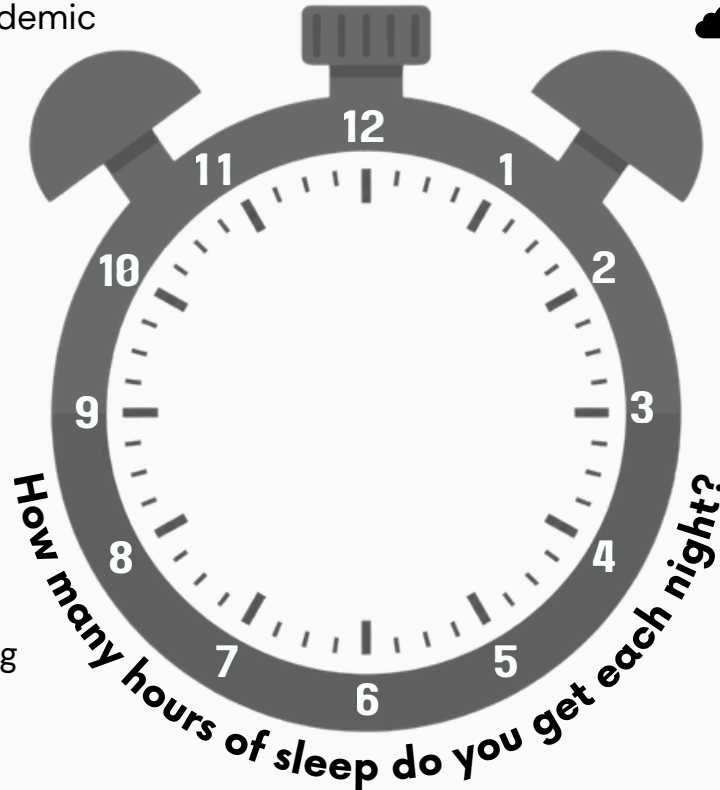


Sleep like a Student

The Importance of Catching Zzz's

- ☁ **Improves** concentration, learning, and memorization. This can be **used towards** your own academic success!
- ☁ Recharges and regulates your body and brain functions! Lack of sleep **can cause impairments** to your motor skills and reaction time.
- ☁ Increases and helps your immune system. Good sleep means you are **less likely** to get sick!
- ☁ Keep your workspace and sleep space **separate!** Creating associations with your resting space and work can influence your sleeping habits.



Students Struggle the Most With...

- ☁ Waking up and going to bed at **consistent** times!
- ☁ Having a calm and relaxing sleep/bedtime **routine!**
- ☁ Avoiding screens for at least one hour before bed!
- ☁ Getting 7 to 9 hours of sleep daily!

How to Improve Your Sleep

- ☁ **Avoid taking long naps** throughout the day. Napping usually results in waking up during deep sleep which interferes with your "sleep drive" at night.
- ☁ Always wait at least **1.5 to 2 hours** after intense exercise to go to sleep. Your muscles and heart need time to relax before going to bed.