

Palo Alto Youth Council 2007-2008  
Meeting 7 - Minutes  
October 29th, 2007

Present: Jillian, Molly, Yelly, Christine, Chirag, Emily, Alex, Charlie, Abhishek, Lillian, Angela, Samantha, Swetha, Kevin

Breakdown of Topic: Sleep Deprivation

- Education about sleep
  - but everyone knows about it
- New angle on sleep
  - too much repetition
- Address not getting enough sleep
- Time management forum
  - Firsthand experience
  - Teachers don't help
- Good ways to get up
- Pre-sleep environment
- Effects
  - Death
  - Anger
  - Unhappiness/depression
  - Long-term affects
  - Stunted growth
  - Insomnia

Discussed sweatshirt colors/design: Wrote down sizes!