

SWEET DREAMS

Don't be in the dark about the importance of a good night's sleep. Learn more at two upcoming presentations sponsored by the University of Pittsburgh School of Nursing and the Office of the Provost as part of Pitt's Year of Healthy U.

Presentation and Reception

“Can You Sleep Your Way to Better Health?”

Daniel J. Buysse, MD
UPMC Professor of Sleep Medicine,
University of Pittsburgh School of Medicine

Tuesday, March 27

4 p.m.

**O'Hara Student Center,
4024 O'Hara Street**

*A complimentary reception will follow the presentation.
RSVP required.*

Presentation and Luncheon

“Sleeping on the Job: Fatigue and Safety”

Ann E. Rogers, FAAN, FAASM
Professor, Emory University Nell Hodgson
Woodruff School of Nursing

Tuesday, April 3

Noon

**Wyndham Pittsburgh University Center,
100 Lytton Avenue**

*A complimentary luncheon will be held during the presentation.
RSVP required.*

To RSVP to one or both of the presentations, please go to [SLEEP](#).
For additional information, contact Jennifer Fellows at 412-624-5328 or jmw100@pitt.edu.



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