Sleep—A Buffer for Stress
(When it’s Working)

Thursday, March 5 • 7 p.m.
Chapman Hall • 2830 E. 5th St.
The University of Tulsa

As part of National Sleep Awareness Week, Dr. Thomas Mellman will present findings about sleep’s role in emotional memory processing and in balancing how the body responds to stress, which is critical for heart health. He will discuss problems that can interfere with these processes and methods to restoring these healthy functions.

One CE credit will be offered for psychologists and LPCs/LMFTs.

For more details, contact jim-scholl@utulsa.edu.

Dr. Thomas Mellman