



Improving Sleep and Working on Insomnia



Speaker: NYGH Psychiatrist, Dr. Neil Levitsky

Wednesday March 20, 2024

12:00 p.m. – 1:00 p.m.

MS Teams Webinar

Staff, Physicians, Volunteers and learners...

Join us in recognition of World Sleep Day to learn about:

- The physiology of sleep and the factors that can interfere with getting enough good quality sleep
- Cognitive Behavioural Therapy (CBT) for insomnia
- Practical advice for sleep struggles
- How to work on getting better sleep

* Registration is Required - [Click Here](#) or Scan QR code

