According to the Center for Disease Control (CDC), lack of sleep can lead to major health issues, and the link between sleep deprivation and chronic disease has grown significantly. Additionally, studies have shown that getting fewer than eight hours asleep puts military personnel at risk for poor performance and decreased cognition. This webinar provides a general background on sleep, how insufficient sleep increases the risk of chronic disease and makes the management of chronic conditions more difficult, and how dietitians can incorporate basic sleep education principles to help patients and clients meet health goals.

**Insufficient sleep can put military personnel at risk for poor performance.**

**What can YOU do to help?**

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Sleep and the RDN: Incorporating Sleep Education to Reduce Chronic Disease Risk

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**PRESENTER**

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Dr. Tucker received her doctorate in Nutrition Science with a concentration in Ingestive Behavior from Purdue University. Previously, Dr. Tucker worked both in direct patient care as a clinical dietitian and in public health. Dr. Tucker currently studies how sleep affects dietary decisions, body weight, and health.

**CONTINUING EDUCATION CREDIT**

This webinar is approved for 1.0 CE credits for:

- Registered Dietitians

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EVENT LOCATION

https://militaryfamilieslearningnetwork.org/event/56491/

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