



Sleep for Health and Longevity

Tuesday, March 10

12:00 p.m. - 1:00 p.m. EST

Location: Virtual | MS Teams

Discover why sleep problems persist even when you're "doing everything right."

Learn how breathing, airway health, the nervous system, gut microbiome, and hormones can quietly disrupt rest and explore practical, evidence-based tools that actually help with sleep.



Scan QR Code to register



Board-certified Sleep Medicine Specialist Dr. Jeeten Jamnadas, MD.

Submit questions in advance to Reth Kim
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DISCLAIMER: The views expressed during this presentation are those of Dr. Jeeten Jamnadas, MD, and are presented as one scientific viewpoint among others. They should not be interpreted as guidance or endorsement by the Health and Safety Directorate or the World Bank Group.