



RICHARD A. MARTINKOVIC PUBLIC SAFETY TRAINING CENTER
615 Old White Lake Turnpike, Swan Lake, NY 12783
Joseph Mall, Training Coordinator
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TRAINING ANNOUNCEMENT

More Than ZZZ's: Sleep, Safety, and Survival for First Responders

DESCRIPTION:

More Than ZZZ's: Sleep, Safety, and Survival for First Responders highlights the vital role sleep plays in the health, safety, and performance of both career and volunteer first responders. Whether responding from the station, from home in the middle of the night, or after a full day of work, disrupted sleep can have serious consequences for readiness, decision making, emotional well-being, and long-term health. This course explores the unique sleep challenges faced across the first responder community, explains how poor sleep affects safety and quality of life, and shares practical tools and strategies to support better rest, resilience, and wellness.

DESIGNED FOR: All Emergency First Responders

DATE & TIME: June 29, 2026 7-9:30pm

LOCATION: **Richard A. Martinkovic Public Safety Training Center**
615 Old White Lake Turnpike, Swan Lake, NY 12783

REGISTRATION: [Firefighter Online Registration Form | Sullivan County NY](#)
(Select proper class name from the drop-down menu)

