SLEEP!! (Part 2)

As we move out of the dorms, the busy and online life of a student is sure to be a change for many students. This week’s column focuses on the importance of sleep. In a study published in US News, Matthew Walker (2018) declares that sleep is important because it is a ‘powerful immune system’. "When you sleep, you are not just resting - you are fighting off illness." This is because in sleep, the immune system is given the ability to perform at its peak ability. In his book, he notes that brain waves can help your immune system and prioritized for most adults who get a good night’s sleep have more energy, think more clearly, and feel happier. As our lives and lifestyles are being challenged by a pandemic and various other factors, we need to care for ourselves and our health. Dr. Walker suggests that "We are living in a time of care for ourselves and our health. While social distancing is important, researchers are finding that how we use our 15th of greatest need is being 

Part 2

While sleep quality is important, it is also important to prioritize other aspects of our health. Matthew Walker (2018) declares that "Time to care for ourselves and our health." For more information about COVID, check out the website: https://www.uta.edu/coronavirus

TAO Tips #1

Spring Break Extension & Online Class Guide

Face to face courses transitioned into online courses as March 19. Students should review instruction to access their classes on online platforms. It is required that these courses are continued until the next week. Classes are open to online until further notice. Students must log onto making the course accessible to scheduling. Students should contact their course instructors first to make sure the course is accessible to scheduling. Students who need an accommodation letter for an online class should reach out to Office of Disabilities with Students. They can organize their closets and pantry for a better life. Most SWF staff and faculty will be working remotely for now. Further notice is expected to be released in the near future. Most SWF staff and faculty will be working remotely for now. Further notice is expected to be released in the near future. Most SWF staff and faculty will be working remotely for now. Further notice is expected to be released in the near future.

For Those enrolled in UT Southwestern Health Insurance:

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