



## Adolescent Sleep: From Brain to Social Policy

**Co-hosted by the UC Adolescence Consortium**

**Wednesday, April 15th**

**12:00 - 1:00pm**

**In light of the community concerns regarding COVID-19, this talk will be given as a webinar. The link will be provided on Tuesday, April 14<sup>th</sup> to those that have registered by 5:00 pm on Monday, April 13<sup>th</sup> at [uccs.ucdavis.edu](https://uccs.ucdavis.edu).**

*According to the National Sleep Foundation, up to 90% of adolescents in the United States do not receive the sleep they need. Sleep is a strong predictor of adolescent health and wellness, affecting mental health, physical health, and academic performance. Drawing from the most recent research, we will briefly summarize the science of adolescent sleep, its relation with socioemotional and brain development, and clinical implications. We will also discuss the importance of taking an integrative science approach to arrive at impactful policies that impact the lives of young people.*



**Adriana Galván** is a Professor of Psychology and the Director of the Developmental Neuroscience Lab at the University of California, Los Angeles. Her research focuses on adolescent brain development and behavior. She received her B.A. from Barnard College, Columbia University and her PhD in Neuroscience from Cornell. In addition to maintaining an active lab, she regularly speaks to the public about psychology and neuroscience. She is the recipient of the APA Boyd McCandless Early Career Award, the William T. Grant Scholars Award, a Network Scholar of the MacArthur Foundation Research on Law and Neuroscience, the 2015 Distinguished Teaching Award from the UCLA Psychology Department, the 2016 APA Distinguished Scientific Award for Early Career Contributions, the 2016 Cognitive Neuroscience Society Young Investigator Award, and the 2019 Troland Award from the National Academy of Sciences. In 2018 she was a Fulbright Scholar at the University of Barcelona and in 2019 she was awarded the Presidential Early Career Award for Science and Engineering.



**Andrew Fuligni** is a Professor in the Department of Psychiatry and Biobehavioral Sciences and the Department of Psychology. He also is a Senior Scientist in the Semel Institute for Neuroscience and Human Behavior. His research focuses on the interaction between sociocultural experiences and biobehavioral development among diverse groups of adolescents. Receiving his Ph.D. in Developmental Psychology at the University of Michigan, he was a recipient of the American Psychological Association's Boyd McCandless Award for Early Career Contribution to Developmental Psychology, a William T. Grant Faculty Scholars Award, a FIRST award from NICHD, and he is a Fellow in the American Psychological Association and the Association for Psychological Science.



**Ron Dahl** is the Director of the Institute of Human Development, and a professor in the School of Public Health at UC Berkeley. He is a pediatrician and developmental scientist with 30 years of experience in interdisciplinary developmental research. He has published more than 300 scientific articles in the areas of child and adolescent development, behavioral/emotional health in youth, adolescent brain development, and the public health/policy implications of this work. He is also the founding director of the Center for the Developing Adolescent.