

# GET GOOD SLEEP.



## BENEFITS:

- Improves stress management
- Sharpens concentration & memory
- Boosts immune system
- Enhances emotional & physical health
- Increases energy



## TIPS:

- Engage in regular physical activity
- Avoid late-day caffeine & nicotine
- Keep regular waking & bedtime hours
- Sleep in a dark, quiet room
- Keep naps short (45 minutes or less)

Highland Commons  
Appointments: 520.621.9202

[www.health.arizona.edu](http://www.health.arizona.edu)



# CAMPUS RECREATION

6th and Highland  
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