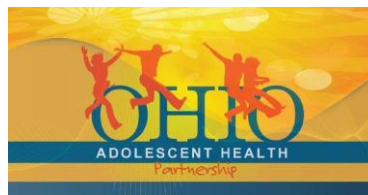


American Academy of Pediatrics

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Ohio Chapter



REGION V | ADOLESCENT HEALTH NETWORK



Zzz's to A's: Supporting Sleep for Better Functioning Adolescents

Two-Part Webinar

Presented by Stacy Simera, LISW-S, SAP

Hosted by the Ohio AAP and the HHS OASH Region V Adolescent Health Network

**Tuesday, October 4 and
Tuesday, October 25**
12:15-1:15 pm ET

Part 1: What you don't know about teen sleep, but should

Part 2: How to intervene in clinical & community settings



Topics Addressed:

- Child and Adolescent Sleep Needs by Age
- Current Sleep Statistics
- Puberty and the Circadian Rhythm
- Medical, Psychological, and Academic Effects of Chronic Sleep Deprivation
- Increase Screening and Counseling
- Tools to use in Clinical and Community Settings

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