Do you snore? Do you wake up with a dry mouth? Do you wake up unrefreshed? Are you too sleepy during the day? Do you yawn a lot? Do you feel tired all the time? Do you need to drink a lot of coffee to make it through the day? If you answered “yes” to any of the questions above you may suffer from a sleep disorder.

Good sleep is essential for good health. When we sleep well, we wake up feeling refreshed and alert for our daily activities. Sleep affects how we look, feel and perform on a daily basis, and can have a major impact on our overall quality of life. Join the CGH Sleep Center, Sleep Medicine Department and Sleep Center physicians - Dr. David Bruce, Dr. Kim Treviranus and Dr. Martina Vendrame - as they celebrate National Sleep Awareness Week, an annual education and awareness campaign to help make sure you get your proper share of zzz's to avoid sleep deprivation. National Sleep Awareness Week takes place Monday, March 5 through Sunday, March 11, when Americans lose one hour of sleep with the “springing forward” of the clock to Daylight Savings Time.

Take time to educate yourself about your own sleep needs this week - and don’t forget to get some rest!

**DID YOU KNOW . . .**

**Six Key Messages About Sleep**

- Sleep is a necessity, not a luxury.
- You are how you sleep. Your nighttime sleep affects your daily life; don’t cheat on sleep.
- Sleep is essential for good health, safety and optimum performance; lack of sleep affects your mood and behavior, and contributes to poor performance.
- Be good to yourself and make time for sleep! Remember - sleep is a health choice and is as important as exercise and nutrition for a healthy life.
- Make sufficient sleep a family priority; a good night’s sleep should be a regular part of everyone’s daily schedule.
- Learn to recognize sleep problems. Problems sleeping or daytime sleepiness can signal a sleep disorder that is usually treatable. Talk to your doctor.
Meet the Department
Sleep Center & Sleep Medicine

CGH Sleep Center

**Claudia Sauer**  
Director of Pulmonary Medicine, Sleep & Neurology  
Years of Service: 11  
Home Town: Fenton  
Children: Ben (22) & Hannah (18)  
Hobbies: I enjoy being with family, spending time outdoors, fishing and sports.

**Jeanne Bonnell-Drennen**  
RPSGT/Neuro Tech  
Years of Service: 10  
Home Town: Prophetstown  
Spouse: Mike  
Children: Tyler (27), Keaston (18), Jace (17), Braedon (15), Frank (6) & nephew, Dan (18)  
Hobbies: I enjoy walking, gardening, camping and fishing.

**Cari Johnson**  
RPSGT  
Years of Service: 10  
Home Town: Sterling  
Spouse: Jeremiah  
Children: Bryce (11), Brenley (2) & Jeremiah (2 1/2 months)  
Hobbies: I love spending time with my family and watching Bryce in all his sporting events.

**Kendra Reins**  
Sleep/Neuro Tech  
Years of Service: 8  
Home Town: Sterling  
Hobbies: I enjoy the outdoors and spending time with family and friends.

**Lindsey Urish**  
Sleep/Neuro Tech  
Years of Service: 3  
Home Town: Chadwick  
Spouse: Michael  
Children: Peyton (8), Jace (5) & Harper (2)  
Hobbies: I enjoy running, horseback riding and spending time with my family.

Sleep Medicine

**Katie Wilcox**  
LPN, Dr. Bruce’s Office  
Years of Service: 9 1/2  
Home Town: Sterling  
Spouse: Adam  
Children: Lucas (5) & Emily (3)  
Hobbies: I enjoy spending time with family and friends, reading, boating, cooking, health and fitness.

**Brenda Miller**  
LPN, Dr. Treviranus’ Office  
Years of Service: 11  
Home Town: Sterling  
Children: Jacob (21) & Joseph (7)  
Hobbies: I enjoy flower arranging, doing yard work and spending time with family.

**Darcie Schmitt**  
LPN, Dr. Treviranus’ Office  
Years of Service: 18  
Home Town: Sterling  
Spouse: Ivan  
Children: Zachary (13)  
Hobbies: I enjoy baking, walking, spending time with my son, and I am recently hooked on reality shows.

**Angela Dennis**  
LPN, Dr. Vendrame’s Office  
Years of Service: 6  
Home Town: Sterling  
Children: Breana (19), Gavin (11) & Ryne (6)  
Hobbies: I love spending time with my family and friends.