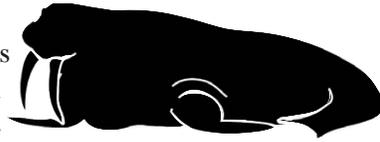
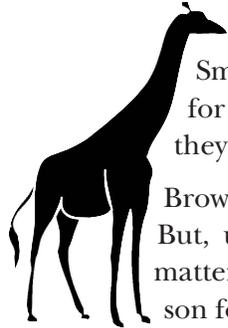


How we sleep... (continued)

Walrus can hold their breath for five minutes underwater, and that is just enough time for a nap. Walrus do not have to sleep underwater as they can sleep above water, too. While not having to sleep every day, walrus can sleep up to 19 hours without interruption.



Giraffes need very little sleep. According to the *Zoogor*, a Smithsonian publication, giraffes sleep for five minutes at a time for a grand total of 30 minutes per day. Due to being a prey animal, they sleep standing up with one eye open and both ears twitching.



Brown bats sleep like our newborns and infants. But, unlike human babies (and adults for that matter), they sleep upside down. The main reason for this is that bats cannot fly from a level position. It is much easier for them to initiate flight simply by letting go and dropping into the air.



Squirrels, like many birds, use bits and pieces of things they find to build their nests high in the trees. Can you imagine sleeping that high exposed to the elements? They typically huddle together to keep warm in the winter when they sleep.



Animals may hold the key to understanding our human sleep. There may come a day when the mystery of sleep will be solved. Until then, it's up to the multi-disciplinary professionals we call sleep techs to help us improve the quality of that elusive third of our lives.

Sleep Center Director Receives Additional Certification



The National Board for Respiratory Care has established a Sleep Disorder Specialty Examination, and Ken McKenney, Director of The Medical Center Sleep Center, is one of the first in Southcentral Kentucky to receive his certification. Congratulations, Ken, on this accomplishment. We're proud of you.

Support Group Spotlight



Our A.W.A.K.E. group continues to meet on the first Thursday of each month. We have a special speaker and a time of sharing at each meeting. We always have refreshments provided by a different vendor each month and a door prize. For more information, call Ken McKenney at 796-6559 or toll free (877)700-4070. Send e-mails to kdmckenney@chc.net.

z z z z z z

RLS Support Group

We invite everyone who thinks they may be affected with Restless Leg Syndrome to join us for Restless in Southern Kentucky Support group. You may contact us by phone at The Medical Center Sleep Center at 796-6559 or toll free (877)700-4070 or you may e-mail us at sokentucky@rlsgroups.org.

S'Newzzz is a publication of The Medical Center Sleep Center. The information in this publication is not intended for the purpose of personal medical advice which should be obtained directly from a physician. Please call toll free 1-877-700-4070 with your comments or questions.

The Medical Center Sleep Center
Riverside Professional Center
825 Second Street East, Suite A3
Bowling Green, KY 42101