



### **Non-Sleep Deep Rest Series**

Wrap up 2023 with a boost to your body's relaxation response. Join this two-part series on non-sleep deep rest hosted by Leslie Pont, MA, CHES, Program Manager for NIH Health, Fitness & Well-being, with special guest Allison Rose, MS, MPH from the National Center for Weight and Wellness. This session will offer Q&A with research and discussion followed by a 20-minute relaxation practice. Non-sleep deep rest (NSDR) is a method of deep relaxation. It was developed by Dr. Andrew Huberman, a neuroscientist and professor at Stanford University School of Medicine. In the form of guided meditation, NSDR combines mindful breathing and body scanning to bring you into an aware, yet relaxed state.

#### Part 1: The Science and Practice of Non-Sleep Deep Rest

- Monday, November 13, 2023
- 12:00 to 12:45 pm ET on Zoom
- Participation [link](#)
- Meeting ID: 160 114 0506 and passcode: 683436

#### Part 2: Strategies to Promote Quality Sleep & Why Winter is Ripe for Strengthening Sleep Habits

- Monday, December 11, 2023
- 12:00 to 12:45 pm ET on Zoom
- Participation [link](#)
- Meeting ID: 161 507 0875 and passcode: 354915

This series is sponsored by the NIH R&W Fitness Program and the sessions will be recorded.

