



For: Immediate Release
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Do You Have Trouble Sleeping? JFK Medical Center Hosts Free Sleep Seminar

Edison, NJ - Is it hard for you to fall asleep or stay asleep through the night? Do you wake up feeling tired or feel very sleepy during the day, even if you have had enough sleep? Do you feel like you are running out of energy? You might have a sleep disorder. About 40 million people in the U.S. suffer from sleep problems every year. Most adults need at least eight hours of sleep every night to be well rested. Not everyone gets the sleep they need due to various reasons.

The Sleep Disorders Center in the New Jersey Neuroscience Institute at JFK Medical Center is a comprehensive facility designed for the diagnosis, treatment, and research of complex sleep disorders. Services include physicians who are board certified in sleep medicine, board certified neurologists, nurse clinicians, registered polysomnographic technologists, psychologists, and social workers. We're here to help!

Come to learn about the signs and symptoms of sleep disorders! Parents are encouraged to bring their children who may be suffering from sleeping problems as well. This is a FREE seminar, so please bring your family and friends! Light refreshments will be served and giveaways will be awarded to those who attend!

Speaker: Divya Gupta M.D. & Michael Seyffert M.D.
Sleep Medicine Neurologists at NJ Neuroscience Institute at JFK Medical Center
Date: Tuesday, March 24, 2009
Time: 6:00 pm
Location: JFK Conference Center
(Across the street from the main hospital campus)
70 James Street - Edison, NJ 08820
More Info: To register, please call the JFK Public Relations Department at 732-632-1528.

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JFK Medical Center, an affiliate of Solaris Health System, is a 535-bed full-service, acute care hospital, consisting of The Anthony M. Yelencics Community Hospital and the adjacent JFK Johnson Rehabilitative Institute. Located in the heart of Edison, NJ, it has remained at the forefront of quality care in the region since its inception in 1967. Today, JFK accommodates more than 20,000 admissions, 3,000 births and 50,000 Emergency Room visits on a yearly basis. The Medical Center features a complete array of services, including general surgery, emergency medicine, mental health, orthopedics, maternity and pediatric care. It is home to the New Jersey Neuroscience Institute, Regional Cancer Center, Haven Hospice, JFK Imaging Center and the JFK Family Practice Center. Affiliated with UMDNJ -Robert Wood Johnson Medical School and Seton Hall University School of Graduate Medical Education, JFK offers residency programs in physical and rehabilitation medicine, family practice and dentistry.