



Mission Regional Medical Center

Few things impact mental health more than sleep. Most of us already know that not getting enough sleep makes almost every problem worse, or at the least diminishes our ability to handle stressors. Maybe you also know that research reveals lack of sleep, on a regular basis, may have long term health consequences including serious chronic medical conditions such as diabetes, high blood pressure and heart disease. In fact, less than 6 hours of sleep can have serious health consequences. Sleep is an essential component of wellness, and there are many factors that influence sleep and sleep patterns.

Topic: “Sleep Awareness”

When: Thursday, March 17, 2022

Time: 2:30 p.m. – 3:30 p.m.

Please join us via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFV RdENzWXI5VUxFT1ZUQT09>

Meeting ID: 990 466 2781

Passcode: 833227

One tap mobile

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Dial by your location

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Meeting ID: 990 466 2781

Passcode: 833227



***Please register with Human Resources no later than
Wednesday, March 16, 2022.***