

# Catch Some Zzz's

## *A Fall 2017 Student Workshop*

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**

Thu., Nov. 2, 3:30-5:00 PM

-OR-

Thu., Nov. 30, 3:30-5:00 PM

SHAC, Room 234

### **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!**

*For More Info, E-Mail: [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)*