

# Community Education Service

## Teenage Sleep Deprivation

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and

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**October 2, 2018**

**6:30 pm - 8:30 pm**

**Sign in: 6:15pm**

Alberta Children's Hospital  
Kinsmen Theatre—4th Flr  
2888 Shaganappi Tr NW, Calgary

Session is FREE  
of charge/  
Parking fees  
may apply

Register: <http://community.hmhc.ca/>

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955 - 4747

Learn about common sleep disorders in teens, the causes of teenage sleep problems and the mental and physical effects of sleep deprivation.

How to improve teens' sleep health? Join us and find out.

**Level I:** This session presents an overview of teen sleep deprivation and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.