Catch Some Zzz’s
A Fall 2018 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
Wednesday, October 10
2:00-3:30 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

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