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EMPOWERMENT



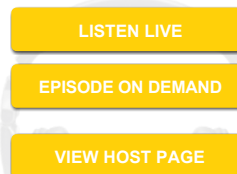
House Calls
Thursday at 4 PM Pacific
October 17th 2019: Sweet Dreams

Getting enough rest is vital to a long and healthy life. Sleep is particularly important for children and often a hot-topic for those who live with them. Dr. Connie will be delving into the subject of sleep in this month's episode, joined by pediatric sleep psychologist, Dr. Lynelle Schneeberg. Dr. Schneeberg will share advice from her new book, *Become Your Child's Sleep Coach: The Bedtime Doctor's 5-Step Guide, Ages 3 – 10*.



Tune in

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Featured Guest

Guest Image

Dr. Lynelle Schneeberg

Dr. Lynelle Schneeberg is a pediatric sleep psychologist, an assistant professor at the Yale School of Medicine, and the director of the behavioral sleep program at Connecticut Children's Medical Center.

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