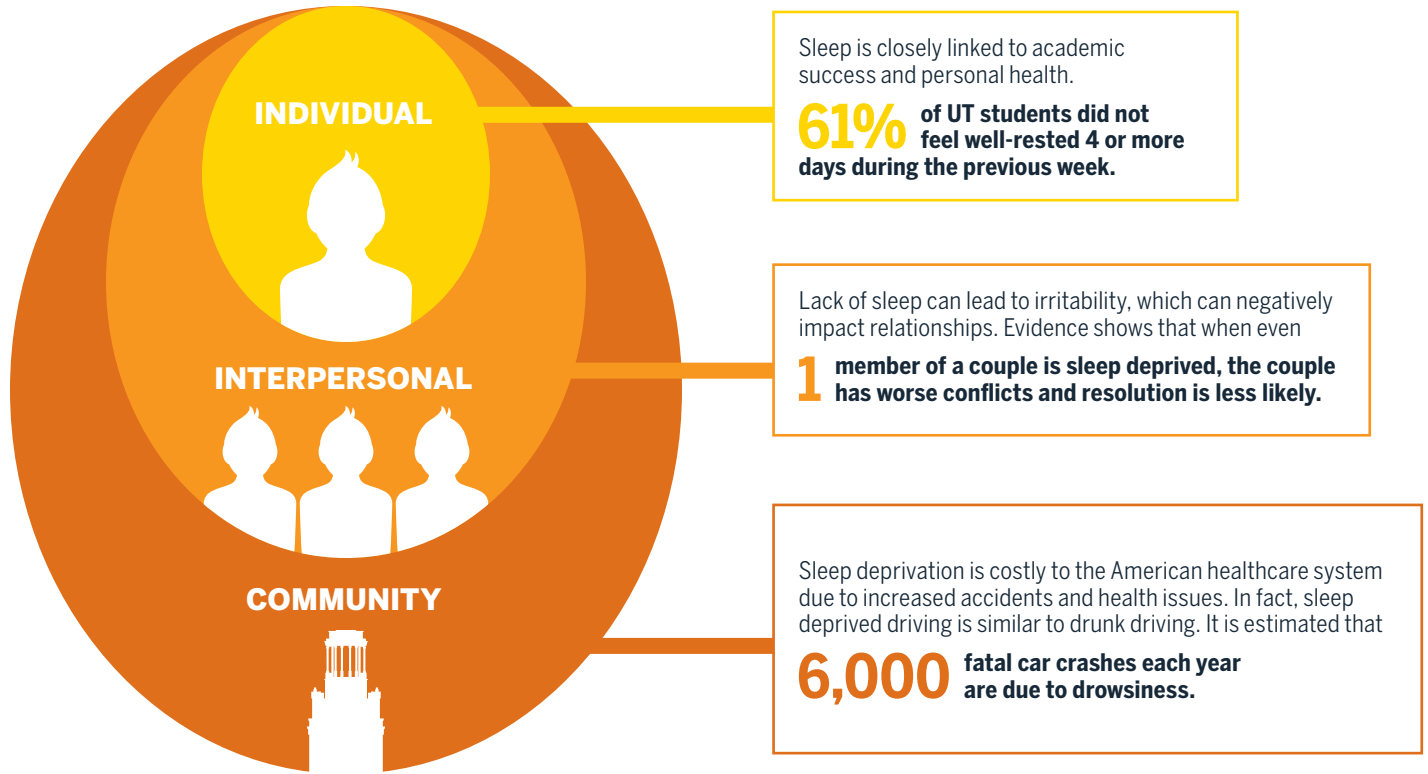


# WELLNESS NETWORK ISSUE BRIEF

## Sleep



### WHAT'S UT DOING TO ADDRESS THE ISSUE?

**Healthyhorns Peer Educators:** A student volunteer group dedicated to providing interactive and educational outreach activities that positively impact student health, including distribution of sleep kits at various UT events and leading sleep workshops.

**Counseling Services for Sleep and Sleep Relevant Disorders:** The Counseling and Mental Health Center (CMHC) offers counseling and psychiatric services for sleep disorders and other mental health issues that might affect sleep as well as resources like 'Sleeping Better' which provides students with information and tips for improving their sleep habits.

**Sanger Learning Center (SLC):** The SLC helps people with study strategies so that they can manage their time and get a full night's rest rather than cramming the night before an exam.

**UT Recreational Sports:** Provides facilities, programs, and services around campus to help campus members prioritize exercise which is associated with improved sleep quality.

**Clinical Services for Sleep Disorders:** The University Health Services (UHS) is an accredited, low-cost, on-campus healthcare facility offering medical attention for sleep disorders and other disorders which may impair sleep.

**Nap Map:** A student generated map offered by the Longhorn Wellness Center (LWC) of the best spots on campus to refresh in the middle of the day.

**Employee Assistance Program:** A HealthPoint Wellness Program that offers counseling services to university employees to help with stress reduction which can lead to improved sleep.

### GET INVOLVED WITH THE WELLNESS NETWORK

Mental Health Promotion Committee