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