

**WELL TALK**  
EXPERT  
KNOWLEDGE  
ABOUT  
REAL TOPICS

**Dr. Adam Sorscher** is the Medical Director of The Sleep Health Center at Alice Peck Day Memorial Hospital and Associate Professor of Community and Family Medicine at the Geisel School of Medicine, Dartmouth. His areas of focus include circadian rhythm disorders and parasomnias. He is Board Certified in Sleep Medicine, and completed a Fellowship in 2003 in Sleep Disorders Medicine at the Minnesota Regional Sleep Disorders Center, Hennepin County Medical Center in Minneapolis.

# Optimizing Sleep in a Hectic, Round the Clock World

Friday, March 24  
12-1 pm

DHMC Fuller Board Room\* or watch live on Webex\*\*

Presented by Adam Sorscher, MD

Good sleep is one of the pillars of a healthy lifestyle. Join Adam Sorscher, MD for an overview of how to get the proper quantity, quality, and timing of sleep to optimize health and well-being.

\* No registration required for the in-person event. Seating is limited to 30 people.

\*\* To register scan the QR code or go to:

<https://dhvideo.webex.com/weblink/register/rc8e2cd3d02fb3e8063cae8522c837df4>

For questions contact the Lifestyle Improvement Program:  
(603) 650-5950 or [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org)



**Learning Outcome:** At the conclusion of this learning activity, (at least 75% of) participants will be able to describe the benefits of good sleep to overall health including how much sleep we need, and how to get good quality sleep.

**Accreditation:**

**Physicians:** Dartmouth Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Dartmouth Health designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)<sup>™</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** Dartmouth Health Nursing Continuing Education Council is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity carries 1.0 contact hour.

EARN  
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