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

6th and Highland
Phone: 520.621.8702
www.campusrec.arizona.edu