

SLEEP WELL SYMPOSIUM

WHY DO WE SLEEP?
HOW MUCH SLEEP DO WE NEED?
WHAT CAN WE DO TO GET BETTER SLEEP?

**CHARLES E. YOUNG
RESEARCH LIBRARY
AUDITORIUM**

**TUESDAY,
APRIL 7, 2015
5:30-7:30**

Drawing upon neuropsychology and clinical examples, sleep experts will answer these questions and more! A reception will follow with refreshments and a live MindFul Music performance.

**Christopher
Colwell, PhD**

*UCLA Professor of Psychiatry
and Biobehavioral Sciences*

Michael Irwin, MD

*Norman Cousins Chair of
Psychoneuroimmunology at the UCLA
David Geffen School of Medicine,
Director of the Cousins Center for
Psychoneuroimmunology, UCLA
Professor of Psychology*

**Alon Avidan,
MD, MPH**

*UCLA Professor of Neurology,
Director of the UCLA Sleep
Disorders Center and UCLA
Neurology Clinic.*



For more information:
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MINDFUL MUSIC

