

# Free Education Webinar!!

Dandle•LION Medical is inviting you to an online webinar with 1.0 FREE nursing CE credit.

## Topic:

Sleep and the Developing Brain:  
Introducing a Practical Assessment Tool

**When:** Friday, October 14<sup>th</sup>, 2011

**Time:** 0900 Pacific Time /1200 Eastern



During this one hour webinar we will review the latest research on the physiologic phenomenon of neonatal sleep and the identification of sleep-wake states in preemies and newborns. Mary will also introduce a new, evidence-based Sleep Wake Assessment Tool (SWAT) that will help clinicians at the bedside adapt their care to promote optimal sleep. Until recently, little was known about neonatal sleep and the effect of sleep deprivation on the developing neonatal brain, but the mounting evidence requires that every clinician in the NICU understand the impact of quality of sleep during the NICU stay and beyond.

## Our Learning Objectives:

1. Describe two differences between active and quiet sleep
2. List three physiologic processes that can be positively or negatively impacted by sleep

## Our Presenter:

**Mary Coughlin, RN, MSN, NNP-BC** started her nursing career in 1982 in the USAF Nurse Corp. As her military assignments diversified she discovered the field of neonatal nursing, which has become her passion. After seven years of active duty service, Mary transitioned to civilian practice in the NICU at the Brigham and Women's Hospital in Boston MA.

Additional roles and practice settings include adjunct faculty, international corporate educator, international speaker, published author, Director of Professional Practice, Education & Research and entrepreneurial pursuits that have brought her to her current position as President and Global Education Officer with Caring Essentials Collaborative.

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