

Saturday, June 13, 2026

Colleen Kestel MBA, RDN, LDN

9:30AM – 11AM PST

Starved for Sleep: The Overlooked Role of Sleep in Eating Disorders

Colleen Kestel is a registered dietitian and Vice President of Operations at SunCloud Health, where she supports comprehensive, team-based care for individuals with eating disorders and their families. With both clinical nutrition expertise and leadership experience, she is passionate about helping families better understand the many factors that influence recovery.

Colleen focuses on making complex topics easier to understand and apply in real life. She is especially interested in the connection between nutrition, physical health, and emotional well-being—areas that are often deeply intertwined in eating disorder recovery but not always fully explained to families.

In this talk, Colleen will explore how sleep is affected by eating disorders and how disrupted sleep can, in turn, make recovery more challenging. She will explain how things like malnutrition can impact the body's natural sleep patterns, and why improving sleep can play an important role in healing. Attendees will leave with a better understanding of what to look for, what questions to ask, and practical strategies to support healthier sleep as part of recovery.

**CLICK HERE
TO REGISTER**



*Please send your questions
to Shana@EDRCSV.org
by Friday, June 12TH, 2026.*

