606),
Tower A - NTFGH Clinics, Level 1, Auditorium

TIME	PROGRAMME	SPEAKERS
8:00	Breakfast and Registration	
8:30	Opening Address	Dr Chua Ai Ping
8:35	"Sleep and Health"	Senior Consultant, Respiratory Medicine
9:00	"Common Sleep Disorders"	Adj Asst Prof Sridhar Venkateswaran Senior Consultant, Respiratory Medicine
9:25	"Insomnia"	Dr Adeline Tan Senior Consultant, Respiratory Medicine
9:50	Tea Break and Activities	
10:10	"Unboxing the Sleep Pandora Box"	Dr Cherie Chan Senior Psychologist, Psychology
10:35	"The Upper Airway and a Good Night's Sleep"	Adj Asst Prof Soon Sue Rene Consultant, Ear, Nose & Throat (ENT) - Head & Neck Surgery
11:00	"Managing the Daily Grind"	A/Prof Adrian Yap Head & Senior Consultant, Dentistry
11:25	Activities	
12:25	End of Programme	

Activity Highlights

- ✓ **Take the sleep disorder test:** Find out if you are at risk.
- ✓ **Hands on with the Continuous Positive Airway Pressure (CPAP) machine:** See how it can help you improve your sleep quality.
- ✓ **The Doctor is "IN":** Consult our specialists to learn more about sleep disorders and the treatment options available.

Yes, I am interested to come.

Name: _____

Contact Number: _____

Email Address: _____

Pre-registration is required by 2 March 2019.

Please detach this portion and return it (during office hours) to:

- **Clinics A32, A42, A54, A63** at Tower A - NTFGH Clinics
- **Reception** at Lakeside Family Medicine Clinic, Block 518A
Jurong West St 52, #01-02, S(641518)



Scan to Register

Alternatively, you may register with JHCampus_MedicalEvents@nuhs.edu.sg