Good sleep improves grades, happiness and performance in many areas.

Join the Sleeping Soundly group Wednesday night.

Why Join This Group?

Poor sleep can impact your grades, social life and the quality of your education. If you are having trouble getting a good night’s sleep take positive action: join Sleeping Soundly.

The program combines group meetings and support with exercises designed to help you get restful beneficial sleep.

How does it work?

For maximum flexibility, the program is delivered through video conferencing. You connect with your group by video, whether you are on campus, studying abroad, or doing fieldwork.

Sign Up Here

Groups are provided by iHope Network, not HUHS or CAMHS. HUHS has contracted with iHope to make these groups available to the Harvard Community at no cost.