

YOUR DAZZLING BRAIN: The Symphony of Sleep

PRESENTED BY THE UNM SCHOOL OF MEDICINE
IN HONOR OF INTERNATIONAL BRAIN AWARENESS WEEK



TUESDAY, MARCH 13

6:30PM – 7:45PM

ALBUQUERQUE ACADEMY

SIMMS AUDITORIUM

6400 WYOMING BLVD NE

What is your brain doing when you sleep? In part, it is keeping your life in harmony by practicing, composing and helping you perform. Join three UNM School of Medicine faculty as they explain why sleep is more than a luxury; it orchestrates your health and wellbeing. Learn if your sleep is in key and how to fine-tune it.

PRESENTERS:

RUSSELL MORTON, PHD

Research Assistant Professor
UNM Department of Neurosciences

LISA CUTCHEN, MD

Assistant Professor
UNM Department of Internal Medicine
Specializing in Sleep Medicine

SHANNA DIAZ, OD

Assistant Professor
UNM Department of Internal Medicine
Specializing in Sleep Medicine

MODERATED BY:

BARRY RAMO, MD

Medical Director, New Heart Center
for Wellness, Fitness & Cardiac Rehab
Clinical Prof., UNM School of Medicine
Medical Editor, KOAT-TV

FREE EVENT

REGISTRATION REQUIRED

OPENS FEBRUARY 1ST

[https://www.aa.edu/community/com-
munity-academy/lecture-series/](https://www.aa.edu/community/community-academy/lecture-series/)

FOR MORE INFORMATION CONTACT:

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