



# Sleep Apnea: Getting Used to PAP (Positive Airway Pressure):

A Report of the Treatment Benefits from Regular PAP Users

October 30 • 6:00 p.m. – 7:00 p.m.

Cayuga Medical Center • Howell Conference Center • 101 Dates Dr. • Ithaca, NY



At this talk, you will be able to:

- Meet with our panel of super PAP users
- Learn meditation for sleep
- Participate in a question and answer discussion

### Presenters:



**Christina Morse,**  
DNP, RN, FNP-BC  
*Pulmonology and  
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**Eleanor Liebson,**  
OTR/L, PYT, DRS  
*Occupational Therapy,  
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For more information and to RSVP: (607) 274-4069 or [sleepcls@cayugamed.org](mailto:sleepcls@cayugamed.org)

### SAVE THE DATE:

Next Sleep Lecture will be February 28, 2019 from 6:00 p.m. – 7:00 p.m.  
More details to follow.

