

# SLEEP WELL, LEARN WELL: HEALTHY SLEEP HABITS FOR CHILDREN AND TEENS



## Event Details

**Where:** Interactive Virtual Zoom Session

**Speaker:** Pouria Farhoomandi, MD

**Date:** Thursday, April 3rd, 2025

**Time:** 12:00 PM – 1:00 PM

## Session Focus:

- Sleep and its impact on learning
- Age-appropriate sleep needs and identifying sleep deprivation
- Creating a conducive sleep environment
- Addressing common sleep challenges

To Register, please click the link or scan the QR code:

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## Questions? Please email:

SchoolMentalHealth@northwell.edu

## Frequently Asked Questions:

**Is registration required for this program?**

Yes. Registration is required for this webinar. Please use the link or QR code to complete registration.

**When will I receive the webinar information for this program?**

The webinar information will be sent to you after you register. Please do not share this information with others.

**Will this session be recorded?**

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel [here](#).