

SYOSSET PUBLIC LIBRARY
225 SOUTH OYSTER BAY ROAD
SYOSSET, NY 11791-5897
(516) 921-7161
www.syossetlibrary.org



SLEEP WELL TONIGHT:

Better Sleep Habits for a Better Memory - The Sleep/Memory Connection



with **FRED CHERNOW**

Memory is stored while we sleep. The program will offer suggestions that will lead to not only a more restful, restorative sleep but a sharper mind along with it. Well-documented, tested and proven strategies for sound sleep and memory links will be demonstrated.

Thursday, August 5, 2010

The program is free.

2 PM