Better Sleep Habits

Feeling tired?
Having trouble staying asleep?
Can’t fall asleep?

Learn interesting facts about sleep, optimal sleep practices, identify roadblocks to getting the quality or quantity of sleep you need, and create your plan to begin to overcome these roadblocks with feedback from CAPS staff and group members.

Friday, March 8th
Tuesday, March 12th
Tuesday, March 26th
Tuesday, April 2nd

Friday, April 12th
Tuesday, April 16th
Friday, April 26th
Tuesday, April 30th

All groups will be held from 1:15-2:30 PM at CAPS – 400 Patroon Creek Blvd. (shuttle service available)

For more information or to sign up, please contact (518) 442-5800 or consultation@albany.edu