

business of selling bottled water for up to \$3 a bottle at Bonnaroo, the festival is offering free water this year to ease the amount of plastic that's thrown away or recycled.

Last year, the festival recycled over 600,000 plastic water bottles, according to organizers, and countless other bottles were thrown away.

This year, there are water sta-

tions positioned around Bonnaroo where visitors can get all the free water they want. People flocked to the stations on Wednesday, filling up gallon containers, small bottles, and even splashing the water on themselves to cool off.

"We're trying to be a green event and people need to stay hydrated out here in the heat even if we do lose sales," said

Cuellar.

Added Farman, "It comes out cold and it's great-tasting water."

Setting lineup takes all year: Bonnaroo had not officially gotten under way Wednesday when Farman revealed organizers are already thinking about next year.

"It's pretty much a 365 process," said Farman when

asked how much work goes into finalizing the lineup. "We've already had a meeting while we're all here together about the acts we want to go after for next year, especially on the headline level."

Farman said while dozens and dozens of people provide input, it's essentially six or seven people who make the final decision about the Bonnaroo lineup.

Help for troubled sleepers available at River Park

Few things are as reinvigorating as a good night's sleep. Yet as many as 40 million Americans do not enjoy the benefits of quality rest because they suffer from a sleep disorder, according to River Park Hospital.

Common sleep disorders, such as insomnia and sleep apnea, can affect a person's health and quality of life, including job performance and relationships. A sleep disorder can cause substantial problems if left untreated. The good news is specialized attention to those disorders can dramatically improve one's ability to live a full, healthy life, and that sort of specialized attention is available right here in Warren County at River Park Hospital.

Sleep Disorder Center director April Birchfield would like to announce that the center, first opened in 2006, is now open a full five nights a week to better serve its patients.

"We are receiving steady referrals from physicians and some patients set up appointments even without a referral," said Birchfield. "We feel it is very important we meet those needs by being here as many nights a week as possible."

Along with Dr. David Jarvis, the pulmonologist who serves as medical director for the Sleep Disorder Center, Birchfield is pleased with the department's growth,

"Knowledge in the field of sleep medicine has grown significantly in the past few years," Birchfield said. "Physicians and patients are more knowledgeable about the resources and help now available in the sleep disorder field and I'm glad River Park can offer that support to patients



Photo provided

River Park Sleep Lab director April Birchfield shows some of the lab equipment to visiting Bobby Ray students during the school's recent Job Shadow Day.

here."

The Sleep Disorder Center at River Park is staffed by a team of professionals who are knowledgeable in the evaluation and treatment of a range of sleep disorders including: insomnia, sleep apnea, narcolepsy, restless leg syndrome, snoring and sleep walking.

How do you know if you might have a sleep disorder? If you are experiencing any of the following symptoms, sleep evaluation and testing may be helpful to you:

- A groggy or tired feeling in the morning, no matter how

much sleep you get

- Morning headaches
- Sleepiness at inappropriate times
- Frequent waking throughout the night
- Reduced attention and concentration
- Irritability for no obvious reason

The Sleep Disorder Center consists of two "sleep study" rooms outfitted with regular furniture similar to what you would find at home, including a comfortable queen-size sleigh bed. Each room

comes equipped with monitors that track brain and muscle activity, leg and arm movements, heart rhythms and respiratory patterns. They are also set up with infrared cameras, for real-time monitoring of the patient, as well as oxygen equipment should it be needed during the study, including continuous positive airway pressure (CPAP) systems for those suffering from Sleep Apnea.

For further information regarding the Sleep Disorder Center at River Park Hospital, please call Birchfield at 815-4283.