

Catching Some ZZZs

Fall 2021 Workshop for Students

A good night's sleep has great health benefits like improving memory, boosting energy, and supporting your immune system. Despite these benefits, many adults (1 in 3 to be exact) skimp on sleep. Learn how to have good "sleep hygiene" by learning the practices, habits and environmental factors that are important to getting sound sleep.

When & Where

One Session-Workshop
offered on the following dates:

Thu., Sep. 30, 3:00-4:30 PM

Mon., Nov. 15, 3:00-4:30 PM

Via Zoom

What You'll Learn:

- How to follow your Circadian Rhythm
- How to keep sleep stressors under control
- The importance of establishing a sleep routine
- How diet, exercise, and electronics before bed affect your sleep

NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop