2027 UTAH SLEEP SYMPOSIUM

Getting Back *to Sleep*

MARCH 24–25, 2027

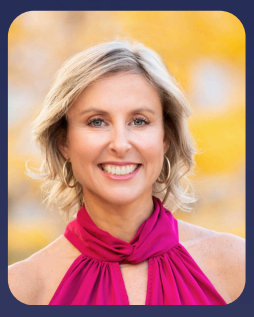
ST. GEORGE, UTAH

Come and explore the latest recommendations, challenges, and solutions for improving sleep health in your community, joined by professionals and policymakers in public health, healthcare, behavioral health, and education!

FEATURING:



Michael Grandner, Phd, CBSM
Clinical Psychologist & Professor at University of Arizona, editor of “Sleep and Health”, the first textbook in the field of sleep health



Wendy Troxel, PhD, CBSM
Senior behavioral & social scientist at RAND Corporation, author of “Sharing the Covers: ”Every Couple’s Guide to Better Sleep”



Kelly Glazer Baron, PhD, DBSM
Director of University of Utah’s Behavioral Sleep Medicine Lab and Training Program



David Blodgett, MD, MPH
Director & Health Officer for the Southwest Utah Public Health Department, leads the Southwest Sleep Initiative.

Cost: $179

Limited to 200 attendees

Scan to register:

swuhealth.gov/foundation

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