



**RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)**  
Invites you to its meeting **May 1, 2019** at 11:00 a.m.  
First Presbyterian Church, Lafayette Place, Greenwich, CT.

## **Dr. Saul Rothenberg, Ph.D.**

### **“Insomnia, Sleep Disorders, and Sleep Medicine”**



Whereas experts on diet and exercise flood the public with a constant stream of advice, far little is said about the path to healthy sleep. Clinical trials have demonstrated the restorative powers of sleep on mind and body. These studies have shown that healthy sleep can improve cognitive function and memory, reduce stress and anxiety, and lower blood pressure and levels of inflammatory protein. In brief, sleep is vital to emotional and mental health.

While sleep replenishes the mind and body, who sleeps as easily or soundly these days as they did in their youth? What measures help the process and what interferes with it? Can one be retrained? Who needs to have a sleep study and what does it entail?

Dr. Saul Rothenberg, a clinical psychologist specializing in sleep disorders, will address the vexing problems of insomnia and sleep deprivation and what can be done about them. His presentation will begin with a description of normal sleep and how it changes as we age, followed by a discussion of insomnia, the most common sleep disorder and cause of poor quality sleep. What is insomnia's prevalence and what are some of its consequences? Several self-guided strategies for decreasing insomnia and improving the quality of one's sleep will be discussed,

Dr. Saul Rothenberg is a licensed psychologist and a diplomate of the American Board of Sleep Medicine since 1988. He graduated from New York University School of Medicine with a medical degree in 1985. His interests include insomnia, sleep fragmentation, sleep deprivation, and circadian sleep disorders. He has been an integral part of the Greenwich Hospital Sleep Disorders Center for close to thirty years.

**Next Week: May 8, Robin Bell, Ph.D., Geophysicist, Lamont Doherty Earth Observatory, “Changing Ice, Changing Coastlines”** *The Greenwich Retired Men’s Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at 10:40 AM followed promptly by our speaker at 11:00 AM. Programs are at the First Presbyterian Church, 1 West Putnam in Greenwich. For additional information see [www.greenwichrma.org](http://www.greenwichrma.org) or contact [info@greenwichrma.org](mailto:info@greenwichrma.org)*