Virtual Community Education Series

Sleep & Insomnia: Age-Related Changes and Remedies

With Guest Speaker Sally Duplantier, MS

Wednesday
November 1, 2023
From 12 PM – 1 PM

Please use this link to register:
bit.ly/SVAC110123 or
e-mail us at svalz_cadc@stanford.edu

Proper sleep has been linked to a host of health benefits, including better memory, emotional regulation, and a reduced risk of chronic disease, including dementia. This presentation will explore how sleep changes as we age and why we are more prone to disorders like sleep apnea and frequent wakings. We'll also discuss risk factors for poor sleep and 9 strategies to improve your sleep.

Sally Duplantier, MS, is a gerontologist and Healthspan educator. Sally has a Master of Science in gerontology from USC and a certificate in nutrition science from Stanford. She is a featured speaker at Stanford University and the American College of Lifestyle Medicine on topics related to healthy aging. Sally's research has been published in Nutrients and The International Journal of Environmental Research and Public Health.