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.