

OT graduate student writes blog for Huffington Post

A blog by Rhianna Wallace, a graduate student studying Occupational Therapy at Dominican, is featured in the Huffington Post.

The blog – [Understanding Sleep: A Journey](#) – explains Rhianna’s involvement in a master’s thesis group researching how sleep affects college students. She is working with fellow grad students Charlotte Sally, Jackie Bloom, and Savannah Hancock on a capstone study that is in phase two of three: focusing on how personal attitudes and beliefs affect college student’s quality of sleep and participation in sleep hygiene practices.

Their hope is their research in [Dominican’s Occupational Therapy Department](#) can contribute to creating interventions that occupational therapists can use in practice.

“I realized I could use this blog to promote occupational therapy and sleep. Most people don't know what occupational therapy is let alone how therapists can establish and modify sleep patterns and routines,” Rhianna says. “As an occupational therapy student, I plan on using this platform to promote sleep as occupation, sleep from an OT perspective, and how sleep affects young adults.”

Rhianna first presented the research to Arianna Huffington, chair, president, and editor-in-chief of the Huffington Post Media Group, via LinkedIn prior to Huffington’s April 9th appearance in the [Institute for Leadership Studies’ Spring Lecture Series](#) at Dominican. Huffington asked Rhianna to represent the University as a “sleep ambassador” in Huffington’s efforts to spread awareness and discussion about the importance of sleep.

Huffington has been touring the country promoting her new book, *The Sleep Revolution: Transforming Your Life, One Night at a Time*.

The Sleep Revolution College Tour event attracted an enthusiastic crowd of about 200 into the Creekside Room where students recharged and relaxed with healthy snacks, pajamas, meditation tools and mind-blowing sleep gadgets from leading tech entrepreneurs.

Huffington, who spoke in Angelico Concert Hall that evening, attended the sleep fair. She posed for a photo with the event organizers -- ILS student leaders [Crisha Carlos](#), Lihn Nuygen, Andrew Chalker and Jake Gordon.

April 26, 2016