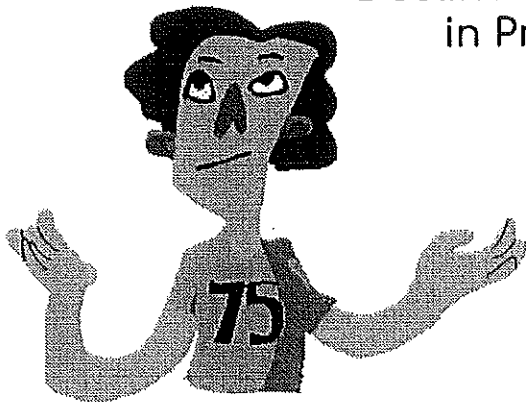


your SLEEP WEAPON PRET

7:00 pm
October 24th
KCVI Auditorium

Is My Teen a Sleepwalking Zombie?

Decline of Recommended Sleep
in Pre-Teens and Teens



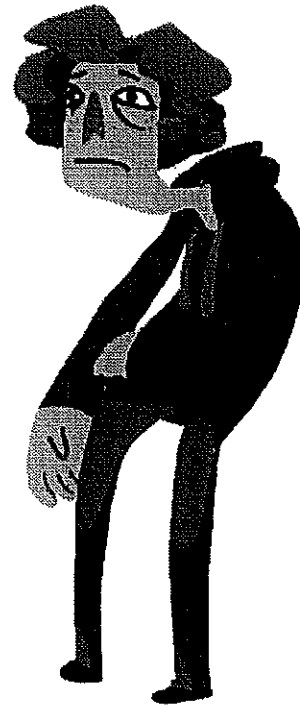
Ruhi Snyder
*Researcher, Educator
Advocate*

Are your teens having a hard time getting to sleep and a harder time waking up?

Lack of sleep has serious negative consequences on our physical and mental wellbeing. Left unaddressed, it has a direct impact on learning, memory, mood and addiction. It can turn our teens into zombies who struggle to stay awake and to learn, and have no zest for life.

This presentation discusses the current patterns and barriers to sleep in pre-teens and teens, the consequences, recommendations and real life interventions.

Better Sleep=Better Society.



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