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

**NO CHARGE!**

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