



The Sleep Research Community Cordially Invites Congressional Staff and Stakeholders to an Educational Breakfast Briefing:

Opportunities and Challenges in Sleep and Sleep Disorders Research

Wednesday, November 15th
9:10 AM to 10:00 AM
122 Cannon House Office Building
[food and beverages will be provided]

Speakers Include:

- Dr. Jim Kiley, National Heart, Lung, and Blood Institute
- Dr. Janet Mullington, Sleep Research Society
- Dr. Allan Pack, Sleep Research Society
- Julie Flygare, JD, Project Sleep
- Congressman Sam Graves (R-MO)
- Congressman Bill Pascrell (D-NJ)

Please RSVP to Peter Herzog: herzog@hmcw.org or 202-544-7499

About this Educational Briefing:

Between 50-70 million Americans across all demographic groups chronically suffer from a sleep disorder. Adults who do not get enough sleep on a regular basis are more likely to suffer from chronic conditions, including obesity, hypertension, diabetes, poor mental health, and injuries. Insufficient sleep impairs cognitive performance, which can increase the likelihood of motor vehicle and other transportation accidents, loss of work productivity, and medical errors. It is estimated that 15% of the population suffers from sleep disordered breathing, including obstructive sleep apnea. These disorders have also been shown to disproportionately affect minority communities as well as veterans and active duty military personnel.

Learn about emerging breakthroughs in sleep and sleep disorders research

[This briefing complies with the widely-attended event exception]