

SLEEP DEPRIVATION IN PUBLIC SAFETY

THE IMPACT OF SLEEP DEPRIVATION ON FIRST RESPONDERS

**JOIN US FOR AN INFORMATIVE SESSION
THAT WILL EQUIP YOU WITH THE
KNOWLEDGE AND TOOLS TO COMBAT
SLEEP DEPRIVATION AND ENHANCE
YOUR OPERATIONAL EFFECTIVENESS
AND HEALTH.**

**TUESDAY, 8/6/24 SIDNEY PD
TIMES FOR PRESENTATION: 10:00AM-12:00PM &
2:00PM-4:00PM**

**LOCATION: SIDNEY POLICE DEPARTMENT
TRAINING ROOM, 234 W. COURT ST
SIDNEY, OH 45365
COST: \$30.00/STUDENT**



**SPEAKER:
DR. STEPHEN JAMES,
PROFESSOR
WASHINGTON STATE UNIVERSITY
SLEEP AND PERFORMANCE
RESEARCH CENTER**

**WHO SHOULD ATTEND?
POLICE OFFICERS
FIREFIGHTERS
PARAMEDICS & EMERGENCY
MEDICAL TECHNICIANS
DISPATCHERS, FIRST RESPONDERS,
&
PUBLIC SAFETY PROFESSIONALS
To Register email
Chief Mark McDonough
MMcdonough@sidneyoh.com
All checks can be made payable
to The City of Sidney**

**This event is sponsored by:
The Sidney Police Department**