



Courtesy of Isabel

PETER WALL INSTITUTE PRESENTS: INTERNATIONAL VISITING RESEARCH SCHOLAR

SLEEP2TREAT WORKSHOP: FRAMING THE DISCUSSION OF SLEEP PROBLEMS IN CHILDREN/YOUTH



Friday
Sept. 27, 2013
6:00 pm - 10:00 pm

Saturday
Sept. 28, 2013
8:30 am - 12:30 pm

UBC Robson Square,
Theatre, room C300
800 Robson Street, Vancouver

Sleep is vital for health and healthy living.

Healthcare standards have not evolved to support children who experience severe and chronic sleep problems. Most of these children and their families are in desperate need of help.

The Children's Sleep Network is

advocating for a simple screening process in order to implement sleep assessments before prescribing behaviour-altering medications. This will help to prevent many emergencies and crises for patients, their families, and reduce stress on healthcare system as a whole. The Network believes that current clinical practice, which focuses exclusively on daytime behaviours and neglects sleep problems, has to change, and to do this needs the expertise of patients and families. The Children's Sleep Network is interested in family perspectives, healthcare ethics & advocacy and crisis prevention.

Join the discussion and help us gain a deeper understanding of the complex consequences of neglected sleep problems. This workshop is free of charge and open to the public.

For more information, please see: <http://www.childrenssleepnetwork.org/WP/next-steps/sleep2treat-conference/> or Facebook.

Dr. Karen Spruyt

is an International Visiting Research Scholar at the Peter Wall Institute and an Assistant Professor in Developmental Neuropsychology at the Faculty of Psychology and Educational Sciences, Vrije Universiteit Brussel (VUB), Belgium.



She has been working with Dr. Osman Ipsiroglu and Dr. Sylvia Stockler from UBC's Department of Paediatrics on the life trajectories of children with Fetal Alcohol Spectrum Disorder (FASD) and on the impact of sleep problems and psychotropic medications on restless day and nighttime behaviours.

As part of the *Sleep2Treat Workshop*, Dr. Spruyt will be delivering a **keynote lecture** on **Friday, September 27, 2013 from 6:15 pm to 7:00 pm.**



Children's Sleep Network



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

