

Aspergers and Sleep Seminar



Associate Professor Amanda Richdale is a psychologist and principal research fellow at the Olga Tennison Autism Research Centre (OTARC) at La Trobe University. She currently leads the Autism CRC Longitudinal Study of School Leavers with Autism (SASLA). Amanda's work has covered a broad range of areas related to autism and developmental disabilities over many years. She has a particular interest in sleep and sleep problems.

In this talk, Amanda will give an overview of sleep in Aspergers and autism, especially more recent work she and her students and colleagues, at OTARC and elsewhere have been doing. This will include the kinds of sleep problems that most commonly occur in children, adolescents and adults with autism or Aspergers such as difficulties falling and staying asleep, waking too early and insufficient sleep, their possible causes, their impact on people with autism or Aspergers and their families, what can be done to treat poor sleep, and a new intervention program her team is beginning to trial for adults.

You can read more about Amanda's research, OTARC and SASLA at <https://scholars.latrobe.edu.au/display/arichdale> <https://www.latrobe.edu.au/otarc> and <https://www.autismcrc.com.au>

Who should attend? Teens and Adults with Aspergers, Parents and Partners

What will you learn? Latest research and practical strategies

DATE: Tuesday 30th October July 2018
TIME: 7:30 – 9:00 pm, followed by tea & coffee. Doors open at 7 pm
VENUE: The Nerve Centre, 54 Railway Road Blackburn, VIC 3150
COST: \$25 Members \$40 non-members*
TO BOOK: <https://aspergersvic.org.au/event-2950204>

Travel: Free parking is available in the car park behind the venue and in surrounding streets. Or take the Lilydale or Belgrave Line train to Blackburn and walk 5 mins along Railway Ave. Several buses also service Blackburn station.

Registrations close 5 pm, Monday 29th October. Please book early to avoid disappointment.

*Not a member? Join Aspergers Victoria online <https://aspergersvic.org.au/join-us>.

Please note: Photographs may be taken at this event and used by Aspergers Victoria for promotional purposes. If you do not wish you or your child's image to be used please contact us at admin@aspergersvic.org.au. Event terms and conditions can be found at

<https://aspergersvic.org.au/events-tandc>
www.givenow.com.au/aspergersvictoria



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