

# Webinar 17/4 ore 17.30

## SLEEP BETTER TO STUDY LESS (AND REMEMBER MORE)!

ARE YOU SURE YOU'RE GETTING ENOUGH SLEEP?

If you think sacrificing sleep to study is a winning strategy, think again! Poor sleep quality harms memory, concentration, and overall well-being, leading to negative effects on academic performance and mental health.



Sleeping less than 6 hours per night can significantly reduce academic performance.  
(Okano et al., 2019)

Depriving yourself of sleep to study leads to worse results on memory tests.  
(Zimmerman et al., 2024)

48% of university students have sleep quality issues.  
(Bjørnnes et al., 2021)

During the webinar, you will discover:

- What is sleep
- How to study it
- What functions does sleep have
- The relationship between sleep and cognitive functions
- What are sleep disorders
- How to maintain good sleep hygiene

The webinar is held by Dr. Caterina Leitner (psychologist collaborating with the counseling service, researcher on sleep disorders)

TO JOIN THE WEBINAR:

[HTTPS://UNIMIB.WEBEX.COM/UNIMIB-IT/J.PHP?MTID=M6DAD3524ID667AIAF84I87406ECDD4DE](https://unimib.webex.com/unimib-it/j.php?mtid=M6DAD3524ID667AIAF84I87406ECDD4DE)