



# Launch of the Monash Sleep Network

## Public lecture: **Sleep and Public Health**

**Thursday 23 August 2007, 4 pm – 5.30 pm,**  
followed by refreshments

Lecture Theatre S3, Monash University,  
Clayton Campus

Professor Leon Piterman, Acting Dean of the Faculty of Medicine, Nursing and Health Sciences at Monash University invites you to attend a public lecture to be delivered by two experts in the field of sleep medicine to launch the Monash Sleep Network:

*“Sleep loss and sleep disorders: Public health impact”*  
**Charles A. Czeisler**, PhD, MD, FRCP.

Baldino Professor of Sleep Medicine and Director, Division of Sleep Medicine at Harvard Medical School, and Chief, Division of Sleep Medicine, Department of Medicine, Brigham & Women’s Hospital

*“Challenges in identifying and managing sleep disorders: American perspective”*  
**Lawrence J. Epstein**, MD.

Instructor in Medicine, Harvard Medical School and Medical Director, Sleep HealthCenters®; immediate past President of the American Academy of Sleep Medicine (2005-2006).

The launch of the **Monash Sleep Network** is supported by the Faculty of Medicine, Nursing and Health Sciences; the School of Psychology, Psychiatry and Psychological Medicine; Monash University Accident Research Centre; and ResMed.

*“The cumulative effects of sleep loss and sleep disorders represents an under-recognized public health problem and have been associated with a wide range of health consequences including an increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke. Almost 20 per cent of all serious car crash injuries in the general population are associated with driver sleepiness. Hundreds of billions of dollars are spent each year on direct medical costs related to sleep disorders such as doctor visits, hospital services, prescriptions, and over the counter medications.”*

Institute of Medicine of the National Academies (USA), *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem* (2006)

**RSVP:** Thursday 16 August 2007  
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(In the “Subject” heading of your email, please type **“Monash Sleep Network Launch”**)  
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