



**DEBBI DEL RE, APRN,  
PMHNP-BC**

**DATE & TIME**  
Thursday February 28, 2019  
6 p.m. - 7:30 p.m.

**EVENT LOCATION**  
Edgewood Clinical Services  
1500 Eisenhower Ln  
Suite 900  
Lisle, IL 60532

**1.5 Contact Hours  
Awarded\* for Nurses,  
LCSW/LCPC/LMFT & PsyD**

**PROVIDED BY**  
Edgewood Clinical Services

*This training is FREE for all  
attendees.*

## CONTINUING EDUCATION

### Sweet Dreams: Better Sleep for Better Health

Debbi Del Re, APRN, is a board-certified psychiatric mental health nurse practitioner who has worked in mental health and psychiatric nursing for more than 25 years. She has experience in the areas of crisis intervention, PTSD, life transitions, chronic mental illness, gender transition, suicidal ideation, grief, mood disorders, dementia, and anxiety. Debbi uses a biopsychosocial approach to care, taking into consideration each person's biological, psychological, and social factors and their complex interactions, to best understand the individual's health, illness, and treatment needs. She is dedicated to instilling hope in her patients, while helping each patient towards their own personal best - emotionally, mentally and physically through the use of individualized pharmacological and psychotherapy treatment. Debbi received her bachelor's degree in nursing from Elmhurst College and her master's in nursing from Northern Illinois University. She received her post-master's certification as a Psychiatric Mental Health Nurse Practitioner from University of St. Francis.

#### OBJECTIVES:

1. Address issues and impact that poor sleep has on an individual's physical and emotional wellness.
2. Educate attendees on the effects of sleep on overall physical and mental health.
3. Discuss the sleep cycle and the various functions of sleep.
4. Discuss different types of sleep disorders.
5. Discuss proper sleep hygiene and tools to use to educate patients about good sleep habits.

#### QUESTIONS OR TO RSVP:

**Phone:** 630.428.7890

**Email:** [training@edgewoodclinicalservices.com](mailto:training@edgewoodclinicalservices.com)

**Website:** <http://www.edgewoodclinicalservices.com/education/clinicaltraining/>



Edgewood Clinical Services is approved by the American Psychological Association to sponsor continuing education for psychologists. Edgewood Clinical Services maintains responsibility for this program and its content.

\*This continuing nursing education activity has been submitted for approval by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-9) for 1.5 contact hours.

Edgewood is an approved sponsor for continuing education for Social Workers, Marriage & Family Therapists and Counselors.