



***Schedules, Stress and the  
Snooze Button:  
Common Sleep Issues & How  
to Troubleshoot***

Presented by Dr. Innessa Donskoy

Friday, November 20th

9:00-10:30am

**REGISTER NOW!**

Webinar link will be emailed to all registered participants on Thursday, November 19th.  
This program will be recorded.

Join us to learn about more about sleep and ways to improve your sleep habits and those of your children. Dr. Donskoy will:

1. Introduce the basics of why and how we sleep
2. Describe natural sleep drivers and patterns
3. Highlight common culprits for sleep issues (pandemic or not!)
4. Discuss the complex way that stress impacts sleep and vice versa
5. Introduce concepts to help address sleep disturbances and prevent new ones

Q and A following the presentation

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For more information contact Nancy Seiler at [nseiler@wolcottschool.org](mailto:nseiler@wolcottschool.org).

**Dr. Innessa Donskoy** is a pediatric sleep medicine physician at Advocate Children's Hospital in Illinois. She completed her Pediatric Residency at the University of Illinois at Chicago and her Sleep Medicine fellowship at the McGaw Medical Center at Northwestern University & Ann Robert H. Lurie Children's Hospital. Dr. Donskoy sees patients from early infancy to late adolescence and treats a range of sleep disorders. She prefers to use a collaborative family centered approach to patient care, empowering patients and their caregivers to understand and optimize their own sleep health. She spends most of her free time trying to keep her own little monkeys from jumping on the bed.

The **Tyree Institute at Wolcott College Prep** provides outreach programming on adolescent development, educational practices, and learning differences as well as educational services, including psycho-educational testing and college counseling.

For more information about educational services, contact Linda Jamrozy at [ljamrozy@wolcottschool.org](mailto:ljamrozy@wolcottschool.org). visit us at [wolcottschool.org](http://wolcottschool.org)