

# **Burning More Than The Midnight Oil: Sleep Deprivation in Teens**

Satellite Conference and Live Webcast  
Tuesday, May 5, 2015  
1:00 – 2:30 pm Central Time

## **Faculty:**

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## **Objectives:**

1. Recognize the consequences of sleep deprivation in teens
2. Identify the physiology of teen sleep that exacerbates sleep deprivation
3. Have improved recognition of sleep deprivation
4. Identify possible benefits of changes to school start times for teens

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## **Questions:**

Technical or related to conference details: 334-206-5618 or [alphn@adph.state.al.us](mailto:alphn@adph.state.al.us)

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