

Webb Happenings Newsletter

Corri Nastasi, Principal

corri.nastasi@myhpsd.org

248-658-5900

January 13, 2025



Important Dates

- 1/15/25 - Bagel Day - Bagels are \$1.25 each
- 1/20/25 - No School - Professional Development Day for staff
- 1/23/25 - Webb Science Nonfiction Night 5:30-7:00
- 1/24/25 - Half Day/Records Day - students dismissed @ 11:20AM
- 1/27/25 - Kindergarten Information Night 6-7PM
- 1/29/25 - Report Cards go home
- 1/30/25 - January Student of the Month Breakfast - 7:30AM
- 2/3/25 - Webb PTA Meeting 3:30PM in the Media Center
- 2/13/25 - Webb Talent Show
- 2/14/25 - Half Day of School - students dismissed @ 11:30AM
- 2/17-2/21/25 - Winter Break - NO SCHOOL

From the Principal

Dear Webb Families,

Last week in my letter I talked about the importance of sleep. This week I want to let you know that we will be completing the standardized testing we do three times a year called I-Ready. Over the next two weeks, students will be tested in both math and reading. It is very important that your child does his/her best on this test. This information helps determine what types of supports students may or may not need and how they are responding to instruction. Please be sure to talk to your child about doing his/her best. We would also appreciate the students getting good rest this week so they are able to be at their very best. Thanks for all you do to support us here at Webb.

If you have any questions or concerns, please feel free to reach out to me via email; corri.nastasi@myhpsd.org or by phone; 248-658-5900.

Sincerely,

Corri Nastasi

Principal, Webb Elementary

P.S. Please check out the article below about the importance of sleep. There is some important information that may be helpful to your family.

YMCA SportPort

Our next YMCA after school event will be on Thursday, January 16th. Here is the link:

https://anc.apm.activecommunities.com/ymcadetroit/activity/search/detail/105902?onlineSiteId=0&from_original_cui=true

#BelikeJacob

On Friday, Webb had the pleasure of being presented with some brand new rotating bookshelves and books to fill them for our library. The #BelikeJacob foundation donated these to Webb in memory of former Webb student, Jacob Ayers. His mom, Ann, as well as our school librarian, Laura Brown, who knew Jacob from Webb, spoke to the students about Jacob and his love of reading. We are so very grateful for this gift. I have included a flyer for a bowling fundraiser for this program. If bowling is something you enjoy and you are up for it, it would be great to have some support from our Webb families.

Webb Talent Show

It's time for the annual Webb Talent Show. Please see the information below about the first meeting for any students that are interested in participating.



Talent Show

Dates to Remember:



- **Auditions:** Wednesday, Jan. 15th 3:30- 4:30
(Once you sign up you will get a time for an audition)
- **Talent Show Practices:** Wednesday Jan. 22nd, 29th, Feb 5th, and Feb 12th. Must be able to attend the practices in order to participate.
- **Talent Show Evening Performance:** Thur. Feb 13th 6:00 pm at the Hazel Park High School for families.

