


# CATCH SOME ZZZ'S WITH SLEEP HYGIENE




With Dr. Benjamin Metta Penhas, Psy.D.  
**Tuesdays from 11 AM – 12 PM (Except 3/09/2021)**  
Zoom: <https://uchealth.zoom.us/j/83539322805>

*Twas the night before yesterday and some Tritons were awake,  
unable to get some shut-eye they all had big headaches.*

*Even though they might be excelling in other aspects of their lives,  
when the end of the day came, they just couldn't seem to close their eyes.*

*These Tritons are doing everything right but still unable to go to sleep,  
it is frustrating that when morning comes, they might still be counting sheep.*



*Sleep hygiene is the practice in which sleeping habits can be improved,  
join me on Tuesdays for this Daily Drop-in Workshop to learn  
some strategies and skills, I promise you will be moved.*

*These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at (858) 534-3755 to arrange an appointment.*

**UC San Diego**  
STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services



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