

Sleep Problems and Sleep Solutions

Sleep problems are common at any age, with insomnia alone affecting up to 30% of the population.

Join us for an intriguing discussion with Dr. Jennifer Mundt about the most common sleep disorders and practical suggestions for how we can improve our sleep. Dr. Mundt is an expert in cognitive behavioral therapy for insomnia (CBT-I), the gold standard treatment for insomnia, and will provide an overview of CBT-I strategies. She will also discuss whether there is scientific evidence that the popular supplement CBD can improve sleep.



ABOUT OUR GUEST SPEAKER:

Dr. Jennifer Mundt is a sleep psychologist at the Northwestern Sleep Disorders Center. She provides behavioral treatment for sleep disorders such as insomnia and nightmares. Dr. Mundt received her PhD in clinical health psychology from the University of Florida, where she specialized in the treatment and research of sleep disorders and chronic pain. She completed her psychology residency at the Ann Arbor VA Medical Center and her postdoctoral fellowship at the Durham VA Medical Center.

Date Wednesday, September 30, 2020
Time Registration 4:30 pm
Presentation: 4:45–6:30 pm
Location Zoom. Link provided upon registration.
Cost Free
Registration Required
To Michele Mangrum
773.508.1034 or michele.mangrum@cje.net



THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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