



## Certificate of Achievement

# Abhay Chaudhary

has completed the following course:

**SLEEP DEPRIVATION: HABITS, SOLUTIONS AND STRATEGIES TEACH-OUT**  
**UNIVERSITY OF MICHIGAN**

This Teach-Out explored why sleep is important, how it works and how to change sleep habits. Learners gained knowledge and strategies to improve their own sleep and feel empowered to advocate for the sleep health of their communities.

2 weeks, 2 hours per week



**Ronald D. Chervin, MD, MS**

Professor and Interim Chair, Department of Neurology  
Michael S. Aldrich Collegiate Professor of Sleep Medicine, University of  
Michigan



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

This learner has not verified their identity. The certificate and transcript do not imply the award of credit or the conferment of a qualification from University of Michigan.



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#### **STUDY REQUIREMENT**

2 weeks, 2 hours per week

#### **LEARNING OUTCOMES**

- Develop understanding of the epidemic sleep deprivation
- Learn about personal ways to improve your sleep
- Learn about ways to encourage healthy sleep habits in your community

#### **SYLLABUS**

- Understand an epidemic
- Learn personal ways to improve sleep
- Encourage healthy sleep habits in your community