During normal times, getting a sufficient amount of sleep can be difficult. But during a global pandemic, it can be even more difficult. Learn about the importance of sleep, the adverse effects from a lack of sleep and tips on how to get more sleep during these challenging times.

Instructor: Nora Osei, Princeton University Campus Recreation

Register through the Employee Learning Center at www.princeton.edu/training

Nora Osei, MS, is the Coordinator for Rugby and Summer Camp at Princeton University. She earned a master’s degree in kinesiology from James Madison University and a bachelor’s degree in computer science at Eastern Mennonite University (EMU). At EMU, Nora was an All-Conference, two-sport student-athlete, playing both soccer and basketball for four years. She also earned the President’s Award – the highest athletic honor at EMU – and is listed in the top five for career goals scored in soccer. Nora is certified as a spinning instructor through Mad Dogg Athletics and a personal trainer through the National Academy of Sports Medicine.