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**FOR IMMEDIATE RELEASE**

**Rest, Relax, and Recharge with Ultra-Cool Nap Pods  
at the Oasis Wellness Center**

Northridge — The Oasis Wellness Center of the University Student Union (USU) invites all Matadors to refresh with a 45-minute power nap in one of the six ultra-cool Nap Pods located at the Oasis Wellness Center. Each comfortable Nap Pod provides a cozy place to ditch the neck-breaking naps on desks and indulge in a truly soothing nap pod – free to all students.

“Our Nap Pods are just one of the many ways our hard-working students can cultivate peace and tranquility, where they can recharge and perform better throughout the day,” said Richard Cardona, Oasis Wellness Center Manager. “CSUN students will also have the chance to win great prizes for just taking a power nap!”

During the month of November, all students can register their Nap Pod visits to become a frequent napper at the Oasis and join the Nap Reward Card program to receive a punch for each nap they take. After the first nap and first punch on their card, students will get a free exclusive Oasis T-shirt. Then, once a student gets three nap punches, they will win an Oasis Sleep Mask. Finally, after six nap punches, students can enter into a raffle for a chance to win an Oasis Snuggie. Treat yourself and allow the peaceful atmosphere of the Oasis Wellness Center embrace you with the help of a restful nap in a Nap Pod.

-More-

# CSUN



Don't miss this opportunity to hit your reset button with a refreshing Nap Pod! For more information on how to register for a Nap Pod and the Oasis Wellness Center, please visit [www.csun.edu/oasis](http://www.csun.edu/oasis) or contact the Oasis Wellness Center at [oasis@csun.edu](mailto:oasis@csun.edu).

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*

**UNIVERSITY STUDENT UNION**

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