



Sleep, Adolescence & School

"While some of the biological changes that affect teenagers' sleep are beyond your control, there are some things you can do to help maintain regular circadian rhythms and increase your chances of getting a good night's sleep"



DETAILS:

- > 10 May 2016
- > 7.30pm
- > Camberwell Girls Grammar School
Barbara Sutton Hall
2 Torrington Street Canterbury
- > RSVP TO:
Victoria Hargreaves
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Parents attending this Parent Education Seminar will learn about the biology of sleep, the challenges of sleep during adolescence, and evidence-based approaches to improving sleep in adolescents. The talk will be engaging and interactive, with attendees encouraged to share their own experiences and thoughts about sleep. Attendees will be provided with a comprehensive handout to support discussion with adolescents about improving their sleep.



Professor Greg Murray is a practicing clinical psychologist with a national and international reputation for clinical psychology research, particularly the impact of sleep and circadian function on wellbeing. Professor Murray is an active public intellectual, having provided more than 150 media pieces and more than 50 talks to school groups on sleep and its role in wellbeing. He has won multiple individual awards for teaching, and provided professional development workshops for hundreds of psychologists and psychiatrists across Australia and overseas.