



HEALTHY LIVING | WELL-BEING

Keynote Title: Being your best self: A mindful approach to physical activity, sleep, and overall health

Speaker: Dr. Shannon Dieringer, Professor of Applied Behavior Analysis and Department Chair of Special Education, Ball State University

Day One: March 23, 2023

Time: 11:00-12:00 noon

Abstract

Research indicated that autistic children and their caregivers report significant sleep problems (e.g., lack of sleep, interrupted sleep, etc.) compared to their peers. Research studies also report that autistic children engage in lower moderate to vigorous physical activity (PA) levels compared to their peers. In this presentation, we will briefly explore the current research on sleep and physical activity levels for autistic children and adolescents. Next, we will discuss the relationship between healthy sleep habits and quality physical activity. Then we will discuss the benefits of taking a mindful approach to improving overall health related to sleep and physical activity. We will also provide examples and suggestions on implementing a mindful approach when addressing sleep difficulties and inactivity for autistic children and adolescents.

Learning Objectives

- Understand what mindfulness is .
- Determine the relationship between sleep and overall physical activity.
- Identify strategies to improve sleep habits.
- Identify strategies to promote increased physical activity.

