



# Sleep & Human Health Institute

Barry Krakow, M.D.,  
Medical Director  
Principal Investigator

We just received an exciting yet profoundly somber request in the aftermath of the October 7<sup>th</sup> pogrom; Israeli colleagues need live webinar trainings to help psychiatrists, psychologists, social workers, art therapists and other counselors to treat the tens of thousands of adults and children suffering posttraumatic sleep disturbances. The program, "Post-Trauma Sleep Disorders: Triage and Sleep Therapies," comprises three trainings to professionals at two of the largest mental health facilities in Israel, Shalvata Mental Health Center and the Israeli Mental Health Association.

Webinars will be attended by several hundred professionals on three consecutive Sundays, the first, December 24<sup>th</sup>, focuses on insomnia, the second on nightmares, and the third on sleep quality and disorders.

Currently, though no research spells out the impact of early sleep intervention in trauma survivors, our workshops fulfill one of our primary missions at SHHI to educate healthcare professionals in post-trauma sleep interventions. Perhaps our work will pave the way for advancing the ideas many of us in the field of sleep have long held, which theorizes early sleep therapies could offer unique protection against the development of PTSD.

We are providing the workshops *pro bono*, and we are planning a trip in March to Israel as part of a standard volunteer mission. We may extend the visit to follow-up with mental health professionals who make use of the sleep solutions presented at the webinars.

To keep the SHHI active and fully operational in our efforts to spread the "good news about sleep," please consider our 501(c)(3) status that allows for fully tax deductible contributions to our Institute. Our goal is to raise \$20,000 for our 2024 budget, and we would appreciate any support. Donations can be made to Sleep & Human Health Institute through our Zelle account, [jkrakow@sleeptreatment.com](mailto:jkrakow@sleeptreatment.com). Or, checks can be mailed to: SHHI, c/o Jessica Krakow, 211 Early St, Savannah, GA 31405.

Thank you for helping us continue our education and research efforts. Wishing you Happy Holidays and a great New Year filled with prosperity, good health and naturally sound sleep.

Jessica Krakow  
Secretary and Treasurer