

Sleep Issues and Challenges



Presented by:

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The Get Ready To Learn Program**

Strategies for Kids and Teens

**The science, research and Interventions
for addressing the current epidemic of
issues with:**

Falling Asleep

Staying Asleep

Waking Up

Join Anne Buckley Reen, Director and The Get Ready To Learn Program, for this powerful presentation on sleep issues that impact all areas of our children's and teen's behavior, learning, performance and mental and physical health.

- ▶ Learn the common causes of sleep issues
- ▶ How much sleep is necessary at different ages
- ▶ The impact of poor sleep on brain and body development
- ▶ The do's and don'ts of technology use
- ▶ Foods that support good sleep and foods that keep us awake
- ▶ Strategies and routines to support nighttime calming and restorative sleep
- ▶ Q and A

**You are invited to a FREE 1 hour
Parent Zoom workshop.**

**When: May 21, 2024 12:00 PM
Eastern Time (US and Canada) and 7
pm EST**

**Register in advance for this meeting:
at thegetreadyproject.com**

**After registering, you will receive a
confirmation email containing
information about joining the
meeting.**