

Invest in yourself and your future in the ever-growing field of health and wellness!



## **Understanding Sleep and Relaxation -**

for LMT's, Naturopaths, physiotherapists, midwives, nurses, caregivers, psychotherapists, and social workers

**Location:** Spa Adagio, Baltimore Maryland

**Duration:** 2x Friday 4pm – 8pm incl. a short tea break; 2x Saturday 9am – 4pm

**Price:** \$1680

### **Instructor:**

Regina Schneider: Naturopath, Nurse, Spa and Cosmetic Specialist, Licensed Massage Therapist, Sleep Specialist

Dr. med. Hartmut Schneider: Internist and Sleep Medicine Specialist, Director of ASC Frankfurt am Main, Certified teaching staff with Master's Degree in Sleep Medicine

- Why night and sleep are essential for health
- Sleep duration and the sleep environment
- Different forms of insomnia
- The impact of sleepless nights on our health
- Sleep and Pain
- How sleep can be observed and measured
- Which questions to ask patients – medical history (anamnesis)
- Differences between sleepiness, fatigue, and exhaustion
- Long Covid – a new challenge
- PTSD, anxiety, and depression and their impact on sleep
- The relationship between pain and sleep
- Why do we grind our teeth?
- Braces and night guards – pros and cons
- Why do I need to go to the bathroom at night?
- Pregnancy and sleep – what changes?
- Why pregnant women often feel exhausted
- My child snores
- What is snoring and what does it sound like?
- Overweight, regular exercise, and still not losing weight
- Falling asleep during the day
- Chronic and acute illnesses and sleep
- Cancer and sleep
- Why do people fall asleep at the wheel?
- Why do I feel so irritable and stressed – “the fly on the wall”
- Many additional topics – participants are encouraged to bring questions and submit them in writing on the first evening
- Diagnostic and therapeutic procedures

These and many additional symptom patterns will be discussed, studied, and clarified to enable participants to better support their patients and clients.

Detailed information about the class schedule and registration is available via email at [bmoreadagio@gmail.com](mailto:bmoreadagio@gmail.com). Upon request, I am also happy to arrange a Zoom call with you or a personal meet & greet.