# UCLA Sleep Well Campaign

**Think of sleep as a luxury? Treat yourself - it’s a necessity! Join our Sleep Well Campaign to learn the science and practice of good sleep habits and relaxation. All events are free and drop-in.**

**APRIL**

**Tues, 6/06**

**MINDFUL AWARENESS**

- **12:30 – 1pm**
  - Ronald Reagan UCLA Med. Center Rm 1109
  - Luskin Public Affairs Building Rm 4320

**NAP SPACE AT POWELL**

- 12 - 3p
  - Powell Rm 281
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- 12 - 3p
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**SLEEP WELL**

- 5:30 - 7:30p
  - UCLA Sleep Well Symposium
  - Charles E. Young Research Library

**YOGA NIDRA**

- **6:50 – 8a**
  - Dynasty Rm, JWC
- **8:05 – 9:15a**
  - Dynasty Rm, JWC
- **9:30 – 10:45a**
  - Dynasty Rm, JWC
- **10:25 – 11:40am**
  - Dynasty Rm, JWC
- **10:50 – 11:50am**
  - CNSI 5th Floor Presentation Rm
- **12:10 – 1:20p**
  - Dynasty Rm, JWC
- **3:30 – 4:30p**
  - LAB School
- **6 – 7:10p**
  - Dynasty Rm, JWC

**For more information:** **MindWell@ucla.edu**
UCLA SLEEP WELL CAMPAIGN

UCLA SLEEP WELL ASSESSMENT LAUNCH: 4/13

The UCLA Sleep Well Assessment examines the relationship between blue-green wavelength light at night and sleep quality.

- Have the chance to win a $20 Bruin Card deposit*
- Learn expert-developed sleep hygiene tips
- Receive free computer software that may improve sleep

http://healthy.ucla.edu/ucla-sleep-well-assessment

Healthy UCLA students 18 yrs or older, staff, and faculty with normal color vision and who are not taking anti-histamines or melatonin are eligible for the study. *Those who complete the study will have the chance to win one out of 130 $20 Bruin Card deposits in a drawing.

SHORT ON Zzzs?
SAY GOODNIGHT TO SLEEPLESS NIGHTS

STUDENT ACTIVITIES CENTER
CONFERENCE RM. 1 & 2
THURS, APRIL 16
2-3:30PM

Learn strategies to improve the quality and efficiency of your sleep and discover new ways of thinking that not only improve sleep but reduce stress. Refreshments will be provided and a chance to win a blanket.

UCLA Sleep Well Campaign is co-sponsored by:
Mind Well of the UCLA Healthy Campus Initiative, UCLA Library, UCLA Recreation, CAPS, MindFul Music, and the UCLA Mindful Awareness Research Center.