

Live Well Work Well Presents

well  
talk

EXPERT  
KNOWLEDGE  
ABOUT  
REAL TOPICS



**Dr. Adam Sorscher** is the Medical Director of The Sleep Health Center at Alice Peck Day Memorial Hospital and Associate Professor of Community and Family Medicine at the Geisel School of Medicine, Dartmouth. His areas of focus include circadian rhythm disorders and parasomnia. He is Board Certified in Sleep Medicine, and completed a Fellowship in 2003 in Sleep Disorders Medicine at the Minnesota Regional Sleep Disorders Center, Hennepin County Medical Center in Minneapolis.



# Ingredients for a Good Night's Sleep

**Friday, June 4  
12-1 pm**

DHMC Auditorium G\* or watch live on Webex\*\*

Presented by Adam J. Sorscher, MD

Join Adam Sorscher, MD for an informative discussion of how the consequences of poor sleep affect public health and individual health and well-being. Dr. Sorscher will focus on the diagnosis and treatment of three common sleep disorders: obstructive sleep apnea, insomnia, and shift work sleep disorder. If you or someone close to you is "tired of being tired" because of poor sleep, we encourage you to attend this lunchtime event.

**To register contact Live Well/Work Well at (603) 650-5950  
or [livewellworkwell@hitchcock.org](mailto:livewellworkwell@hitchcock.org)**

\*Seating is limited to 20 people.

\*\*Visit D-H Events for Webex information.

**Learning Outcome:** At the conclusion of this presentation, (at least 75% of) participants will be able to discuss key issues related to sleep including consequences of and treatments available for inadequate sleep and sleep disorders.

**Accreditation:**

**Physicians:** Dartmouth-Hitchcock is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Dartmouth-Hitchcock designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** Dartmouth-Hitchcock Nursing Continuing Education Council is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity carries 1.0 contact hour.

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