

The Wellness Center – Student Health Services

# **What happens when we don't sleep? How does sleep work?**



## **How can I get a good night's sleep given the demands of graduate school?**

Join us for a workshop and learn how to get  
your Zzzzzz's!!

**Wednesday, November 4**

**2-4 pm**

**Room 3305**

Adrienne Tucker is a research fellow at Columbia University. She studies the effects of sleep deprivation on cognitive functioning, and uses neuroimaging to examine why some people are particularly vulnerable to performance lapses during sleep deprivation. She was the recipient of a Research Excellence Award by the Sleep Research Society in 2005.

Open to all GC students, faculty and staff. Please RSVP at [healthed@gc.cuny.edu](mailto:healthed@gc.cuny.edu) or (212) 817-7028 (leave a message); walk-ins will be accepted on a first-come-first-served basis.