

ALERT, WELL, AND KEEPING ENERGETIC

A.W.A.K.E.

Chicago Land

A.W.A.K.E. is a support group for those suffering from sleep apnea. Its purpose is to help and educate those afflicted with sleep apnea and to reach out to people possibly affected by this condition and help them to obtain proper treatment.

A.W.A.K.E. is sanctioned by the American Sleep Apnea Association, a national organization structured to promote good sleep through the control and treatment of sleep apnea. More information about the ASAA (and other AWAKE chapters) can be obtained through their website at www.sleepapnea.org.

Below are the A.W.A.K.E. groups in the Chicago area.

Barrington IL (2 nd Tuesday, every 2 months) Name: Barrington IL AWAKE Contact name: Mary Rose Scott, BS, RPFT, RPSGT Phone: 847-620-6077	Elk Grove Village (4 th Thursday, every odd month) Name: AWAKE Elk Grove Contact name: John Angel Phone: 630-894-5997
Elmhurst IL (3 rd Wednesday every 2 months) Name: Elmhurst AWAKE Contact name: Barbara Murtaugh, RRT, RPSGT Phone: 630-652-1800	Evanston IL (2 nd Thursday every month) Name: Evanston AWAKE Contact name: Cindy Nierodzik, RN, BSN, MSIR Phone: 847-570-2645
Glenview IL (4 th Tuesday every month) Name: North Suburban AWAKE Contact name: Vera Nizzi, RN, BSN Phone: 847-657-3879	Joliet IL (Every 2 months) Name: Joliet Area AWAKE Contact name: Ann Anderson, RPSGT Phone: 815-744-7762
Libertyville IL (1 st Tuesday, every 2 months) Name: Northern Illinois AWAKE Contact name: Christine McBride, RPSGT Phone: 847-599-7373 Advocate/Condell	Naperville IL Name: Naperville AWAKE Contact name: Dave Hargett Phone: 630-759-5563
Orland Park IL (3 rd Wednesday every 2 months) Name: Orland Park AWAKE Contact name: Nicole Anderson, RPSGT Phone: 708-364-0261 x23	Rockford IL (Quarterly meetings) Name: Rockford IL AWAKE Contact name: Sandy Denny, RPSGT Phone: 815-484-7470
Sterling IL (3 rd Thursday every month) Name: Sterling IL AWAKE Contact name: Claudia Sauer, RRT Phone: 815-625-0400, ext. 5687	