



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



STICK TO A SLEEP SCHEDULE



TRY LIMITING CAFFEINE AFTER 2 P.M.



CREATE A GOOD SLEEPING ENVIRONMENT



TRY LIMITING SCREEN TIME BEFORE BED



SLEEP- WHY WE NEED IT

Date: Wednesday, May 29

Time: 8:30 a.m. MST

[Register Here](#)



Date: Wednesday, May 29

Time: 3: 45 p.m. MST

[Register Here](#)



We will learn about:

- How much sleep is enough
- Importance of quality sleep
- Common sleep disorders
- Tips and resources for getting better sleep