



CHECK the LIVONIA TOWN HALL Website

www.livoniatownhall.org/speakers



March 19, 2025

Jessica Payne

"The Science of Sleep and Stress"

Jessica Payne is the Director of the Sleep, Stress and Memory Lab at Notre Dame University. She holds appointments at both the Harvard Medical School and the University of Notre Dame. Her lecture will address what is going on in your head while you sleep. Her research shows that the non-waking hours are valuable to memory retention and problem solving. She will outline all sorts of practical information on how to control your sleep habits to insure maximum productivity.

Held at the St. Mary's Cultural Center, 18100 Merriman Road, Livonia

10:30 a.m.—1:30 p.m. Doors open at 10:00 a.m.

Only Ticket Holders will be admitted