



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
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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**