

GENERATION SLEEPLESS



Why **TWEENS** and **TEENS**
Aren't Sleeping Enough and How
WE CAN HELP THEM

HEATHER TURGEON, MFT, and JULIE WRIGHT, MFT

Authors of *THE HAPPY SLEEPER*

Foreword by **DANIEL J. SIEGEL**,
NEW YORK TIMES BESTSELLING AUTHOR OF *BRAINSTORM*

Book Discussion

IN COOPERATION WITH FARMINGTON VALLEY HEALTH
DISTRICT AND EAST GRANBY YOUTH SERVICES

Protect your teen's mental health—start with better sleep.

From the authors of *The Happy Sleeper* comes *Generation Sleepless*, a groundbreaking guide that reveals how chronic sleep deprivation is fueling anxiety, depression, and stress in today's teens. Backed by science and filled with practical tips, this must-read shows parents how to help their teens reclaim healthy sleep in a world of screens, academic pressure, and early school hours.

Empower your teen to thrive—one good night's sleep at a time.

THURSDAY, JULY 24, 2025
6:30 PM

MORE INFO :

860-653-3002
www.egpl.org



EAST GRANBY
PUBLIC LIBRARY



East Granby
Youth Services