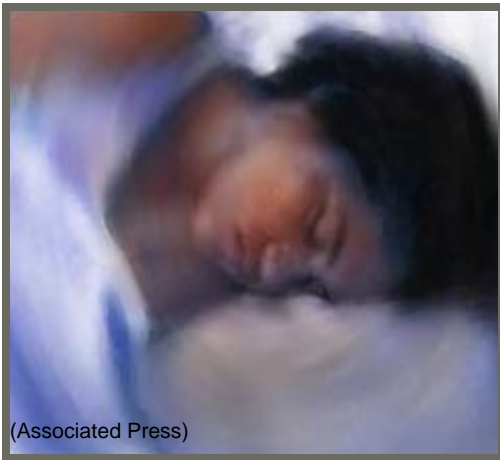


Science Café Evanston

Age-Related Changes of the Circadian System and Sleep

Professor Kathryn Reid

Department of Neurology, Feinberg School Medicine and Associate Director of the Sleep and Circadian Rhythm Research Program



LOCATION:

Prairie Moon

1502 Sherman Ave. Evanston

DATE:

Wednesday, April 15

TIME:

6:15—7:30 pm

Sleep is essential for a person's health and wellbeing, yet millions of people do not get enough. Most of those with these problems go undiagnosed and untreated. In addition, more than 40 percent of adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few days each month. There are distinct changes in sleep and circadian rhythms with aging, that may lead to an increase in sleep complaints in older adults.

Come and find out what it is all about!

FREE EVENT Sponsored by NU Sigma Xi Chapter 22



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