



**Comfort
Keepers®**
Elevating the
Human Spirit™



Sleep Health in Older Adults: Causes, Consequences & Considerations

Tuesday, March 25, 2025 at 1pm EST

FEATURED SPEAKER:

Joseph M. Dzierzewski, PhD

Senior Vice President, Research & Scientific Affairs
National Sleep Foundation



IN THIS WEBINAR, DR. DZIERZEWSKI WILL EXPLORE THE FOLLOWING TOPICS:

- Introduction to the NSF and its mission
- Sleep duration, quality and satisfaction in the U.S. population, and specifically for older adults
- Sleep disorders: insomnia, sleep apnea
- How sleep health affects activities of daily living, as well as general health and well-being
- Drowsy driving in older adults
- Best Slept Self® framework for sleep health



NATIONAL SLEEP
FOUNDATION

*National Sleep Foundation is an independent nonprofit, dedicated to
improving health and well-being by advancing sleep health.*

www.thensf.org



TO REGISTER FOR THIS FREE ONE-HOUR WEBINAR, USE THIS LINK:

<https://tinyurl.com/5n6nd95y> or the QR Code at the left.

CEUs* are available at no charge to attendees. **Certified by the Association of
Social Work Boards (ASWB) and the American Nurses Credentialing Center (ANCC).*

For more information, please contact:
AnnaHolden@ComfortKeepers.com