

## “Solving the Mystery of Sleep: Patterns, Habits, & Tools”

Why does the amount of sleep you need change from childhood into adulthood? Do sleep apps really work? Learn about the basics of sleep physiology, developmental changes in sleep needs and patterns, health risks of inconsistent bedtime habits, and proven tools and practices for sleep enhancement.

**Pamela Swift, Ph.D.**, is an assistant professor and co-director of the Clinical Psychology Internship Program at the Vermont Center on Children, Youth, and Families in the Department of Psychiatry at the University of Vermont Larner College of Medicine. She received both her master of science and doctoral degrees from West Virginia University. Currently, Swift teaches two UVM undergraduate courses – “The Science of Sleep” and “Your Brain on Drugs” – and conducts research in the Hudziak Lab for the Vermont Family Based Approach in Pediatric Healthcare study, consulting on sleep tracking and assessment in undergraduate students. A licensed psychologist, Swift has completed extensive training in sleep strategies and treating insomnia and has presented on the topic at numerous conferences, including at the Child Psychiatry in Primary Care Conference.

### NOTES

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