



The West Chester Area School District Presents

# Dr. Wendy Troxel

Certified Behavioral Sleep Medicine Specialist



**When: Thursday, September 12, 2019**

**Where: Rustin High School**

**Time: 6:30 pm**

With school start times in the national spotlight, the West Chester Area School District is committed to examining how lack of sleep can negatively impact student health & performance. Join us for a conversation with Dr. Wendy Troxel to learn more about the importance of sleep for adolescents.

Dr. Troxel's research and clinical work is internationally recognized and has been featured by major news outlets, including WSJ, NY Times, ABC News, and National Geographic.

Visit Dr. Wendy Troxel's webpage for more information at <http://bit.ly/TroxelatWCASD>

Click here for Dr. Troxel's TEDx talk on adolescent sleep that has been viewed over 1.6 million times.