



COHEHRE

## PRACTICAL INFORMATION

STUDENT  
& STAFF  
EVENT

### Stress & Sleep in students in higher education

Join us for an engaging and interactive online lecture/workshop on stress and sleep, designed specifically for students in higher education. In this session, we will delve into the nature of stress, exploring what it is and how it impacts both your body and mind. Additionally, we will shine a light on the vital functions of sleep and discuss practical strategies to improve sleep quality.

#### Key topics

- + The science behind stress: what it is and how it affects you
- + The physiological and psychological impacts of stress
- + The importance of sleep for overall health and well-being
- + Tips and techniques to enhance sleep quality

This webinar aims to provide valuable insights and actionable advice to help you manage stress effectively and optimize your sleep.

Don't miss this opportunity to learn and interact with experts in the field!

#### Time and venue

May 20th 2025  
COHEHRE teams platform  
(hosted by Odisee University of Applied Sciences)

Online, May 20th, 20h - 21h30 CET  
(Link to join will follow soon)

#### Key words

Stress, sleep, mental wellbeing

#### Target group

Students & lecturers

#### Administrative cost

Free webinar

#### Registration

Register [HERE](#)

#### Contact

Julie Vanderlinden:  
[julie.vanderlinden@odisee.be](mailto:julie.vanderlinden@odisee.be)

#### Coordinating institution

Odisee University of Applied Sciences



COHEHRE

### Stress & Sleep in students in higher education

Online - 1 session  
COHEHRE teams platform

May 20th, 20h - 21h30 CET



COHEHRE

[www.coehre.com](http://www.coehre.com)



COHEHRE

