

BURNING MORE THAN THE MIDNIGHT OIL: SLEEP DEPRIVATION IN TEENS

Satellite Conference and Live Webcast

Tuesday, May 5, 2015, 1:00-2:30 p.m. (Central Time)

2:00-3:30 p.m. (Eastern) ■ 12:00-1:30 p.m. (Mountain) ■ 11:00 a.m.-12:30 p.m. (Pacific)

FACULTY:

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PROGRAM OBJECTIVES:

1. Define sleep deprivation.
2. Describe the consequences of sleep deprivation in teens.
3. Identify the physiology of teen sleep that exacerbates sleep deprivation.
4. List possible benefits of changes to school start times for teens.

CONFERENCE DETAILS:

Target Audience: Nurses, Social Workers, Pediatricians, School Counselors, School Nurses and others working with teens that have sleep disorders

Continuing Education: Nurses 1.5 hours and social workers 1.5 hours

**Non-ADPH employees are charged a fee to receive CE Certificates.*

Additional information can be found at www.adph.org/alphntn

Registration: www.adph.org/alphntn

Technical Information: To receive complete technical information you must register at www.adph.org/alphntn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player.

Test your computer with the "test connection link" at www.adph.org/alphntn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphntn@adph.state.al.us

The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

The Alabama Department of Public Health is an approved provider of continuing social work education by the Alabama Board of Social Work Examiners.

Sleep deprivation is an epidemic in the United States that causes significant morbidity and even mortality.

The consequences of sleep deprivation on teens are well known in the "sleep" community, but not well known in the medical community as a whole or in the general public.

The American Academy of Pediatrics released recommendations in August of 2014 stating that school start times for junior high and high school should be delayed, but few school systems have acknowledged these recommendations. This program will educate health providers on sleep deprivation in teens, the physiology of teen sleep, and how to advocate for improved sleep health in teenagers across the country.