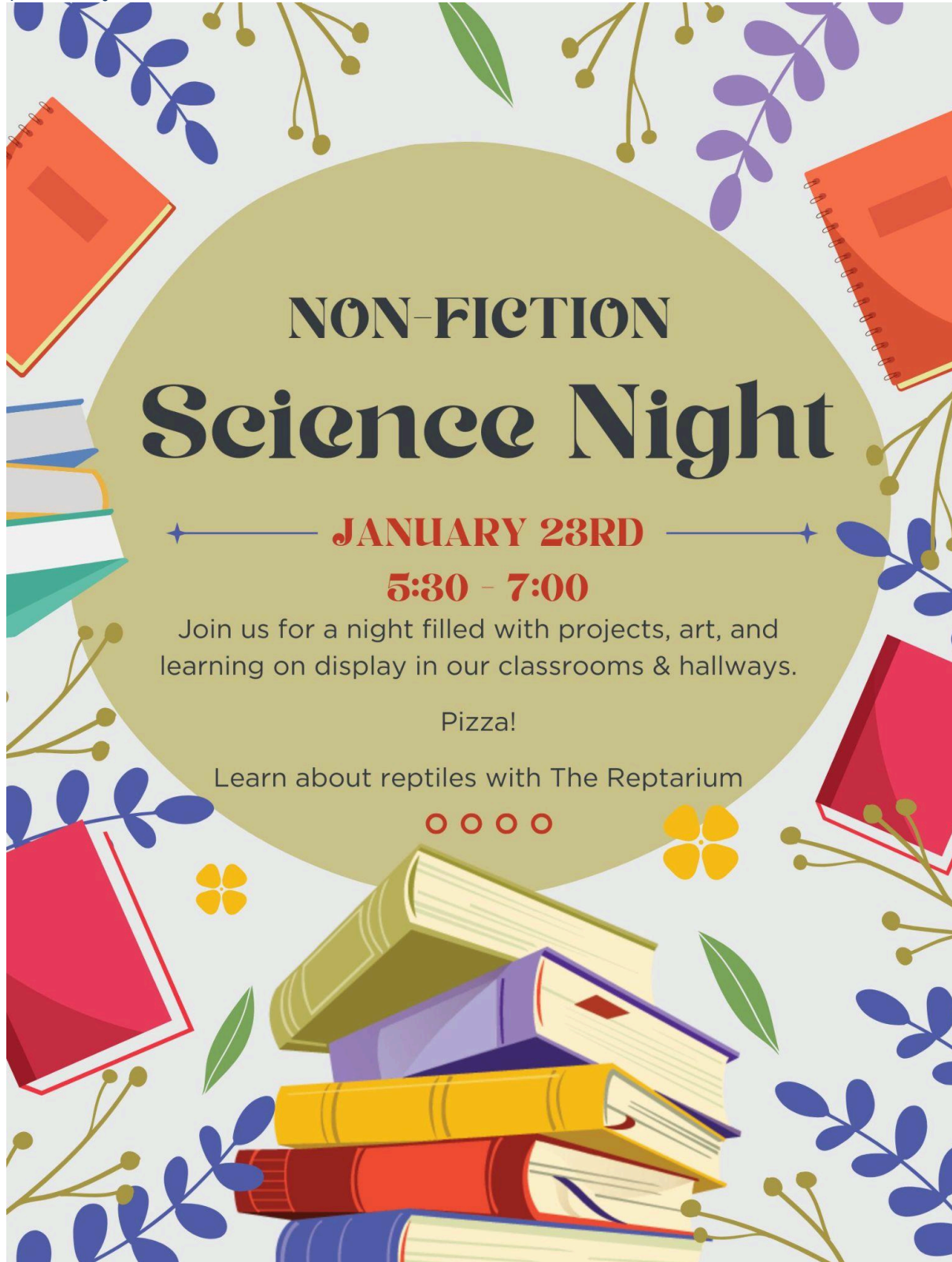
**** Keep this note at home as your reminders ****

Webb Bus

The bus that travels to Webb will now be available for students outside of the Webb school attendance area. Any students wishing to ride the bus from outside the Webb area should reach out to Gina at (248)658-5948 to make sure there is availability. Please keep in mind that you will have to join one of the established Webb stops. The bus will NOT be adding stops or traveling outside of the Webb area. You must be registered to use the bus, so please reach out to Gina to set it up if you would like your child(ren) to join.

Non-Fiction Science Night

The Webb students have been working very hard during the 2nd quarter reading non-fiction and researching different topics to create presentations to share. On Thursday, January 23rd, we are inviting all of our Webb families in to see these amazing projects. We will provide a pizza dinner and have an exciting animal presentation from the Reptarium. The PTA will be raffling off some Detroit Zoo family memberships as well! We hope you will join us for this event.



Junior Vikings

The City and School District are working together to enhance youth athletics, and the Junior Vikings are seeking [a new board member](#) and [coaches for the summer and fall football program](#). All coaches must be approved annually by the Board. If you or someone you know is interested, please share the links provided.

