



NEW.....NEW.....NEW.....NEW.....NEW

SLEEP APNEA SUPPORT GROUP

The Employee Assistance Program runs short-term Support Groups for employees who meet any one (1) of the following criteria:

- **diagnosed with sleep apnea, compliant with treatment but would like support;**
- **not diagnosed, but struggling to get the courage to address a sleep problem;**
- **people who have been through the sleep study but are not compliant with the treatment prescribed by their doctor.**
- **partners who are affected by another person's sleep behavior.**

If you would be interested in attending such a group, please email: nlosinno@bnl.gov and give a short description of your situation (you have had a sleep study or not, or you are not complying with the treatment device, etc.). We are open to your input re: times that are of greatest interest to all. Please send in your response, if you are interested, so that we have adequate time to plan. If you think you might have sleep apnea and would like to come to OMC for a short sleep screening to get the ball rolling prior to attending a support group, please email nlosinno@bnl.gov. You may also take our short sleep self-test, "How Well Do You Sleep?" located on: <http://www.bnl.gov/hr/occmcd/EAP/default.asp> and bring this with you if you schedule an in-person screening at OMC.