

Restoring the Caregiver: The Connection Between Sleep, Health, and Dementia Risk

WEBINAR PRESENTATION · **APRIL 22, 2026 at 12:30–1:30 p.m. ET**

Did you know that insomnia is among the most common of health complaints brought by caregivers to physicians?

In this presentation you'll learn about the important relationships between sleep quality, dementia risk, and caregiver health outcomes and an evidence-based program, Cognitive Behavioral Sleep Intervention, shown to improve caregiver well-being.



Here's what you can expect to learn:

The relationship between sleep quality, caregiver health outcomes, and dementia risk

Physiological and psychological ways poor sleep impacts the brain

Common behavioral, environmental, and caregiving-related factors contributing to insomnia

Components of cognitive behavioral sleep interventions, including sleep hygiene and stimulus control

FEATURING

Lyndi Wyrostek, MSW, LSW

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