

# Sleep Deprivation:

## Habits, Solutions, and Strategies

**Begins:**  
**Monday, October 23**

This Teach-Out is intended to connect learners worldwide to the University of Michigan in conversation around the epidemic of sleep deprivation.

### **In this free Teach-Out, you will:**

- Learn how sleep works, why it is important and what are bad sleep habits
- Hear solutions you can start immediately to sleep better for the rest of your life
- Understand strategies to help family and friends improve their sleep
- Learn to advocate for the sleep health of your community

**A Teach-Out is** a short online learning experiences, focused on a specific current issue. Teach-Outs are interactive and multimodal. They can be absorbed at your leisure, at the times and places that suit you best. Information is conveyed by videos or podcasts of talks, discussions, or interviews. Discussion boards, self-assessments, and self-monitoring of your newly improved sleep habits are all made available in this Teach-Out. Attendees will come together over a few days not only to learn about sleep deprivation, but also to gain skills not often taught in other settings.

For additional information or to enroll: [\*\*teachout.org\*\*](https://teachout.org)