

parent ed speaker
on **sleep**

at **the pac**
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change your sleep change your life
thursday february 5
7 at night



featuring



dr. devin prouty, ph.d

- improve your family's sleep habits, health and happiness
- the science of sleep for teens and parents
- cultural and societal sleep norms
- the impact of sleep on school, sports, jobs, and relationships

dr. devin prouty does research on sleep about both normal human development and disease states for sri- international's human sleep research program. he works with adolescents and families in his private practice, granite psychology. dr. prouty has extensive experience with learning and autism spectrum disorders.
visit: www.granitepsychology.com