

# 149<sup>th</sup> WPI-IIIS Seminar

~Commemorating Inauguration of New IIIS Human Sleep Labs~

## Sleep Apnea: Does it really matter? How much should we treat?

Sleep is something we all do; in fact it is vital for survival. This talk will focus on the impact of apnea during sleep and its treatment. We all sleep differently. Madonna has revealed she 'only grabs four hours sleep a night because she constantly worries about everything in her life' (BBC news). So what happens if we don't get enough? And should we treat people who cannot sleep due to apnea? Indeed should we treat apnea that does not cause sleepiness? These questions will be discussed, taking account of recently published research and ongoing treatment trials.



### Dr. Marry J. Morrell

Sleep and Respiratory Physiology,  
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Date: **Monday, April 15, 2019**

Time: **15:00 – 15:45**

Venue: **1F Auditorium, IIIS Building**



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