SLEEP IN EARLY CHILDHOOD AND PEDIATRIC SLEEP DISORDERS

TUESDAY MARCH 5, 2019

WHERE  Bing Nursery School
        850 Escondido Road, Stanford, CA

TIME    7:00 PM to 8:30 PM

REGISTER This seminar is only open to adults of the current Bing Nursery School community. Please register at: bingschool.stanford.edu/parents

Hosted by Bing Parent, Clete A. Kushida, M.D., Ph.D.
Division Chief and Medical Director, Stanford Sleep Medicine
Neurologist and Professor of Psychiatry and Behavioral Sciences at the
Stanford University Medical Center
Director, Stanford Center for Human Sleep Research
Editor-in-Chief, Sleep Science and Practice

Sleep comprises more than one-third of the lives of your children. Dr. Kushida will discuss current research-based practices for optimizing your children’s sleep and napping behavior, and how you can recognize and differentiate sleep disorders from benign sleep issues. He will also describe how sleep habits, co-sleeping, television and Internet usage, school start times, smartphone/wearable device apps, seasonal allergies, and adenotonsillectomies may affect your children’s sleep, sleep-wake rhythms, and daytime function.