

Friday, 15th November, 13.45h



**Sleeping
disorders**

**Zurzach
Clinic**

Could you sleep wired up like that? She actually seems to be smiling!

Sleep is still a mystery. So much more, must sleeping disorders be.

How about snoring? This can be a real problem for the snorer, let alone others. Do you have a restless sleep pattern? Are you plagued by insomnia?

Sleep-walking? Since 1995 the Zurzach clinic, with its interdisciplinary team of specialists, has been active in all aspects of this field, both analysis and treatment. We will hear about this in an interesting talk, and also be shown round the clinic.

We meet our guide at the Klinik für Schlafmedizin, which is at Badstrasse 33, and afterwards will, as usual, go for a drink and a chat. The tour will be in English.

For any questions please contact Brigitte Smith,
056 424 1700/ bd.laubacher@gmail.com

Cost: the guide is paid for by the club.

Non-members: Fr. 10.--/person