Healthy Sleep Tips
A Spring 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
Tuesday, March 7, 2017
3:00-5:00 PM
Mesa Vista Hall 3056, 3rd Floor

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! Sign-Up Online: shac.unm.edu
For More Info, E-Mail: studentcounseling@unm.edu