



UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

FREE Sleep Course shines light on sleep health

Learn about sleep disorders and the value of good sleep habits



From Sleep Disorders to Sleep Health is a free course developed to raise awareness and understanding of sleep health and sleep disorders and their consequences, which range from physical and mental health risks to impaired functioning on a daily basis.

Led by sleep experts from Michigan Medicine, and joined by sleep clinicians and national academic leaders at University of Michigan and other institutions, the course is designed for all ages.

Learn more by accessing the free
**From Sleep Disorders to
Sleep Health Course**



<https://michmed.org/vkKdA>