


Sleep 101: Available for All Students


As a brief, self-guided, online program (delivered via Moodle) for incoming students, Sleep 101 is a unique opportunity to help students establish healthy sleep habits they can use on campus and in the years to come. Sleep 101 is now a public/meta course available to all Loyola students.

To access Sleep 101, use the following link: <https://moodle.loyola.edu/course/view.php?id=84277>


For Faculty/Mentors:

- Follow the link above to access the Sleep 101 Moodle page
- Faculty will need to enter the below enrollment key to enter the course.
 - Enrollment key: Faculty2023
- Instructions on how instructors can add their course are listed below the module. Students can then access the module through the faculty's Moodle page.

 [Announcements](#)

 [Sleep 101 Module](#)

Click the link above, then click "Enter" on the succeeding page to begin the activity.

 [Instructions for adding your course roster to the Sleep 101 course](#)

- To view which of your students have started/completed the module, follow the "Sleep 101 module" link on the first page. Then select the "Reports" tab

Sleep 101 Module

[Info](#) [Reports](#)

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