January Lunch Menu

January 2025					Webb Elementary
					Lunch
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1	2	3	
6	7	8	9	10	
Lunch • Cheese Lasagna Rollup • Jumbo Crispy Chicken Tenders • Turkey Ham & Cheese Sandwich	Lunch • Sweet & Sour Chicken • Cheese Stuffed Breadsticks • Marinara Sauce • EZ Jammer Wowbutter & Jelly Sandwich	Lunch • Mini Chicken Corn Dogs • Breaded Chicken Drumstick • Muffin, Yogurt & Cheese Fun Lunch	Lunch • Boneless Chicken Wings • Toasty Cheese Sandwich • Popcorn Chicken Salad • Flatbread	Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich	
13	14	15	16	17	
Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	Lunch • Jumbo Crispy Chicken Tenders • Southwest Queso Pull Apart • Salsa • EZ Jammer Wowbutter & Jelly Sandwich	Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Yogurt & Cheese Fun Lunch	Lunch • Personal Cheese Pizza • Hot Turkey Ham & Cheese Bagel • Popcorn Chicken Salad • Flatbread	Lunch • Chicken Parmesan • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich	
20	21	22	23	24	
	Lunch • Classic Cheeseburger • Marinara Sauce • Cheese Stuffed Breadsticks • EZ Jammer Wowbutter & Jelly Sandwich	Lunch • Mini Chicken Corn Dogs • Breaded Chicken Drumstick • Whole Grain Dinner Roll • Muffin, Yogurt & Cheese Fun Lunch	Lunch • Chicken Patty • Fiestada Pizza • Popcorn Chicken Salad • Flatbread	Lunch • Chicken & Cheese Quesadilla • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich	
27	28	29	30	31	
Lunch • Macaroni & Cheese • Fiestada Pizza • Turkey Ham & Cheese Sandwich	Lunch • Beef Taco Meat • Southwest Queso Pull Apart • EZ Jammer Wowbutter & Jelly Sandwich	Lunch • BBQ Oven Roasted Chicken Drumstick • Bacon Cheeseburger • Muffin, Yogurt & Cheese Fun Lunch	Lunch • Chicken & Cheese Quesadilla • Turkey Ham & Cheese Bagel Melt • Popcorn Chicken Salad • Flatbread	Lunch • Jumbo Crispy Chicken Tenders • Whole Grain Dinner Roll • Classic Pepperoni Pizza • EZ Jammer Wowbutter & Jelly Sandwich	

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

Kindergarten Information Night

Do you have a student or know of one who will be five before September 1st? Webb Elementary will be holding our annual Kindergarten Open House on January 27th from 6:00-7:00PM for all incoming kindergarten & Young 5's students. This is a great opportunity for the families and students to come in and meet the teachers, see the school/classrooms and learn about all of the wonderful educational opportunities Hazel Park has to offer.

Cold Weather

Although the weather has taken a warm turn, we are getting closer to winter so we want to remind you about the importance of sending your child to school with warm jackets, etc. We try to go out for recess as much as possible so the students get some fresh air and exercise. The cutoff temperature is 20 degrees with wind chill factored in. Please make sure that your child brings appropriate gear to school to keep them warm during outside recess. If there is snow on the ground the students will ONLY be allowed to play on the playground if they have winter boots on. If they don't have boots they must stay on the sidewalk area. We do have some donated winter items if your child is in need - reach out to the school office to see if we have any items that would fit.

Life Club

Hi Families! This is a reminder that Life Club, Session II will begin on Tuesday, January 14th. It is primarily for students in grades 2 and 3; however, it is open to students of every age. Students may only attend one of the four week sessions. If you need a permission slip, please send an email, and I will send one home with your student.

Session II, **Grades 2-3**: Jan 14, Jan 21, Jan 28, Feb 4

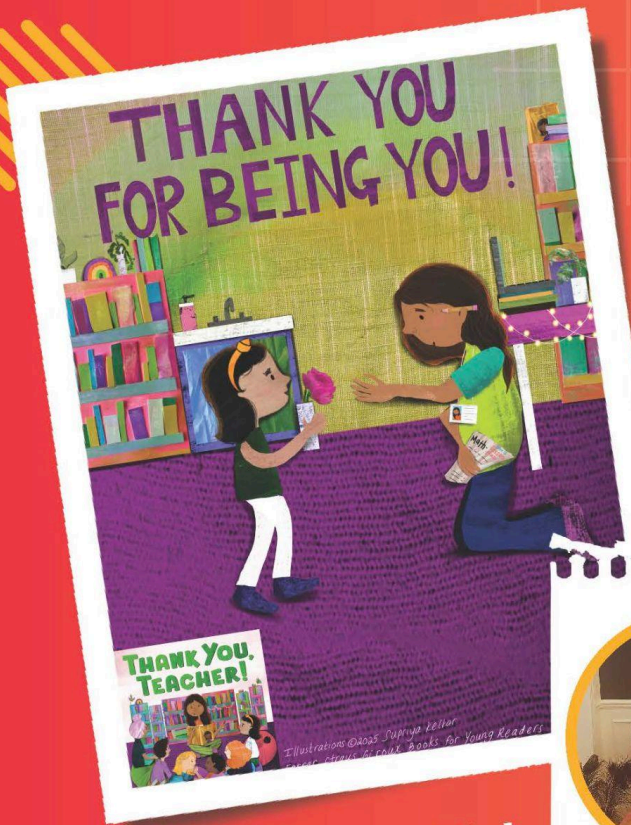
Session III, **Grades K-1**: Feb 25, March 4, March 11, March 18

