

# 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  
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