

ARE YOU:

SLEEPLESS @ UCSD?

LONGING FOR SLEEP?



You are invited to participate in an

INSOMNIA WORKSHOP

- *Learn about sleep & insomnia
- *Determine your "Sleep IQ"
- *Receive concrete tips to improve your sleep

Workshop includes two 75 minute sessions.
Sessions and materials are free to UCSD students.

Mondays, October 26th & November 2nd
11am to 12:15pm

190 Galbraith Hall

Please call: Karla Materna, Ph.D. of UCSD's Counseling & Psychological Services @
848-534-0255 to reserve your space. Space is limited to ten students.

Sponsored by UCSD's Counseling & Psychological Services (CAPS)