

Tired of Snoring?



FREE Snoring and Sleep Health Seminar

Did you know that snoring can be a sign of sleep apnea, a serious disorder where you stop breathing repeatedly during sleep? Learn more about snoring and the effects on you and your family's health.

Register online at www.snoring.eventbrite.com.au.

Date: Wednesday, 25 September 2013
Time: Arrive 6:00pm (refreshments provided)
Seminar 6.30pm – 8.00pm
Address: Level 5, Woolcock Institute of Medical Research
431 Glebe Point Road, Glebe NSW
Email: education@woolcock.org.au

sleep better, live healthier
www.woolcock.org.au

WOOLCOCK 
INSTITUTE of MEDICAL RESEARCH

FREE Snoring and Sleep Health Seminar

25 September 2013

What is snoring? Is it a sign of a sleep disorder? Is it easily diagnosed and treated? Come to our FREE seminar and learn about:

- Links between snoring and sleep apnea
- Practical tools and tips to help you sleep better
- The latest medical solutions

This seminar is for those who are keen to help themselves or their partner understand the significance of snoring and how this may be negatively impacting their health. Hear from Woolcock Clinic Specialists who are among the world leaders in the diagnosis and treatment of the complete range of sleep disorders.

Life is too short to be living tired! Helping your partner with their snoring may not only help with their sleep, it will also help with yours. Bring your partner along to understand what you can do to reduce the impact of snoring on both your lives.

Seminar Speakers

Associate Professor Brendon Yee is a consultant sleep and respiratory physician at the Woolcock Clinic, staff specialist in respiratory and sleep medicine and Medical Director at Royal Prince Alfred Hospital.

Dr Nicholas Stow is a consultant Ear, Nose and Throat Surgeon at the Woolcock Clinic. His main interests are snoring and sleep apnea, sinusitis and nasal polyps and rhinitis.

Dr Margaret Hardy is an experienced GP who consults at the Woolcock Clinic with a particular interest in sleep medicine. She is on the GP Education Committee of the Australasian Sleep Association.