

April  
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HelpNet  
Webinar



# The Latest In Sleep Science

New research explains the mystery of sleep and why we need it. This session will explore what happens to the mind and body when we sleep, why it's important to get age-appropriate rest, and how sleep impacts health and well-being. The struggles of sleep disorders, disrupted sleep, and sleep schedules are discussed. Be empowered to sleep better using the latest in sleep science.

**Available on  
demand**  
..... **Starting April 1**

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