

Training Announcement



Fire Prevention and Control

Course Title:	Getting your ZZZ's 2.0: The Importance of Sleep for Firefighters (Revised & Updated)
Location:	SULLIVAN COUNTY EMERGENCY SERVICES TRAINING CENTER
Date:	March 26, 2025 @ 7:00 PM
Hours:	2

Course Description

Sleep plays a foundational role in the overall health and well-being of individuals, influencing mental, physical, and emotional health. For firefighters, the stakes are even higher due to the demanding and unpredictable nature of their work. Adequate sleep is crucial for firefighters, especially for volunteer firefighters. This course will explain why sleep cycles are important and how sleep disorders impact fitness for duty and quality of life. In addition, this training will provide ideas and resources to help improve sleep.

REGISTRATION: [Firefighter Online Registration Form | Sullivan County NY \(sullivanny.us\)](#)

FOR: All emergency response personnel

Prerequisite

NONE

**PRE-REGISTER THROUGH SULLIVAN COUNTY BUREAU OF FIRE WEBSITE
VIA THE LINK ABOVE
THIS IS A COUNTY OFFERING**