Catching Some ZZZs

Summer and Fall 2020
Zoom 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.

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

When & Where
One Session-Workshop offered on following dates:

Thu., June 18, 1:30-3:00 PM
Fri., Oct. 2, 3:30-5:00 PM
Via Zoom

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• How to keep sleep stressors under control
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NO CHARGE!

RSVP: studentcounseling@unm.edu

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