



UNIVERSITÀ  
DI PAVIA



# *Mind & Rest*

## Conference with mental health professionals

An informative session on sleep, its common disturbances, and practical tips for better rest. Learn how small changes in your routine can make a big difference—no medical jargon, just useful everyday advice.



**Campus della Salute**  
**Aula 1.8**



**Tuesday 6th**  
**May 2025**