

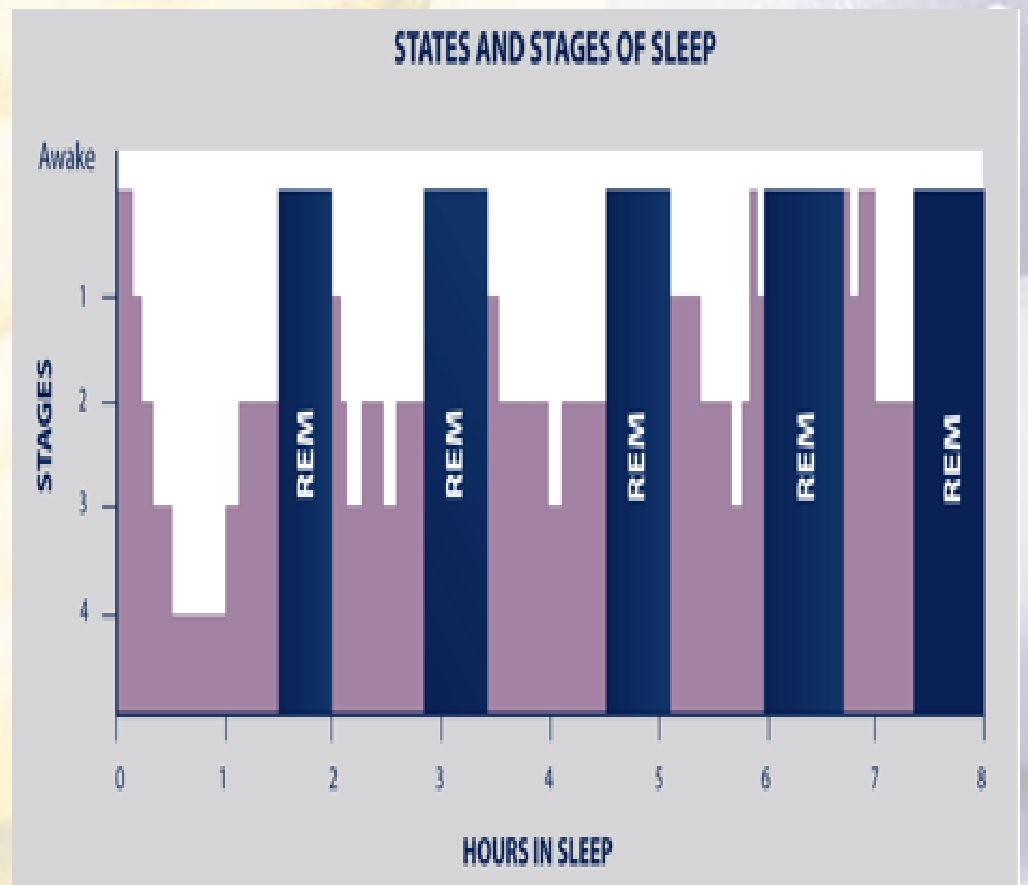
Sleep Cycles: The Secret To A Good Night's Sleep For Graduate Students

Tuesday, April 26th, 5:00-6:15pm, HUB 355

Presented by: Dr. Sonia Ancoli-Israel, Director of the Gillin Sleep Center

Is lack of sleep effecting your emotions and academics?

With a graduate student audience in mind, Dr. Ancoli-Israel, an expert in sleep medicine, will provide information regarding the sleep cycle, as well as strategies for implementing healthy patterns when distracting environments and inconsistent course/work schedules are a factor.



**Be sure to RSVP for:
Sleep Masks
Dinner (for program participants), and
Babysitting**

To RSVP for this event or obtain additional event details, please contact Stacey Grady at stacey.grady@ucr.edu or Jennifer Miller at jennifer.miller@ucr.edu