

# Sleep Skills Group

By the Marywood Counseling/Student Development Center

Meeting in McGowan 1066 on Tuesdays for 3 weeks

For those interested in improving their sleep!

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Attend whichever session(s) you would like!

As few or as many as you need!

Feel free to bring a friend!

Session 1	Session 2	Session 3
Basics	Behaviors	Thoughts
November 9	November 16	November 30
at 7 PM	at 7 PM	at 7 PM
<ul style="list-style-type: none"><li>• Learn about why we sleep</li><li>• Discover what normal sleep is</li><li>• Discuss how insomnia develops</li><li>• Create an ideal sleeping environment</li><li>• Practice deep breathing</li></ul>	<ul style="list-style-type: none"><li>• Learn about the impact of everyday behaviors on sleep</li><li>• Reduce unhelpful behaviors that impede healthy sleep</li><li>• Develop regular routines to promote sleep</li><li>• Practice muscle relaxation</li></ul>	<ul style="list-style-type: none"><li>• Learn about how thoughts hinder your sleep</li><li>• Practice challenging unhelpful thoughts and beliefs</li><li>• Strategize how to limit worrying</li><li>• Practice guided imagery</li></ul>

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For more information contact:  
Counseling/Student Development Center  
at  
[csdc@maryu.marywood.edu](mailto:csdc@maryu.marywood.edu)