

A Week of Sleep

 A free gift at every workshop!

 Z Z Z

Feb. 8-12

For students, faculty & staff!



4-5pm

every day!

Where? **Benson**

Z Z Z 



M

Sleep &
Cognition

401 C

T

Sleep
Disorders

409

W

Sleep
Deprivation

Pugh

R

Sleep
Hygiene

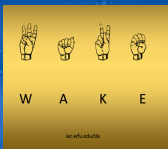
409

F

Stress &
Sleep

409

Questions? Contact Jim Le (lejd11@wfu.edu) or Amanda Kim (kiman13@wfu.edu)



Stay tuned for the
**Sleepin' Deacon
Challenge!**



<http://thrive.wfu.edu/sleepindeaconchallenge/>

Office of Wellbeing - Student Health - LAC - Counseling Center - Wake Forest Neurology - SAF
Student Government - Student Union - Active Minds - SEE-ID