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FOR IMMEDIATE RELEASE

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Subject: What You Should Know About Insomnia

According to the National Academy of Sciences, it is estimated that from 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, hindering daily functioning and adversely affecting health and longevity. The cumulative, long-term effects of sleep deprivation and sleep disorders have been associated with a wide range of deleterious health consequences including an increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke.

A program about this common sleep disorder, "What You Should Know About Insomnia," hosted by the Senior Center Network, will be held on Friday, April 15, at 9 a.m. at the Senior Center in Traverse City. Dr. Mary Beth Hardwick will present this program, which highlights insomnia's many symptoms, causes, and doctors' approaches to treatment.

"Insomnia can be very difficult to deal with, so understanding the condition and what can be done can help those who suffer from it," says Ericca Hovie, Senior Center Program Coordinator.

Advance registration for "What You Should Know About Insomnia" is required. For more information, call 231-922-4911.

Lori Wells, Manager

Grand Traverse County Senior Center Network

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The Senior Center Network is part of the Grand Traverse County Parks and Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday through Friday from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit our website or Facebook page.