



Lunch webinar with
Student Wellbeing
Centre

Webinar on sleep

How to handle the winter darkness

November 29, 12:10 pm – 12:55 pm via Zoom

Do you need practical tools and strategies for improving your sleep habits and promote recovery? Do you want to know how sleep effects your brain and body, or how you can manage the winter darkness in Sweden? If the answer to either of these questions is “yes”, please join our lunch webinar on sleep.

Read more and sign up here:



**Karolinska
Institutet**