

AO REVIVAL SPEAKER SERIES

# "WHY GOOD SLEEP FEELS SO HARD"

WITH SLEEP EXPERT

**AMANDA JEWSON**

MSW, BSW, RSW, B, ED

**WEDNESDAY,  
APRIL 15, 2026  
7:30 PM**

Learn from sleep expert Amanda Jewson why good sleep can feel so hard – even when you’re doing “everything right.” This talk unpacks the science of adult sleep, the role of stress and the nervous system, and the habits that quietly keep sleep stuck.

You’ll leave with a clearer understanding of what’s actually happening at night, and practical, compassionate strategies to rebuild rest without pressure or perfection.

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