

**Time-Ordered Agenda for
Sleep and the Developing Brain**

Instructor: Lori Benson Adams, MEd

Time (minutes)	SLP-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Introduction/goals	lecture
10	Purpose of sleep/sleep facts	Lecture, examples
15	Stages of sleep, circadian rhythm, sleep disturbance in children	Lecture, examples, discussion
15	Sleep hygiene	Lecture, examples, discussion
10	Sleep Tips, including seeking medical support	lecture
5	Review and Q/A time	discussion
60	TOTAL RUN TIME	