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EMPOWERMENT



**The Self Improvement Show**  
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**March 31st 2011: Getting enough ZZZZZZZs?**

Every night people all across the country are tossing and turning, trying to sleep. Some stop breathing 5 to 30 times an hour and wonder why they're exhausted the next morning. 20-40% of all adults have insomnia in the course of any year and 1 out of 3 people have insomnia at some point in their life. Further, over 18 million Americans suffer from sleep apnea with an estimated 10 million Americans remaining undiagnosed. Dr. Elinor Schottstaedt will join us to discuss how do overcome insomnia and sleep apnea. She will give us the real skinny on how many hours of sleep we truly need and will di

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