

LET'S TALK SLEEP!

Thurs, Feb. 27
1:30-3 PM
JSOM 1.118



CENTER for
BRAINHEALTH[®]
THE UNIVERSITY OF TEXAS AT DALLAS



Learn Insights, Tips and Strategies for Improving Your Sleep Based on the Latest Sleep Science

- Are you sleepy all the time?
- Do you find yourself unable to fall asleep or stay asleep?
- Do you wake up from sleep or a nap feeling unrefreshed?
If so, you are not alone!



Join Heidi Kane, PhD, and Meg Flanigan, PhD, to gain practical tips for better sleep. These BBS professors explore various factors that affect sleep quality, address common sleep myths and share an overview of why sleep is so important.

WHY ATTEND?

- Engage in an interactive Q&A about sleep
- Receive a sleep kit with items to enhance sleep quality
- Enter a drawing for a surprise grand prize
- Challenge yourself to transform your sleep routine

Sponsored by the UT Dallas Campus Wellness Committee

