

Chinese Caregiver Support Group 華語照顧者 支持小組

Insights from an RPSGT:
You Deserve Better Sleep

RPSGT 注册多导睡眠监测技师分享：你值得更好的睡眠

2025年8月15日
下午3:30--5:30
普通话讲座
(Workshop in Mandarin)



Polysomnography Sleep
Study, Test for
Narcolepsy

多导睡眠监测
嗜睡症监测

Obstructive Sleep
Apnea(OA) and its
treatment options

阻塞性睡眠呼吸暂停
OSA及治疗选择

Tips for good sleep
hygiene

睡眠卫生建议

Venue 地点：
BNH South House, 3rd Floor
4460 Beresford Street,
Burnaby

REGISTRATION 報名：

Phone: 236-877-2616 Dali
Email: daliq@burnabynh.ca



Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

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www.burnabynh.ca

THE BURNABY CAREGIVER SUPPORT PROGRAM IS FUNDED BY THE
GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəɬəm), Squamish (Sḵw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.