



<https://www.studicare.com/sleep>

SLEEPING PROBLEMS KEEPING YOU UP AT NIGHT?

The **STUDICARE Sleep-e** online training can help you to improve your sleep and to feel more relaxed during the day to **get your shit done!**

Win 50 €

(10% chance for winning an Amazon voucher!)

Free online-training

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The **STUDICARE Sleep-e** online training can help you to improve your sleep and to feel more relaxed during the day to **get your shit done!**

Free online training to improve your sleep

- Do you suffer from sleeping problems and from being tired all day long?
- This online training can help you to improve your sleeping behavior and to have more relaxing days. You get to know rules for a healthy sleep and possibilities to deal with never-ending thoughts.
- The training specifically addresses international students.

Your benefits

- Free online training
- Win 50€ (10% chance for winning an Amazon voucher)

Are you eligible?

- You are at least 18 years old and an international student currently enrolled at a German university.
- You suffer from sleeping problems.
- You are willing to work on your sleep for three weeks within an online training.

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