



Snohomish County
John Lovick
County Executive

News release – Sept. 15, 2015

Contact: Joyce Frasu, Human Services Specialist

Office: 425-388-7377

Email: j.frasu@snoco.org

Snohomish County Council on Aging presents “Sleep Well for Your Health”

The Snohomish County Council on Aging and the Snohomish County Area Agency on Aging invite the public to attend a free presentation on “Sleep Well for Your Health” on Wednesday, Sept. 23 from 10:30 a.m. to noon at the Compass Health Administrative Offices in Everett.

The presentation will feature Amanda Jakositz, ARNP from The Everett Clinic Pulmonary Department, and will cover what normal sleep is, the definition of sleep disorders such as insomnia and sleep apnea, and will cover signs, symptoms, and treatments. In addition, tips to help overcome age-related sleep problems and get a good night’s rest will be offered.

Sleep is just as important to our physical and emotional health over the age of 50 as it was when we were younger. As we age we often experience normal changes in sleeping patterns. Many people find that they or their loved ones have problems sleeping or suffer from snoring. They may become sleepy earlier, wake up earlier, or enjoy less deep sleep. Although these changes are a normal part of aging, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging.

“Sleep Well for Your Health” will be presented at Compass Health Administrative Offices, Central Conference Room in Building 2, at 4526 Federal Ave., Everett (located near Forest Park).

To register for this free event or for other questions, please contact Joyce Frasu at j.frasu@snoco.org or 425-388-7377. This event is sponsored by the Snohomish County Area Agency on Aging and the Snohomish County Council on Aging.

###