MVLA Parent Education Speaker Series

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Sleep:
Crucial Key to Wellness and Success

Dr. Rafael Pelayo, M.D.

Tuesday, October 23, 2018 - 7:00 - 9:00pm
Los Altos High School, Eagle Theater
201 Almond Ave, Los Altos, CA

Why is sleep so essential to good health? What are signs of poor sleep and how can you address them?

Join us as Dr. Rafael Pelayo explores the crucial role sleep plays in healthy child and adolescent development and shares the latest research in sleep science at Stanford—where sleep medicine began.

Topics discussed will include:
- Sleep, the brain, and the mental health connection
- The underappreciated importance of sleep for children and teens
- Impacts of prolonged sleep deficits on learning, behavior, and health
- Signs of poor sleep and pediatric sleep disorders
- The impact of technology use on sleep
- Lack of sleep and driving safety
- Sleep and school start time
- Recommended sleep for elementary, middle and high school students
- What you can do if you are concerned about your child's or teen's sleep habits

Audience: K-12 parents, caretakers, teachers, and counselors
Translation: Spanish available
Admission: Free
Register: https://mvla2018-19-rafaelpelayo.eventbrite.com

About Our Speaker

Dr. Rafael Pelayo is a Clinical Professor of Psychiatry and Behavioral Sciences at Stanford Center for Sleep Sciences and Medicine. His clinical focus has been the treatment of sleep disorders in patients of all ages.

Dr. Pelayo has served as chair of the Sleep Disorders Research Advisory Board of the National Center for Sleep Disorders Research at the National Heart Lung Blood Institute at the National Institute of Health. He has also chaired the pediatric special interest section of the American Academy of Sleep Medicine.

Lecturing nationally and internationally, Dr. Pelayo has also appeared on television, radio, and in print. He currently teaches the Stanford University Sleep and Dreams undergraduate course alongside Dr. William Dement. Together, they co-authored the course textbook, *Dement's Sleep and Dreams, 2nd Edition*.

Learn more about 2018 – 2019 MVLA Parent Education Speaker Series events at http://mvlaspeakerseries.org