



Lisa L. Lewis is the author of [*The Sleep-Deprived Teen: Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive*](#) (described as “a call to action” by Arianna Huffington and “an urgent and timely read” by Daniel H. Pink). Her book, which was reviewed by *The New York Times*, is an outgrowth of her previous work on the topic, including her advocacy helping spark California's landmark law on healthy school start times.