Catching Some ZZZs

Spring 2020 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:

Fri., Jan. 31, 3:30-5:00 PM
Fri., Mar. 13, 3:30-5:00 PM
Thu., Apr. 16, 3:30-5:00 PM
SHAC, Room 234

No Charge!

For More Info, E-Mail: studentcounseling@unm.edu