

## The Sleep Connection

### *Sleep for Better Health, Resilience and Performance*



#### Lisa Maltman Bio

Lisa is passionate about healthy sleep and concerned about the fact that over 30% of primary school children and 70% of teenagers are sleep deprived. This having is significant consequences on many areas of their lives such as learning and academic performance along with their emotional and mental health.

*The Sleep Connection* was established by Lisa to meet the growing need to educate students, teachers and parents in schools on the importance of sleep health. She collaborates with key Australian adolescent sleep specialists and psychologists from the Woolcock Medical Institute in Sydney which is world-renowned in the area of sleep research.

The aim of the evening is create awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives. Parents will be empowered with the knowledge, practical strategies and tools to make informed decisions regarding sleep health and pathways to treatment for those who require professional help.

Lisa looks forward to sharing the “*Sleep for Better Health, Resilience and Performance*” message with you.

