

SLEEP EDUCATION

**6-WEEK SERIES ON
SLEEP PRESENTED BY:**

CSU Center
for Mindfulness

Colorado
State
University



ABOUT YOUR HOST

Lauren Ziegler, a Sleep Coach and C-IAYT Yoga Therapist brings a unique blend of expertise in sleep science, psychology and sleep meditation. Lauren has a compassionate and skills-based approach. She has been teaching for 13 years and is passionate about helping you to relax, let go, and get deeply fulfilling sleep.

Lauren is teamed up with an MD at a medical clinic, facilitating clinical treatments for sleep and circadian disorders. She has helped millions of people with sleep through her work at CSU, hospitals, and partnerships with top meditation apps. www.laurenziegler.com



5/21 BEYOND THE BASICS

In this session, Lauren will teach about one of the most effective components of CBT-i that you can do, so it takes less time to fall asleep and you experience fewer wake-ups throughout the night. As always, you will leave feeling relaxed and inspired.

5/28 THE HABIT OF RELAXATION

If you can't seem to get to bed on time and it feels difficult to be in a good sleep routine, even though you know it's good for you (and you feel so much better when you do), this is for you. Learn what you can do as you go about your day, so it's easier to calm your system and get to bed.

6/4 SLEEP & ENERGY LEVELS

This session is for you if you struggle with fatigue and you know that sleep is part of it, but you're not sure where to start. We will discuss ways to entrain your circadian rhythm and tap into your natural energy source.

6/11 SLEEP & MENTAL HEALTH

If you sometimes struggle with sleep and you know that your sleep health has an impact on mental health, but you just can't seem to get a handle on it, this session is for you. You will learn a CBT-i and mindfulness concept to improve your sleep experience.

6/18 ENHANCE SLEEP QUALITY

If you're interested in optimizing your sleep quality and you want a science-backed method for that, join us! You will be invited to lie down and try a form of sleep meditation that has been shown to enhance sleep quality.

6/25 OPEN DISCUSSION ON SLEEP

Although each session includes time for questions and answers, this session will be totally open for group initiated conversations about sleep. Ask questions or learn from others' in this fascinating discussion and develop more confidence in your sleep knowledge and abilities.



Tuesdays on Zoom

From 12-1pm MDT (for 6 weeks)

Add to your calendar

Join Meeting Link:

<https://us02web.zoom.us/j/87404786474>

If you can't attend live you can get the
replays delivered to you.

GET THE REPLAYS!

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