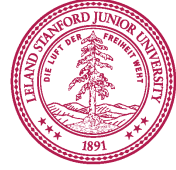


Does Your Teen Have Trouble Sleeping?



The Department of Psychiatry at Stanford University is currently conducting a study to **help teens go to bed earlier and wake up earlier**. The treatment involves use of a light device that is placed by the child's bedside and flashes periodically throughout the night. Treatment also involves four (4) weekly sessions of talk therapy focused on education about sleep and improving sleep quality.

Who can participate?

Teenagers ages 14-18 who:

- Are enrolled full-time in 9th-12th grades
- Have difficulty falling asleep and waking up in the morning
- Are not currently taking any medications for sleep
- Desire to go to bed at an earlier time
- Don't sleep only in the prone (face-down) position

What is required?

- Six visits to Stanford University (an initial visit, four weekly sessions of talk therapy, and a post-treatment visit)
- Completing a sleep diary daily for five weeks

Whom do I contact?

Stanford Teen Sleep Study Staff
teensleep@stanford.edu
(650) 725-7767