GuidanceResources®

Sleep: An Essential Component of Health and Well-being

In the past five years, it has been routinely reported by researchers and the media alike that Americans are notoriously sleep deprived. There are numerous reasons why this may be the case. Yet while many people look towards improving their health via diet, exercise and ceasing bad consumption habits, sleep is often overlooked—or is it? Not only are Americans having difficulty getting sufficient quantities of quality sleep, they are also having difficulties getting to sleep. This workshop provides the latest research findings regarding the importance of sleep and offers participants suggestions on how to improve their sleep according to priority and quality measures.

Date: Tuesday, March 30th, 2021
Time: Noon -1 pm Pacific
Registration Link: https://ucriverside.az1.qualtrics.com/jfe/form/SV_5yzqKCIhwMX2x9Q

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