

**FOR IMMEDIATE RELEASE**

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**BOCA RATON PUBLIC LIBRARY AND FAU DIVISION OF RESEARCH  
PRESENT “SLEEP: WHY WE NEED IT AND HOW TO GET IT”  
WITH CHRISTINE SPADOLA, PHD  
AUGUST 15, 2019, 2:00–3:00PM, DOWNTOWN LIBRARY**

BOCA RATON, FL (July 18, 2019) – Did you know that sleep underlies all aspects of physical and mental well-being? Join Florida Atlantic University’s Christine Spadola, Ph.D., as she shares the latest information and research in “Sleep: Why We Need It and How to Get It.” In this free presentation at the City of Boca Raton’s Downtown Library, Dr. Spadola will uncover everything you need to know about the science of sleep, including recommended sleep duration, and modifiable behaviors that can improve your sleep.

Dr. Spadola is a Licensed Mental Health Counselor with more than 15 years of clinical and behavioral research experience. She completed a postdoctoral research fellowship in the Division of Sleep and Circadian Disorders at Harvard Medical School and Brigham and Women’s Hospital. She has conducted several community-based sleep research projects, and was awarded a health disparities enrichment award from Harvard University to present her research findings at the 2018 Annual Meeting of the Associated Professional Sleep Societies. Her research interests span sleep, mental health promotion, substance abuse, and mindfulness.

The “FAU Research in Action” series is a yearlong collaboration between Florida Atlantic University’s Division of Research and the City of Boca Raton Libraries in which researchers share their innovative work and seek input from the community. Oyuki De Santiago Poletz, Program Services Librarian, notes, “Boca Raton is fortunate to have an active research university in our own backyard. This series is an excellent opportunity for our residents to engage with the experts at Florida Atlantic University and contribute to the direction of ground-breaking research.”

“Sleep: Why We Need It and How to Get It” is free and open to the public. Register through the calendar at [bocalibrary.org](http://bocalibrary.org) or call the library at 561-393-7852.



The Boca Raton Public Library provides outstanding library services, resources, and programs that meet the educational, recreational, cultural, and informational needs of library users in its two locations.

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