



PARTNERSHIP FOR AWARENESS
PRESENTS

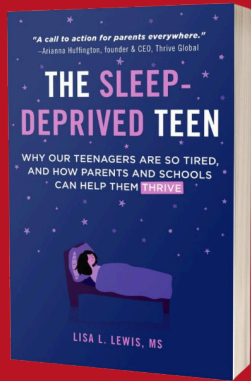
The POWER of SLEEP

for Adolescent Success, Resilience and Well-Being

Lisa Lewis regularly presents to schools and parent groups on the connection between sleep and mental wellness. Her book, *The Sleep-Deprived Teen*, was published in 2022, earning praise from *The New York Times* and a starred review in *Publishers Weekly*. The book stems from her advocacy work, which played a role in sparking California's landmark law on healthy school start times, and her extensive writing on teen sleep.



TOPICS COVERED



**3 ATTENDEES
WILL WIN A COPY
OF LISA'S BOOK!**

Lisa L. Lewis, MS

- The science of sleep and how it changes during the adolescent years
- Common misconceptions about sleep
- The sleep/mental health connection: how sleep boosts emotional resiliency, affects decision-making and impacts various health behaviors
- The role of sleep in learning and memory
- How sleep enhances sports performance
- Specific strategies to improving sleep within the context of sleep environment and routine

Join us on Thursday, October 10, 2024 at 6:00PM via Zoom

<https://us02web.zoom.us/j/82766207762?pwd=UitvVStYVVVhYXpHVVMwakxrVkrR3QT09>

Meeting ID: 831 9656 7411

Passcode: 087001

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