Thanks! Mrs. Tompkins

susan.tompkins@myhpsd.org

Webb Holiday Concert

What a great holiday concert we had with our Y5's through 2nd grade students in December before the holiday break! Here is a link to the concert for those that are interested: <https://youtu.be/n6GCRokATCI>



multilingual AUTHOR Visit



Supriya Kelkar

- Register [HERE](#)
- Submit questions for the author in advance [HERE](#)

Tuesday, January 21st
6:00-7:00 p.m.
on Zoom!



#BELIKEJACOB

A cause close to our heart



Please Contact
Ann Ayers
248.259.1687
OR
Tammy Martin
248.982.1514
For more information



JOIN US FOR
BOWLING,
PIZZA, 50 50,
PAINT STICKS
AND FUN!

5th ANNUAL

BOWLING FUNDRAISER

9-PIN NO TAP

Please see all of the
amazing things we are
doing on our website



- Gift Basket Raffle
- Lane Sponsorships
 - Lane Sponsor - \$50: your name on the lane, our Facebook and website www.BeLikeJacob.org!
 - Package Deal - \$175: includes tickets for 5 bowlers plus lane sponsorship!

- 📅 February 18, 2025
- 🕒 Check in: 8:30 p.m.
Start: 9:00 p.m.
- 📍 Bowl One Lanes
1639 E. 14 Mile Rd
Troy, MI 48083
- 💰 \$30 per ticket*

*Ticket price includes 2 hours of bowling, shoes, 2 slices of pizza, and a pop



Hazel Park District Library

Moana Party

Tuesday, January 14
6:30 pm

*Get ready for Moana 2
with a fun filled evening of Moana
themed crafts, games and music!*



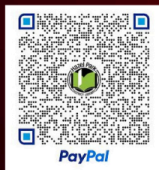
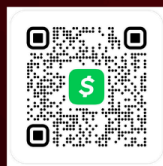
BINGO NIGHT

JANUARY 23, 6 - 8 PM

@ THE HAZEL PARK DISTRICT LIBRARY

Get ready to shout "BINGO!" and win some amazing prizes at this fun-filled fundraiser hosted by the Hazel Park Library Friends.

REGISTRATION REQUIRED! \$5 ENTRY FEE DUE AT SIGN UP*.



FOR MORE INFORMATION E-MAIL: HPMLIBRARY@GMAIL.COM

CALL: 248-546-4095

123 E 9 MILE RD HAZEL PARK, MI 48030

***ENTRY FEE IS NON-REFUNDABLE**

HAZEL PARK DISTRICT LIBRARY



FAMILY FUN NIGHT

TUESDAY, January 28, 6:30-7:30pm

COOKING FUN!

Ms. Sara is coming to teach the kids how to make homemade hummus.



123 E Nine Mile
Hazel Park, MI 48030
<http://hazel-park.lib.mi.us/>
248-546-4095

REGISTRATION IS REQUIRED.
THERE ARE ONLY 20 SPOTS.

REGISTER AT THE LIBRARY, BY PHONE, OR EMAIL.
248-546-4095, hpmlibrary@gmail.com

Hazel Park Library Friends

BOOK SALE

February 10-15

Monday 10-6
Tuesday 12-8
Wednesday 12-8
Thursday 12-8
Friday 10-6
Saturday 12-4



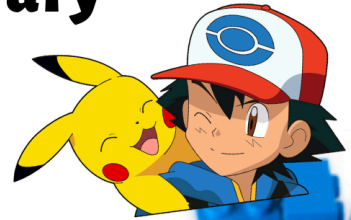
123 E 9 Mile Rd
Hazel Park, MI 48030

FUNDS RAISED FROM THIS BOOK SALE SUPPORT PROGRAMMING
AND THE PURCHASE OF NEW MATERIALS.

