**World Sleep Day**

**II Scientific Meeting from Agreste Alagoano of Sleep Disorders (II ECAADS)**

**I Week for the Prevention of Sleep Disorders**

**Action in the Square**

**Theme: Sleep Quality available to everyone!**

**Day:** 02/10/2020 (Monday)

**Hours:** 9 am to 2 pm

**Developed by:** Federal University of Alagoas (Nursing course)

**Place:** Luiz Pereira Lima Square (Arapiraca, Alagoas, Brazil)

**Services offered:**

Activities to promote health and sleep quality

Glucose Checking

Blood Pressure Measurement

Performing BMI

Rapid tests

Itnerant library

Recreation activity, gymnastics

**Contributors:**

City hall of Arapiraca

SESC