

UPPER MERION AREA SCHOOL DISTRICT

**SNOOZE
OR LOSE**

PROMOTING SLEEP HEALTH IN ADOLESCENTS

DR. WENDY TROXEL

Dr. Troxel will discuss why sleep is critical to adolescent health, development, and future success, and will present strategies to promote sleep health in teenagers.

**TUESDAY, FEBRUARY 4, 2020
UPPER MERION AREA
MIDDLE SCHOOL AUDITORIUM
7:00 PM**



Dr. Wendy Troxel is an internationally recognized expert on sleep. She is a Senior Behavioral Scientist at the RAND Corporation and Adjunct Faculty in the Departments of Psychiatry and Psychology at the University of Pittsburgh. A licensed clinical psychologist and certified behavioral sleep medicine specialist, her work has been funded by the National Institutes of Health and the Department of Defense, as well as private foundations and corporations. In addition to being a highly-cited author in top-tier medical journals, Troxel’s work has been widely cited by the media, including The Wall Street Journal, New York Times, The Financial Times, ABC World News Tonight, CNN, CBS Sunday Morning, NPR, and the BBC. She was also one of the featured sleep experts in the National Geographic documentary “Sleepless in America”.

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