do you want...
less stress? better grades?
less sickness? better mood?
sleep on it!

Getting enough sleep each night improves ability to manage stress, boosts the immune system, sharpens concentration and memory for studying and enhances overall physical and emotional health.

tips for better sleep
• Minimize sleep disruptions with a dark, quiet bedroom (try ear plugs and a sleep mask)
• Avoid caffeine and nicotine in the evening
• Keep regular bedtime/waking hours
• Keep up with schoolwork
• Exercise regularly

A public service announcement from your friends at

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