

Huffington, Sleep Revolution tour stops at Dominican

Arianna Huffington, chair, president, and editor-in-chief of the Huffington Post Media Group, spoke at Dominican University of California in San Rafael on April 9, as part of the Institute for Leadership Studies' 2016 Spring Lecture Series in partnership with Book Passage.

In addition, Huffington appeared at a "Sleep Revolution College Tour" stop on the Dominican campus in the Creekside Room. Dominican is serious about sleep as [Occupational Therapy graduate students recently submitted research](#) on the subject of sleep deprivation among college students.

Huffington, whose book *Thrive* was a #1 *New York Times* bestseller in 2014, came to Dominican with her new book, *The Sleep Revolution*. Huffington, a syndicated columnist and co-founder of The Huffington Post, has authored four bestselling books. She has been named to *Time Magazine's* list of the world's 100 most influential people and the *Forbes'* "Most Powerful Women" list.

[CLICK HERE](#) to view a one-minute video clip of Huffington speaking in Angelico Concert Hall.

The speaker series, a cooperative effort between [Dominican's Institute for Leadership Studies](#) and Book Passage, features some of the country's leading figures from the worlds of business, politics, entertainment, academia, and literature. The series has entertained and educated thousands of Marin County and San Francisco Bay Area residents.

The Institute for Leadership Studies' [2016 Spring Lecture Series](#) is sponsored by Private Ocean, the oldest and largest privately-held wealth management firm in Marin County. Private Ocean's commitment to community service has been a driving force behind its support of the lecture series.

The "Sleep Revolution College Tour" invited Dominican students to win big prizes at a sleep fair hosted by Huffington where students recharged and relaxed with healthy snacks, pajamas, meditation tools and mind-blowing sleep gadgets from leading tech entrepreneurs. Prizes awarded at the free event included a free roundtrip ticket on JetBlue, a \$250 Marriott hotel gift card, a dorm room makeover for two from Remodo, tote bags filled with special gifts from Lands' End, Spotify, Victoria's Secret and more, and an autographed copy of Huffington's book *The Sleep Revolution*.

In addition, the first 50 attendees received a free ticket to Huffington's lecture in Angelico Concert Hall.

For more information, email abigail.williams@huffingtonpost.com or contact Korilyn Colburn, director for events and conferences in Dominican's Institute for Leadership Studies, at korilyn.colburn@dominican.edu.

Or follow this link: <http://huff.to/1R905cB>

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