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## FOR IMMEDIATE RELEASE

### **Sleep Apnea Awareness at Cumberland Public Library**

**Boston, MA—April 16, 2010** Dr. Tilak K. Verma, Regional Medical Director for Sleep HealthCenters of Cumberland will be speaking on Thursday evening, April 29 at the Cumberland Public Library at 6:30 PM on Sleep Apnea Awareness.

Dr. Verma is board certified in Critical Care Medicine, Internal Medicine, Pulmonary Disease and Sleep Medicine. He comments, "People don't realize that having a sleep problem can jeopardize their health. Sleep deprivation has been linked to high blood pressure, heart disease and strokes, and can contribute to obesity and diabetes."

The Sleep Apnea Awareness Meeting benefits people with apnea, their families, support persons and others interested in learning about sleep apnea. Learn to recognize the signs of sleep apnea and treatment options. See the latest masks and equipment on the market presented by vendors.

Sleep HealthCenters is a network of specialized sleep medicine centers and the largest provider of such services in New England. Sleep HealthCenter in Cumberland recently received accreditation by the American Academy of Sleep Medicine. AASM accreditation is the gold standard by which the medical community and the public can evaluate sleep medicine services.

Cumberland Public Library is located on 1464 Diamond Hill Road. For more information, call 1.877.SLEEPHC (877.753.3742) or visit [www.sleephealth.com](http://www.sleephealth.com).

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