

# New Virtual Support Group to



## Break the Insomnia Cycle

Learn how to maximize your chances  
for a good night's sleep.

Open to all Rogosin patients.

**Wednesday, May 05**

Topic: ESRD, Sleep and Me

**Wednesday, May 12**

Topic: Sleep Science

**Wednesday, May 19**

Topic: Getting Better Sleep

**Wednesday, May 26**

Topic: Falling Asleep Faster

**All Meetings 11 AM - 12 PM**

If you're interested in attending, please contact  
Dr. Daniel Cukor at [dac9227@nyp.org](mailto:dac9227@nyp.org) or (646) 317-0798.