



Two Day RightSleep® Course at Your Practice Location

Day One:

Morning

8:00-12:00 noon

RightSleep® neurotransmitter approach to sleep.
Learning the brain stem sleep switches.
Vitamin D: What do you need to know?
D25OH blood levels: testing options.
The intestinal microbiome B vitamins and sleep.
Dispelling the myths surrounding B vitamins.
Pantothenic acid becomes acetylcholine.
How VitalZzs can help with compliance.

Afternoon

1:00-5:00pm

Appropriate patients for RightSleep®
Sleep studies, what type and why?
What to discuss with referring physicians.
How to maximize your success.
Guided management of sample patients.
Being featured as “RightSleep® trained”
RightSleep® makes you a star in your
community!

Day Two:

8:00-9:00 Review of RightSleep® ideas.
9:00-10:00 Greeting the patient, sleep questionnaire, patient-staff interview,
RightSleep® sets you apart and brings in new patients.
10:00-12:00 Sample patients. Dentists serve as sample patients or patients from your practice.
12:00-1:00 Lunch
1:00-2:00 Q& A and wrap up. Future group access on RightSleep® GoogleGroups.

Pre-requisites

All participants bring their own vitamin D25OH blood level and B12 level (done within 1 month of the course). Watch all three videos on www.drgominak.com and read all sections of the website. Clinicians should read all four articles in the section labelled “for clinicians”. Read the Kandel and Schwartz Chapter on Sleep and Dreaming that I will provide.

You do not need to be formally boarded or trained in sleep. You *do* need a clinical practice in which you have attempted to treat chronic pain, fatigue and sleep problems.

Location:

The course must be hosted in an appropriately sized conference or meeting room separated from the actual practice. All rental expenses and meals during the course will be covered by the inviting practice(s).

Cost of Registration:

Cost for the two day RightSleep® course held at your office: \$5,000.00 for practices of 1-3 clinicians. Each additional clinician is \$1,200.00. Team members attend free of charge.

Payment in full is expected once a date has been selected. If the date must be changed the payment is not refundable but all attempts will be made to reschedule the course again within a month. Travel expenses of \$750.00 in addition to the above.