Something to sleep on: Sleep and sleep disorders
Iris Perez
Associate Professor of Clinical Pediatrics, Keck School of Medicine

Abstract
Sleep is important for overall health and well-being. Sleep deprivation can result in cardiovascular, metabolic, and immunologic problems as well as mood instability, impaired attention and memory, and academic underachievement. College can expose young adults to conditions that put them at risk for insufficient and poor quality sleep. This micro seminar will address the importance of sleep, discuss strategies to achieve healthy sleep among college students, and sleep disorders seen in young adults. By the end of the first day, attendees will understand:
1. Normal sleep across lifespan with emphasis on young adults
2. Factors that predispose to insufficient and poor sleep
3. Consequences of sleep deprivation
4. Strategies to promote healthy sleep habits

On the second day, the discussion will focus on:
1. Identification of sleep disorders in young adults
2. Representative sleep disorders such as insufficient sleep, circadian sleep disorder, narcolepsy, and obstructive sleep apnea

Faculty Biography
Dr. Iris Perez is an Associate Professor of Clinical Pediatrics at the Keck School of Medicine of USC. She is an attending pulmonologist and sleep medicine specialist in the Division Pediatric Pulmonology and Sleep Medicine at Children's Hospital Los Angeles and is the Associate Director of the Sleep Medicine Fellowship Program at USC. She is actively involved in sleep research and education and is a research mentor to undergraduates and medical students.