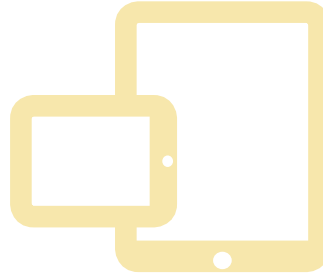


Sleep and Your Health Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description:

Sleep is an essential part of our lives. Unfortunately, many of us take the importance of sleep for granted. Quite often stress, work, and life in general get in the way of a good night's rest. Poor sleep hygiene impacts not just the individual but society as a whole. Understanding the signs and symptoms of sleep deprivation along with the various sleep disorders will help you to identify potential warning signs in yourself and that of others. There are many effective treatments available for sleep disorders along with various tips and tools for getting better sleep.

Time: 1 Hour [Preview the Sleep and Your Health online training program here.](#)

Learning Objectives:

At the end of this course, the learner will be able to:

- Discuss the nature and functions of sleep
- Recognize the prevalence and impact of sleep deprivation on both yourself and society
- Recognize the signs and symptoms of sleep disorders
- Name, identify, and discuss the common treatments for sleep disorders
- Explain the importance of proper sleep hygiene
- Discuss the various tips and tools for getting better sleep

Key Topics Include:

- Sleep Basics
- The Sleep Stages
- Sleep Needs
- Sleep Deprivation
- Drowsy Driving
- Sleep Disorders and Treatment
- Sleep Hygiene
- Helpful Resources

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.