



**St John of God  
Hospital**

**Stillorgan  
Co Dublin**

**Tel: (01) 277 1400**

**Web: [www.sjoghosp.ie](http://www.sjoghosp.ie)**

**Lectures: 8.00pm-9.30pm**

**Venue: St John of God  
Hospital**

**Admission Free**

**Early Attendance Advisable**

# Minding the Mind

**2010 Public Lecture Series**

## Repeat Lecture

**“Sleep: What is it?  
How do I get it?”**

**Monday 31 May 2010**

**Dr Simon Mitchell  
St John of God Hospital**