

# To Sleep or Not to Sleep (Part 2): The Importance of Good Sleep for Health, Wellness & Productivity

Wednesday, July 22, 2020 | 9:00am-10:30am | Webinar

Two sleep experts will provide the latest science about sleep; tips on how to manage the impact of sleep deprivation; and how to balance sleep, work and life in today's hectic (pandemic) environment. One of our guests, Dr. Brim, delivered an outstanding presentation entitled "To Sleep or Not to Sleep" in 2017, and returns to expand on this topic during the panel discussion.

**Panel Moderated by:** Dr. Stuart Fisher, Head,  
HSD's Counseling Unit

**Guest Speakers:** Dr. William Brim & Dr. Diana Dolan, CDP

**Open to:** WBG, IMF, and IDB staff, spouses, domestic partners, family members and retirees.



Dr. Brim is the director of the DoD Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Brim received his bachelor's degree in psychology from the University of Tennessee and his master's and doctorate degrees in clinical psychology from Nova Southeastern University in Fort Lauderdale, Florida. He leads the Center's Sleep Disorders team which has trained over 3,000 providers internationally in the assessment and treatment of sleep disorders. He has published over 25 peer-reviewed articles, book chapters, manuals and workbooks related to sleep disorders and provides sleep disorder treatment and consultation in private practice.



Dr. Dolan is a clinical psychologist at the Center for Deployment Psychology. In this capacity, she develops curriculum content and delivers training on behavioral sleep medicine/sleep disturbances, chronic pain, and behavioral health in primary care. She earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas, is certified in behavioral sleep medicine by the American Board of Sleep Medicine, and holds a diplomate from the Board of Behavioral Sleep Medicine.



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