



UNIVERSITÀ
DI PAVIA

 **ESN**
Erasmus Student Network
STEP 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**