

Sleep – or lack of – to be topic of lecture

Gregory Tirdel, medical director at Barton's Sleep Studies Laboratory, will be giving a free talk April 5 about the lab.

This lecture will include a discussion of the causes and treatment of insomnia, a review of lifestyle habits to ensure better sleep, and the recognition, evaluation and treatment options for sleep apnea.

The talk will be at Lake Tahoe Community College starting at 6pm.