**FREE
PROGRAM**

Hazel Park District Library

POKÉMON & LEGO CLUB



**January 7, February 4, March 4, April 1
6:30PM**



**Legos, craft & games, oh my!
We will build with Legos and display our masterpieces
in the Library. Bring your Pokemon cards. You can
battle with friends, play the card game and do crafts.**

Hazel Park District Library

Tiny Tales Storytime

Free!



123 E Nine Mile
Hazel Park, MI 48030
<http://hazel-park.lib.mi.us/>
248-546-4095

Fridays 10:30am

Ages 0-5 (Older siblings are welcome)

We read stories, do fun fingerplays, sing songs, play, color, and letter recognition games. Sometimes we will be doing a craft that you can pick up from the library. Join us for a fun time and develop literacy, language, and social skills as well as positive associations with reading and the library.

(No Storytime February 14, 21, 28, April 18)



Hazel Park District Library

Wednesdays, 1:00 pm

Baby
Story Time

Free!



(Older siblings are welcome)

No Storytime February 12 & 19

Baby Story Time supports early literacy and language skills by encouraging singing, playing, talking, and shared reading. Join us for fun stories, finger plays, and snuggling in a welcoming environment! This FREE program is geared toward babies, but older siblings are welcome.



123 E Nine Mile
Hazel Park, MI 48030
<http://hazel-park.lib.mi.us/>
248-546-4095



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Children and Sleep

An introduction to the importance of sleep in children and how to help them sleep better

Updated November 8, 2023



Danielle Pacheco
Staff Writer



Dr. Nilong Vyas
Pediatrician



Fact-Checked



Up-to-Date

Sleep is an essential building block for your child’s mental and physical health. But if you’re finding it impossible to help your toddler sleep, you’re not alone. The American Academy of Pediatrics estimates that sleep problems affect 25 to 50 percent of children and 40 percent of adolescents.

Understanding their sleep needs is the first step towards providing better sleep for your children. Through a combination of sleep hygiene, age-appropriate routines, and close attention to any sleep disorders, you can help your child get the rest they need to grow up strong and healthy.

Why Is Sleep Important For Children?

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy ¹.

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How Much Sleep Does Your Child Need?



What Happens When Children Don't Get Enough Sleep?

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD². Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restriction can have effects on your child's day-to-day life.

According to the American Academy of Pediatrics (AAP), a quarter of children under the age of 5 don't get adequate sleep. This is worrying because poor sleep in early childhood has been linked to allergic rhinitis³ and problems with the immune system, as well as anxiety and depression⁴. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes⁵, and high blood pressure.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental health⁶. The American Medical Association, the US Department of Health and Human Services, and the American Academy of Pediatrics consider chronic sleep loss in adolescents to be a public health problem. It is a risk factor for substance abuse and mental health problems, as well as more immediate problems such as car crashes and sports injuries.

**Help Your Child Sleep Better
With Pediatric Sleep**

Coaching



OUR PARTNER AT SLEEPDOCTOR.COM

[Learn More](#)

★★★★★

"Life-changing! My anxiety about my son's sleeping habits were immediately reduced after talking to Sara. She went above and beyond to tailor a schedule to our goals, answer our questions, keep us on track, and check in to encourage us when we just thought we couldn't do it anymore."

Rachael B. – Verified Customer

Available for All Ages

Specialized coaching for babies, toddlers, preschoolers/kindergarteners, and school-age children.

Personalized Plan

Personalized sleep training plan based on the specific situation and needs of your family.

Unlimited Support

Access to pediatric sleep consultants who will answer any questions you have as quickly as possible.

