

Better Sleep, Better You

05.15.2024

Wednesday, May 15, 2024

12:00 p.m. - 1:00p.m. PT

Complimentary Program via Webinar

[Click here to register.](#)

*Webinar details will be sent upon registration. *

Sleep is the cornerstone of our health. In appointments where we discuss some facet of our health, we often get the question, "and how are you sleeping"? Our mental, emotional, and physical health all hinge on sleep. In a society that is overworked and under rested many believe that sacrificing sleep will make us more productive. In reality sacrificing sleep accomplishes the opposite. How can busy attorneys get quality sleep without sacrificing our productivity?

We will discuss small habit changes from circadian rhythms to room makeovers that can immediately improve your sleep quality. Choose which habits will work best for your practice of law, your lifestyle, and your health goals and start sleeping better.

Panelists:

Elizabeth Balfour, *Partner*, Sheppard Mullin

Bethany Ens, *NASM Certified Personal Trainer*, Sea Change Fitness

This program was prepared by Sheppard Mullin in partnership with the Association of Corporate Counsel, San Diego Chapter (ACC).

Questions? Please contact Felicia Cammock via [email](#).