



The Power of the Downstate: Recharge Your Life Using Your Body's Own Restorative Systems Sara C. Mednick, Ph.D.

Professor of psychology at UC Irvine and the director of the Sleep and Cognition (SaC) Lab.

Karen Dobkins, Ph.D.

Professor of psychology and neuroscience at UC San Diego and the director of the Human Experience and Awareness Lab (HeaLab).

Monday, April 25, 2022, 7:00 PM Central

www.bit.ly/MednickFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *The Power of the Downstate* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Mednick and Dobkins. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**, in partnership with

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This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+

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FOR IMMEDIATE RELEASE: SARA C. MEDNICK, Ph.D.

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Monday, April 25, 2022, 7:00-8:00 PM, The Power of the Downstate: Recharge Your Life Using Your Body's Own Restorative Systems, a FAN webinar featuring Sara C. Mednick, Ph.D. in conversation with Karen Dobkins, Ph.D.

REGISTER: www.bit.ly/MednickFANWebinar

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *The Power of the Downstate* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Mednick and Dobkins that will start immediately after the webinar. Details on the webinar registration page.

We'd all like to bring more energy, sharper thinking, and balanced moods to our days. In her fascinating, science-based new book, *The Power of the Downstate: Recharge Your Life Using Your Body's Own Restorative Systems*, Sara Mednick, Ph.D. draws on the latest research to show how we can access the most replenishing and repairing aspects of sleep through activities and moments that happen in our mornings, afternoons, and evenings by diving into what Prof. Mednick calls "downstates." While most of us find our lives full of "upstate" moments that rev up our engines, keeping us in the fight-or-flight stress response for too long, she argues that it's critical for our health, well-being, and cognitive longevity that we learn how to bring ourselves back to the downstate.

A world-renowned scientist, Prof. Mednick, professor of psychology at the University of California, Irvine, is the director of the Sleep and Cognition (SaC) Lab, which investigates the mind and body mechanisms that support performance improvement. She draws on her original findings—and those of others in many fields of medicine—to create a comprehensive picture of the upstate/downstate rhythms that orchestrate all our bodies' vital systems, along with a novel theory that aging is caused by spending less and less time in downstate activities.

Prof. Mednick will be in conversation with **Karen Dobkins, Ph.D.**, professor of psychology and neuroscience at the University of California, San Diego and the director of the Human Experience and Awareness Lab ([HeaLab](#)). Prof. Dobkins's research focuses on mindfulness, compassion, embodiment, and human connection, all with the goal of improving well-being in an era when depression and anxiety run rampant.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

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