

SLEEP Sleep Education for Everyone!

Are you tired? Burned out? Do you consider yourself a "good" sleeper?

We all have nights where we don't sleep as well as we would like.

Join us for a six week series to learn ways to help you improve your sleep.

When: Jan 6 to Feb 10, 2026

Tuesday, 7:00 - 7:30 PM

Presenter:

Miloni Rathod rathodmi@msu.edu

Register here:



During six (30 minute) sessions we will share information that can help you improve how much and/or how well you are sleeping. Each week you will be given a sleep challenge to try, so you can track the effectiveness of changing your sleep behaviors.

6 Sessions (30 minutes each)
DESCRIPTIONS:

- 1) Week 1 Sleep Basics
- 2) Week 2 Sleep Hygiene
- 3) Week 3 Stimulus Control Therapy
- 4) Week 4 Mindfulness
- 5) Week 5 Physical Activity
- 6) Week 6 Sleep Myths

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