

Telehealth **ROCKS**

Sleep Matters: Understanding and Supporting Healthy Sleep in Students



Date & Time: March 24 | 12-1 p.m. CST

About: This webinar provides an overview of how sleep works and why it is essential for children's and adolescents' health, learning, and emotional wellbeing. Participants will learn about the basic brain processes involved in sleep, common signs of sleep disruption in students, and the ways inadequate sleep can affect attention, behavior, and daily functioning. The session will also explore practical strategies school professionals can use to support students and families, including sleep hygiene practices, managing worries before bedtime, and recognizing when physical sleep concerns may require additional attention.

Speaker Bio: Dr. Stephanie Punt is a health psychologist and attending neuropsychologist at UCLA with expertise in brain health, the mind–body connection, and evidence-based lifestyle interventions that improve mental and physical health outcomes. She is particularly passionate about expanding access to these approaches in rural communities and has helped develop and lead multiple telementoring and educational programs through the Telehealth ROCKS initiatives. Dr. Punt earned her doctorate in Health Psychology from the University of Kansas and completed her internship and postdoctoral training at the UCLA Semel Institute. Her work is informed by a multidisciplinary background that began with research in pediatric and adult sarcoma at the University of Washington and Seattle Children's Hospital, where she first became interested in how the mind–body connection influences chronic illness and quality of life. Today at UCLA, she works across several clinical settings, including medical assessment clinics, a specialty Veteran clinic, and programs for functional neurological disorders.

Contact us: Email us at telehealthrocks@kumc.edu with any questions.



Registration Link: <https://bit.ly/46VGA7U>



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