

## **Getting a Good Night's Sleep**

Saskatoon Sleep Apnea Support On-line Group

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Sleep problems are common. Many people find that their physical and mental well-being improves when their sleep improves.

The purpose of the group is to provide a forum where patients, family, and caregivers can come together in a safe environment to ask questions, share experiences and offer support to each other.

The group is here to help those living with sleep apnea navigate their journey in a supported way knowing they are not alone.

Please register for the on-line support group with the Lung Association of Saskatchewan at <https://sk.lung.ca> or call 306.343.9511 or call 306.343.9511.

Are you searching for information on how to increase the behaviours that improve sleep while reducing the behaviours that interfere with sleep, but not yet ready to join the support group? Check out the following Focus articles on getting a good night's sleep: Getting a Good Night's Sleep, [part 1 Spring 2017](#) and [part 2 Summer 2017](#), or read the full article [here](#).