

# on the shoulders of **GIANTS** 2010

**Talcott Mountain Science Center**



## **DO TEENAGERS NEED MORE SLEEP?**

*Will 15 minutes more really improve teens' grades?*

with **MARY A. CARSKADON, PH.D.**

**APRIL 8, 2010, 7:00 P.M.**

**MARY A. CARSKADON, PH.D.**, director of Chronobiology and Sleep Research at Bradley Hospital, studies the sleep patterns of young people. Dr. Carskadon received a doctorate with distinction in Neuro- and Biobehavioral Sciences with a specialty in sleep research from Stanford University (1979) where she trained under the mentorship of William C. Dement, M.D., Ph.D. The Chronobiology and Sleep Research lab's focus includes circadian rhythms and puberty; the role of time-of-day preference on daytime sleepiness; influence of parental alcohol use history on the sleep and rhythms of young people; ADHD and sleep-enhanced learning; and sleep loss and genetic predictors of depressed mood in college students.

Carskadon's research findings have raised public health issues regarding the consequences of insufficient sleep in adolescents and concerns about early starting times of schools.

**COME HEAR DR. MARY CARSKADON SPEAK AT TALCOTT MOUNTAIN SCIENCE CENTER**

**APRIL 8, 2010 , 7:00 P.M.**

**\$10 FOR ADULTS; \$5 FOR STUDENTS**

**SEATING IS LIMITED, PLEASE RSVP BY CALLING 860.677.8571 OR  
EMAIL [JPPELLINO@TMSC.ORG](mailto:JPPELLINO@TMSC.ORG)**

**SPECIAL PROGRAM FOR SCHOOL GROUPS**

**APRIL 8, 2010, 2:00-3:00 P.M.**

**ONE TEACHER COMES FREE WITH EVERY 10 STUDENTS**

**SEATING IS LIMITED, PLEASE RSVP BY CALLING 860.677.0035 OR EMAIL [LGIBB@TMSC.ORG](mailto:LGIBB@TMSC.ORG)**

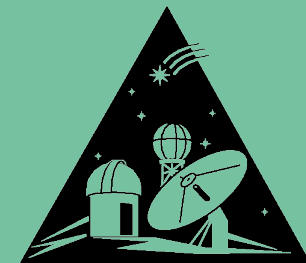
TALCOTT MOUNTAIN SCIENCE

CENTER FOR STUDENT INVOLVEMENT, INC., in Avon,

Connecticut, is a regional non-profit education and research facility dedicated to increasing students' understanding and appreciation of their physical world.

This nationally recognized center has been instrumental in educating students, teachers and the general public with hands-on approaches to science, math and

technology for 43 years.



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