JOHNS HOPKINS
BLOOMBERG SCHOOL of PUBLIC HEALTH

# DEPARTMENT OF MENTAL HEALTH

## 2021 VIRTUAL SUMMER INSTITUTE IN MENTAL HEALTH RESEARCH

# 330.666.11 Sleep and Public Health

***Thur 06/17/2021 - Fri 06/18/2021 (8:30 AM - 12:20 PM)***
***1 credit***

**Why take this course?** Take this course to learn about the basics of sleep and the critical implications of sleep for public health.

**Course Description:** Although healthy sleep is essential to the maintenance of health more broadly, this is not widely appreciated. Indeed, in our 24-hour society, chronic insufficient sleep and sleep disorders are highly prevalent. This course will provide a foundation of knowledge concerning the basics of sleep, how sleep changes across the lifespan, how it is measured, its links to physical and mental health, important sociodemographic sleep disparities, and implications for public health and policy.

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Registration: https://www.jhsph.edu/departments/mental-health/summer-institute/