



MEDIA RELEASE

CT Department of Labor *Communications Office*
Commissioner Kurt Westby

Sleep and Health Discussed at March 19 CONN-OSHA Roundtable Meeting

WETHERSFIELD, March 6, 2019 – The Connecticut Department of Labor’s Division of Occupational Safety and Health (CONN-OSHA) will hold a March 19 Breakfast Roundtable on “Sleep and Our Health,” from 8:15 to 9:45 a.m. at the agency’s Wethersfield office, 200 Folly Brook Boulevard.

Jackie Hoyle, Registered Polysomnographic Technologist at the Sleep Wellness Center at Griffin Hospital in Derby, will explain the medical definition of sleep, discuss sleep disorders and treatment, and offer tips for proper sleep hygiene. She will also provide information about the hospital’s Sleep Wellness Center that offers help for sleep disorders such as insomnia, sleep apnea, restless Leg syndrome and narcolepsy.

According to CONN-OSHA Occupational Safety Training Specialist and roundtable project coordinator John Able, admission to the breakfast is free, but pre-registration is required. Please contact Able at john.able@ct.gov to register or for additional information.

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