



# Help with getting a better night's sleep.

Washington Township Medical Foundation's  
Obstructive Sleep Apnea and CPAP Support Group

## AWAKE – Alert, Well, and Keeping Energetic 2012 Schedule

**March 28 Sleep tips to Adjust to Time Change**  
11am - 12pm

**June 27 How to Make CPAP Easier**  
11am - 12pm

**September 26 Insomnia**  
11am - 12pm

The group is called, AWAKE, an acronym for Alert, Well, And Keeping Energetic, part of a network of hundreds of mutual-help support groups throughout the United States for persons affected by sleep apnea. The Network, founded in 1988, is an integral part of the American Sleep Apnea Association (ASAA) and since 1990, the two have been partners in assisting people with apnea, their families, and the healthcare community concerned with sleep apnea. This is a monthly support group where CPAP users help each other to improve their sleep and health by improving the comfort of CPAP use.

**Free Public Event**

**Please RSVP (510) 744-6726**

**2500 Mowry Avenue, Anderson Auditorium "A"**



Washington Township  
★ CENTER FOR ★  
SLEEP DISORDERS

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[www.washingtonsleep.com](http://www.washingtonsleep.com)