Solid and Hazardous Waste Management

Health and Wellbeing: sleep and food

- Most of all I care about you as humans, but wellness also matters for engineering

- Prioritize sleep

    - Sleep impacts ability and performance (including engineering problem solving)

    - Screens, caffeine, and alcohol (especially drinks before bed) harm sleep

- Prioritize eating well

    - If access to food is a challenge for you, please let me know