



READY SET SLEEP



*Emily Varon*

Media Kit



# Emily Varon, MS, BCBA

## Sleep Educator & Course Creator

Emily Varon is a Board Certified Behavior Analyst with a dedicated focus on sleep-related behaviors. She has worked in the field of behavior analysis since 2000 and has devoted her practice to improving the sleep habits of children diagnosed with Autism Spectrum Disorder since 2010.

## Signature Keynotes

### **ETHICAL CONSIDERATIONS FOR SLEEP PROGRAMMING**

In the absence of formal training on sleep and sleep-related variables during behavior analytical coursework, ethical barriers may arise when BCBAs choose to treat behaviors impacting sleep. This event aims to unveil the potential for questionable ethical behavior when developing sleep plans for families.

### **ANALYZING AND TREATING SLEEP PROBLEMS**


Learn the most common variables manipulating the reinforcing value of sleep, how to positively change sleep duration and quality using these variables to our advantage, and develop the skills to create meaningful, sustainable change for our tired families.

### **BEHAVIORAL CONSIDERATIONS FOR SLEEP AND AUTISM**

Is sleep different for autistic learners, or not? This event provides useful strategies to create holistic sleep programs in the autism community that will create long-lasting change for the families we serve. Learn how poor sleep does not have to be a lifelong struggle for our learners.

### **ADOLESCENT SLEEP**

That which is a developmental-norm for adolescents often gets passed-off as lazy or oppositional. When teens resist earlier bedtimes, what is the best course of action? We will uncover the reason why sleep is a common adolescent challenge and what to do about it, especially when severe behaviors are in the mix.

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