Tips on How To Make Sure Your Child Gets a Full Night's Sleep

Sleep needs change as your child grows older, but whether you're dealing with a 2-year-old toddler or a stubborn teenager, research shows that a consistent bedtime routine ⁷ is helpful for making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include:

- Turning off computers, TV screens, video games, and other **bright lights**
- Putting on pajamas and brushing teeth
- Reading a light book, singing a lullaby, or taking a bath

- Picking a stuffed animal or security blanket for the night for toddlers

The best time to put your child to bed is when they're sleepy, not when they're already asleep. This helps them learn how to fall asleep on their own. If preschool children wake up in the middle of the night, walk them back to their bed. It's best not to let infants sleep in your bed, as co-sleeping increases the risk of [sudden infant death syndrome](#).

Sleep Hygiene Tips for Kids

Daytime habits also affect sleep. You can promote restful slumber in your children by following basic [sleep hygiene rules](#):

- Arranging a balanced schedule with interspersed periods of rest and play
- Keeping a regular bedtime
- Making the bedroom, and especially the [mattress](#), a no-screen zone, even during the day⁸
- Providing a [healthy diet](#)
- Setting the thermostat to a slightly [cooler temperature](#)
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, or using a white noise machine to mask outside sounds
- Avoiding caffeine, large meals, and sugary treats before bedtime, opting for a healthy bedtime snack if necessary

It's important to give your child regular exercise, but don't fall into the trap of exhausting your child to have them sleep better at night. More often than not, this will make them overtired and actually make it harder to fall asleep. Learn to recognize the special level of hyper that means your toddler is too tired, so you can put them to bed before things turn sour.

Sometimes, a bedtime routine is easier said than done. For two-parent households or siblings who share a room, bedtime may require extra logistics.

Sleep tips for babies: Because they have yet to develop a [circadian rhythm](#), very young babies rarely sleep through the night, and that's ok ⁹. If they don't fall back asleep naturally, try soothing them by talking or with touch, without picking them up. If they continue to cry, they may be hungry or need their diaper changed. Quickly and quietly fix the problem, using only a nightlight if possible, and calmly leave the room.

Sleep tips for toddlers: Young toddlers have a sleep schedule supplemented by napping ¹⁰ during the day. Toddler sleep problems are compounded by separation anxiety and a fear of missing out, which translates to stalling techniques and stubbornness at bedtime. You can cut down on these complaints by giving them control over minor choices like which pajamas to wear or which book to read. Try to be patient, firm, yet loving because power struggles are likely to elicit a stronger response from them.

Sleep tips for school kids: Between academic, social, and extracurricular obligations, school-age children often have busy schedules that can make it difficult to get a good night's sleep. Wherever possible, try to follow a consistent schedule and a wind-down period before bed. To strengthen the association between the bedroom and sleep, have them do homework or other activities in another room where possible.

Sleep tips for teenagers: Teenagers are programmed to have a later circadian rhythm which can create a problem with school start times. You can help your teenager by acknowledging the increased demands on their time and working together to find a healthy sleep schedule that works with their lifestyle. Teenagers appear to imitate their parents ¹¹ to a certain extent when it comes to sleeping,

so one of the best things you can do to help them develop a healthy sleep pattern is to [keep one yourself](#).

The morning is important, too. Though it's tempting to let your kids sleep in on the weekends, this can disrupt their sleep schedule and make it harder to wake up during the week. Try not to overschedule extracurricular activities if you notice these having a detrimental effect on their sleep time.

If you're practicing healthy sleep hygiene and your child is still feeling sleepy or having trouble falling asleep or staying asleep at night, it might be time to visit a doctor to see if they have a sleep condition. You can also ask their teacher to keep you updated on their attention levels. Difficulty concentrating, hyperactive behavior, or learning problems may indicate they are not getting proper sleep.

14 Nights to Better Sleep

Sign up to receive daily email sleep tips and challenges, as well as our comprehensive [Better Sleep Guidebook](#).

[Sign Up](#)

[Your privacy is important to us](#)

Sleep Problems in Children

Issues that might seem minor to us are often very significant ¹² to a child, so events like a new sibling, teething, an illness, a different place, a new caregiver, a change in schedule, or minor complaints like allergies, colds, and ear infections can all take their toll on your child's sleep.

In addition to these common problems, as many as 50 percent ¹³ of children suffer from sleep disorders at some point. Sleep disorders are intricately intertwined with mental and physical health issues, with one exacerbating the other in a cycle that can be hard to break. Additionally, some sleep disorders are not evident to the sleeper, or they may mirror other conditions such as epilepsy, making them difficult to diagnose ¹⁴.

