



Sleep education and awareness: an overlooked tool for improving attendance, behavior, academics, and productivity.

773-705-1370

Unlock Student Success with SleepCentric

SleepCentric helps schools boost attendance, academics, safety, and student well-being through sleep education.

We deliver engaging, research-based sleep literacy campaigns with:

- Eye-catching posters and online resources
- Workshops for students, staff, and parents
- Interactive contests
- Professional development

The Impact of Sleep Literacy

Healthy sleep is one of the most effective tools to improve attendance, behavior, and academic performance. Students who get the recommended 8–10 hours of sleep thrive in school and in life.

Our Goals

- Improve attendance & punctuality
- Strengthen academic performance
- Support better behavior & classroom climate
- Equip parents with practical tools
- Offer customized, evidence-based, easy-to-implement solutions
- Deliver long-term health and success

Ready to help your students succeed? Partner with SleepCentric to implement proven sleep education programs.

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