

Community Education Service



Improving emotional health and wellbeing

Sleep Matters: Understanding and Supporting Teen Sleep

Mary MacLeod, MSc, Community Health, Cumming School of Medicine;
Director of Research, Family Sleep Institute; Founder of De Somno; Member of
International Pediatric Sleep Association, Behavioural Sleep Medicine Association,
and International Association of Child Sleep Consultants.

Teen sleep is biologically different from child or adult sleep. This session highlights what affects healthy sleep and offers actions that can help improve sleep in this age group influencing learning, mood, mental health, decision-making, and overall wellbeing.

March 10, 2026
6:30 pm - 8:00 pm

[Click here to register](#)

FREE

[online event](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta**.