



# The Sleep-Deprived Teen: Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive

**Lisa L. Lewis, MS**

Parenting journalist covering the intersection of parenting, public health, and education, and author of *The Sleep-Deprived Teen*.

**Melinda Wenner Moyer**

Award-winning science journalist and author who writes the weekly Well newsletter for *The New York Times*.

**Thursday, September 29, 2022, 7:00 PM Central (on Zoom)**

**Register: [www.bit.ly/LewisFANWebinar](http://www.bit.ly/LewisFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of *The Sleep-Deprived Teen* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Ms. Lewis and Ms. Wenner Moyer.

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

Baker Demonstration School, Barrington D220, Beacon Academy, Catherine Cook School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Loyola Academy, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Laboratory Schools Parents' Association, Winnetka D36, Wolcott College Prep, and Woodlands Academy.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ [familyactionnetwork.net](http://familyactionnetwork.net)

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FOR IMMEDIATE RELEASE: LISA L. LEWIS, MS – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Thursday, September 29, 2022, 7:00-8:00 PM, [The Sleep-Deprived Teen: Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive](#), a FAN webinar featuring Lisa L. Lewis, MS, in conversation with Melinda Wenner Moyer.

REGISTER: [www.bit.ly/LewisFANWebinar](http://www.bit.ly/LewisFANWebinar).

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

Teenagers are overloaded, strapped for time, and often asked to wake far earlier than they should because of school start times. It's no surprise they're sleep-deprived as a result, with far-reaching consequences. Parenting journalist **Lisa L. Lewis, MS**, who helped spark the first law in the nation requiring healthy school start times for adolescents, has written an actionable guide for parents who want to help their exhausted teens. In *The Sleep-Deprived Teen: Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive*, Ms. Lewis synthesizes the research to provide parents of teens and tweens with reader-friendly information and strategies, including information on the science of why sleep matters and how it changes during the teen years; an overview of how sleep affects mental health, academics, athletic performance, and more; a primer on how gender, sexual identity, socioeconomic status and race and ethnicity can affect sleep; a look at technology and sleep; and suggestions for making sleep-friendly changes at home and in schools.

Ms. Lewis reporting covers the intersection of parenting, public health, and education. She has written for *The Washington Post*, *The New York Times*, *The Atlantic*, and the *Los Angeles Times*, among others, and has a master's degree from the Medill School of Journalism at Northwestern University.

Ms. Lewis will be in conversation with **Melinda Wenner Moyer**, an award-winning science journalist and author who writes the weekly Well newsletter for *The New York Times*. Wenner Moyer is a contributing editor at *Scientific American* magazine and is a faculty member at New York University's Arthur L. Carter Journalism Institute.

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

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