



康谷中華文化協會  
Conejo Chinese Cultural Association

California Lutheran  
UNIVERSITY

Department of Language and Cultures

## Seminar Series

### Introduction to Sleep, Snoring and Sleep Apnea

Sleep occupies one third of the life of a typical person. Yet the effect of sleep on health has only been studied in depth for the past few decades. The Center for Disease Control and Prevention (CDC) has recognized Sleep Health as a major public health issue. Sleep deprivation is common in the USA. There are multiple adverse health consequences associated with poor sleep including cardiovascular disease, diabetes mellitus, cognitive impairment, accidents and mood disorders. This talk will explore the nature of sleep and some of the clinical conditions that disrupt sleep – snoring and sleep apnea. Sleep apnea has been shown to increase mortality and effective therapy is available.



#### Guest Speaker :

George Yu, MD, FACP, FCCP, FAASM

Diplomate, American Board of Sleep Medicine

Private Practice in Ventura County since 1988

**Cost:** Free

**Language:** English and Chinese

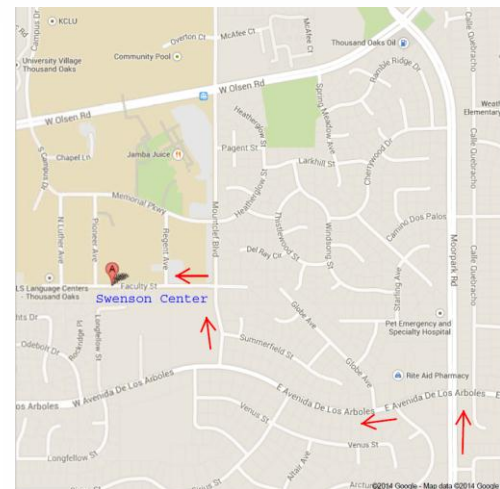
**When :**

Saturday, February 28, 2015 at 9:45-11:00am

**Where :**

Swenson Center, Room SWEN 101, CLU  
141 Faculty Street, Thousand Oaks, CA 91360

Swenson Center, CLU is five minutes away from TOHS with plenty of parking space along Faculty Street and nearby parking lots.



Seminar is supported by Ventura County American Chinese Medical Dental Association