



**Do you know how much sleep your child gets?
Does your child have problems sleeping?**

Join us and Dr. Keith L. Cavanaugh as we discuss topics such as Sleep Hygiene, Behavioral Insomnia of Childhood, Snoring, Obstructive Sleep Apnea and the impact of light exposure from the smartphones and smart pads.

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FREE EVENT

November 7 | 6 - 7:30pm

**District Center - Room 112
4855 Bloom Ave, WBL**

**Register at
whitebear.ce.eleyo.com
Questions? Call 651-653-3100**

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Keith L. Cavanaugh, MD, FAAP, FCCP
Children's Sleep Center Children's
Respiratory and Critical Care
Specialists, PA is a pediatric Sleep
Medicine doctor with over 15 years
of experience. He has helped
families better understand the
importance of sleep by creating
proper sleep habits for children that
has life long benefits.



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