

JOIN THE STUDY SKILLS ACADEMY IN PARTNERSHIP
WITH CAMPUS PROGRAMS FOR

SLEEP WEEK

MARCH 21-25 2022



SCAN TO RSVP

* Events with an asterisk will be facilitated in-person. All other events will be facilitated online *

MONDAY, MARCH 21

CREATING A BEDTIME ROUTINE WORKSHOP (12-1PM)

Interested in maximizing your sleep at night? Join Akelah Reese, APEX Scholars Instructional Support Coordinator, for a presentation on ways to create a bedtime routine that will set you up for a successful night's sleep.

UNDERSTANDING DREAMS WORKSHOP (4-5PM)

One of the greatest mysteries about sleep is dreams. Attend this workshop, facilitated by Brittany Rutland - a Psychology Intern at CAPS, to better understand dreams. You'll learn why we dream, theories of dreams, the importance of dreams, and how dreams are significant to our mental health.

TUESDAY, MARCH 22

*SLEEP SCAVENGER HUNT (10AM-4PM)

Test your knowledge and learn more about sleep in a self-paced scavenger hunt. This activity is self-paced and will be held in the Academic Success Center (1st floor UGL). Bring a pair of headphones, a smart phone, and your friends! Please RSVP for more detailed instructions.

SLEEP AND ONLINE LEARNING WORKSHOP (1-2PM)

Although online learning has become a norm over the past couple of years, many students are still struggling to adapt. Join Matthew Hundley, Study Skills Specialist, to understand how sleep impacts online learning. You'll leave with techniques to support your academic success and well-being while learning online.

WEDNESDAY, MARCH 23

SLEEP AND THE LEARNING BRAIN WORKSHOP (12-1PM)

This interactive workshop will help you better understand how sleep impacts the learning process. Participants will leave armed with a customized sleep plan based on their individual needs. Angela Zanardelli, Associate Director, Study Skills Academy will facilitate this event.

*SLEEP ZEN DEN (1-4PM)

Join the Study Skills Academy for this stress relieving event. We'll provide a variety of sleep-related activities, ambient lighting, and Study Skills Specialists available to answer your sleep questions. This event will be held in-person at the Academic Success Center (1st floor UGL).

TO SLEEP OR NOT: THE NEGATIVE EFFECTS HUSTLE CULTURE HAS ON SLEEP (4-5PM)

Hustle culture is infamous for promoting toxic productivity and skipping sleep. Join this discussion, facilitated by Learning Specialist Kalyn Griffin, to share your thoughts about this concept with peers and brainstorm solutions to ensure a balance between productivity and well-being.

YOGA NIDRA (8:30-9PM)

Wind down your day with a 30-minute, minimal movement yoga nidra practice. Yoga nidra promotes deep rest and relaxation by exploring stages of consciousness using body scan and breath awareness. This activity will be facilitated by Angela Zanardelli, Associate Director, Study Skills Academy. RSVP to receive preparation instructions before the event.

THURSDAY, MARCH 24

MIDDAY YOGA NIDRA (12:30-1PM)

Re-center your mindset by joining Angela Zanardelli, Associate Director, Study Skills Academy, for a midday yoga nidra session. You'll leave with a greater sense of balance to take on the rest of your day. RSVP to receive preparation instructions before the event.

SOCIAL JET LAG WORKSHOP (1-2PM)

Social jet lag, a term coined by chronobiologist Till Roenneberg, is "a mismatch between your biological and social time, triggering circadian misalignment". Attend this workshop, facilitated by Academic Services Officer Daniel Lewis, to better understand how social jet lag impacts your life as a student and solutions to re-align your circadian rhythm.

SLEEP PANEL (2-3PM)

Tune in to have your questions about sleep answered. Staff and students across campus will serve on the panel from programs including Counseling and Psychological Services, WSU's Pulmonary & Critical Care & Sleep Medicine clinic, the Study Skills Academy, and more. We will answer your questions about how sleep impacts mental/physical health in addition to academic success and everything in between.

*SLEEP RESOURCE FAIR (6:00-7:00PM)

Learn more about campus resources that can support your sleep and overall academic success. A representative from programs and departments across campus, such as, but not limited to the Academic Success Center, Counseling & Psychological Services, and Wayne State University Libraries will be available to answer your questions and offer support. This event will be held in-person in the UGL Atrium.

*MOVIE NIGHT & PANEL (6:30-8:30PM)

Join us for a viewing of the film "The Mysteries of Sleep", followed by a sleep panel lead by Veronica Bielat, Student success Librarian, and Brittany Rutland, CAPS Psychology Intern. The film will begin at 6:30pm and panel at 7:30pm in the UGL Bernath Auditorium.

FRIDAY, MARCH 25

HOW POOR SLEEP CAN RUIN YOUR SOCIAL LIFE WORKSHOP (1-2PM)

Researchers have found that sleep-deprived people feel lonelier and less inclined to engage with others. The less sleep you get, the less you want to socially interact. Join me for an interactive discussion and play a round of "Jeopardy" revolving around sleep and the social you. To be at your best, you must take care of your physical, mental, social and spiritual self. Learn how sleep can influence these factors in your life. Join Patricia Michno, School of Business Advisor and Stats Instructor.

RELAXING BODY SCAN MEDITATION (3-4PM)

Join Campus Health Center's Robyn Dover for a mindful meditation guiding through a body scan to promote relaxation before going to sleep. You can use this technique right before going to sleep, or throughout the day when a restful pause is needed.

[SUCCESS.WAYNE.EDU/STUDY-SKILLS/SLEEP-LEARNING](https://success.wayne.edu/study-skills/sleep-learning)