

UCLA SLEEP WELL CAMPAIGN

APRIL

Think of sleep as a luxury? Treat yourself - it's a necessity! Join our Sleep Well Campaign to learn the science and practice of good sleep habits and relaxation. All events are free and drop-in.

M06

T07

W08

TH09

F10

NAP SPACE AT POWELL

Ideally we would get enough sleep that we would not feel tired during the day. Recognizing that this can be a challenge, UCLA Powell Library is offering drop-in, monitored nap spaces so you can catch up on your Zzzzs.

12 - 3p
Powell Rm 281

12 - 3p
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Powell Rm 281

MINDFUL AWARENESS

Mindful Awareness is the moment-by-moment process of actively and openly observing one's experiences. Science shows mindfulness enhances sleep quality and overall wellbeing. The UCLA Mindful Awareness Research Center is offering sessions that focus on practices and topics for enhancing sleep.

12:30 - 1pm Ronald Reagan UCLA Med. Center Rm 1109

12:30 - 1p
Luskin Public Affairs Building Rm 4320

5:15 - 5:45p
UCLA CAPS Rm 1412

12:30 - 1p
UCLA Powell Lv. 2 Lobby

12:30-1p
Hammer Museum Billy Wilder Theater

SLEEP WELL

5:30 - 7:30p
UCLA Sleep Well Symposium
Charles E. Young Research Library

Drawing upon neuropsychology and clinical examples, sleep experts will discuss why we need sleep, how much sleep we need, and how we can get better sleep. A reception will follow with refreshments and a live 'Mindful Music' performance.

YOGA NIDRA

All UCLA Recreation Yoga enrolled classes (for students, staff, and faculty) and Yoga FitZone sessions (for staff and faculty only - noted in black below) will feature "Yoga Nidra" for enhancing relaxation. During this week, anyone who is not enrolled may attend as long as space is available.

6:50 - 8a
Dynasty Rm, JWC

8:05 - 9:15a
Dynasty Rm, JWC

10:35 to 11:45a
Pyramid Rm, JWC

11-12p
Wilshire Center Suite 130 (FitZone)

12-1p
Perloff Hall Rm. 1302 & Kaufman Rm 250

12:10-1:10p
Wilshire Center Suite 130

4- 5:15p
Pyramid Rm, JWC

4- 5:15p
Vista Rm, SCR

7:35 - 8:55a
Vista Rm, JWC

8:05 - 9:15a
Dynasty Rm, JWC

5:25 to 6:25p
Vista Rm, SCR

6:30p to 7:30p
Vista Rm, SCR

7 - 8:15a
Dynasty Rm, JWC

10:25 - 11:40am
Dynasty Rm, JWC

10:50-11:50am
CNSI 5th Floor Presentation Rm

12-1pm
Boelter Hall 8500 & Mol Sci Rm 3440

12:05-12:55p
UNEX Rm 714

12:10-12:50p
Strathmore Building

12:10 - 1:20p
Dynasty Rm, JWC

1:05-1:55p
UNEX Rm 714

6 - 7:10p
Dynasty Rm, JWC

De Neve B1 Lounge

6:30 - 7:30p
Santa Fe Rm, SCR

6:50 - 8a
Dynasty Rm, JWC

8:05 - 9:15a
Dynasty Rm, JWC

10:35 to 11:45a
Pyramid Rm, JWC

12-1p
Perloff Hall Rm. 1302 & Kaufman Rm 250

12:10-1:10p
Wilshire Center Suite 130

4- 5:15p
Pyramid Rm, JWC

4- 5:15p
Vista Rm, SCR

5:30 - 6:40p
Vista Rm, SCR

8:05 - 9:15a
Dynasty Rm, JWC

5:25 to 6:25p
Vista Rm, SCR

6:30p to 7:30p
Vista Rm, SCR

7 - 8:15a
Dynasty Rm, JWC

10:25 - 11:40am
Dynasty Rm, JWC

10:50-11:50am
CNSI 5th Floor Presentation Rm

12-1pm
Boelter Hall 8500 & Mol Sci Rm 3440

12:05-12:55p
UNEX Rm 714

12:10-12:50p
Strathmore Building

12:10 - 1:20p
Dynasty Rm, JWC

3:30-4:30p
LAB School

6 - 7:10p
Dynasty Rm, JWC



For more information: MindWell@ucla.edu

UCLA SLEEP WELL CAMPAIGN

UCLA SLEEP WELL ASSESSMENT LAUNCH: 4/13

The UCLA Sleep Well Assessment examines the relationship between blue-green wavelength light at night and sleep quality.

UCLA
**SLEEP
WELL**
ASSESSMENT

Have the chance to win a
\$20 Bruin Card deposit*

Learn expert-developed
sleep hygiene tips

Receive free computer
software that may
improve sleep



[http://healthy.ucla.edu/
ucla-sleep-well-assessment](http://healthy.ucla.edu/ucla-sleep-well-assessment)

IRB#13-001707

Healthy UCLA students 18 yrs or older, staff, and faculty with normal color vision and who are not taking anti-histamines or melatonin are eligible for the study. *Those who complete the study will have the chance to win one out of 130 \$20 Bruin Card deposits in a drawing.

SHORT ON Zzzs? SAY GOODNIGHT TO SLEEPLESS NIGHTS

**STUDENT ACTIVITIES CENTER
CONFERENCE RM. 1 & 2**

**THURS, APRIL 16
2-3:30PM**

Learn strategies to improve the quality and efficiency of your sleep and discover new ways of thinking that not only improve sleep but reduce stress. Refreshments will be provided and a chance to win a blanket.



*UCLA Sleep Well Campaign is co-sponsored by:
Mind Well of the UCLA Healthy Campus Initiative, UCLA
Library, UCLA Recreation, CAPS, MindFul Music, and the
UCLA Mindful Awareness Research Center.*