Some of the most common sleep disorders in children are night terrors and nightmares, sleep apnea, sleep talking and sleepwalking, snoring, and restless leg syndrome.

Night Terrors and Nightmares

Nightmares can be frightening for toddlers, who have a harder time distinguishing what's real and what's not. Children often wake up from nightmares, which usually occur during REM sleep. If this happens, offer them reassurance and gently put them back to sleep.

Night terrors, otherwise known as sleep terrors, are a **parasomnia** that occurs early in the night during non-REM sleep in about one-third of children ¹⁶ . Your child may scream and bolt upright during a night terror, but they won't usually wake up or remember the incident in the morning. The best thing you can do is make sure your child is safe, trying to keep them in bed if possible. There's no need to wake them up or worry if your child experiences the occasional night terror, but if they become very frequent or if they're causing daytime sleepiness, they're worth mentioning to your pediatrician.

Sleep Talking and Sleepwalking

Sleep talking is a relatively common parasomnia involving vocalizations during sleep. Sleep talking appears to occur more frequently during light sleep, so proper sleep hygiene may help reduce episodes. While harmless on its own, sleep talking may disturb other people in the bedroom. It is sometimes connected to other sleep disorders such as nightmares or sleepwalking.

Research suggests that 1 in 3 children will **sleepwalk** before the age of 13, with most episodes occurring in the pre-teen years. As with sleep talkers, sleepwalkers are not aware of their surroundings and usually have no recollection of their activity afterward. In addition to daytime sleepiness, sleepwalking can have serious consequences depending on the person's actions. If your child sleepwalks, it's a good idea to safety-proof their bedroom and install an alarm. Waking someone up about half an hour before their regular sleepwalking episode occurs has proven useful.

Snoring and Sleep Apnea

Just as with adults, it's normal for children to snore occasionally. **Snoring in children** may be caused by swollen tonsils or adenoids, allergies, obesity, secondhand smoke, or other factors. However, if you notice your child snoring excessively, or displaying pauses in breathing followed by gasps, they may have sleep apnea.

Children with **sleep apnea** suffer from disrupted breathing which prompts them to wake up multiple times during the night, often without them realizing. The first clue that something is wrong may be when you notice your child displaying the hallmark signs of sleep deprivation, such as daytime sleepiness, difficulty concentrating, and hyperactivity. Frequent snoring and sleep apnea can both have ill effects on your child's health and cause disruptions to other members of the family. Talk to your pediatrician about ways to reduce symptoms.

Restless Legs Syndrome

Characterized by an irrepressible urge to move the legs, restless legs syndrome in children ¹⁶ can be difficult to identify. You may think your child is simply fidgeting or suffering from growing pains. Treatment of nighttime restless leg syndrome in children includes proper sleep hygiene and stretching before bed. Iron supplements have proven useful in treating adults, but research is still being conducted into the safety and efficacy of iron supplements for children.

If you think your child may be suffering from one of these sleep disorders, keep track of the symptoms in a sleep diary, and talk to your pediatrician. Establishing good sleep hygiene habits and eliminating other barriers to proper sleep is the first line of defense in treating many of these conditions.

Still have questions? Ask our community!

Join our **Sleep Care Community** — a trusted hub of sleep health professionals, product specialists, and people just like you. Whether you need expert sleep advice for your insomnia or you're searching for the perfect mattress, we've got you covered. Get personalized guidance from the experts who know sleep best.

About Our Editorial Team



Written By
Danielle Pacheco, Staff Writer

Danielle is originally from Vancouver, BC, where she has spent many hours staring at her ceiling trying to fall asleep. Danielle studied the science of sleep with a degree in psychology at the University of British Columbia



Medically Reviewed by
Dr. Nilong Vyas, Pediatrician MD

Dr. Vyas is a pediatrician and founder of Sleepless in NOLA. She specializes in helping parents establish healthy sleep habits for children.

[Learn more about our Editorial Team](#)

Share     

References

16 Sources

1. Zhou, Y., Aris, I. M., Tan, S. S., Cai, S., Tint, M. T., Krishnaswamy, G., Meaney, M. J., Godfrey, K. M., Kwek, K., Gluckman, P. D., Chong, Y. S., Yap, F., Lek, N., Gooley, J. J., & Lee, Y. S. (2015). Sleep