

The science of stress and sleep

This interactive session explores the biology of the stress response, including the endocrine and nervous system, and how chronic stress impacts health, focus, and overall well-being. We will also explore how stress and sleep are deeply connected, and why quality sleep is one of the most powerful tools for resilience.

This session will cover the science of sleep cycles, the challenges of sleep deprivation, and strategies to improve sleep hygiene for better mental and physical health.

Presented by Matt Vogel, M.A., Faculty, SOU Health & Exercise Science

Hannon Library Whiteboard room 352.