Thrive on Zzz's
Thursday
FACTS ABOUT SLEEP

Sleep Improves Memory and also your GPA

WARNING:
Guinness no longer keeps a world record for sleep deprivation because it is considered to be too dangerous!

Benefits Of Sleep
Increased Heart Health
Maintain a Healthy Weight
Increased Alertness and Reaction Time
Increased Healing

Cognitive Impairment after just 18 hours without sleep is similar to that of someone with a blood alcohol content of 0.05%.
0.10% AFTER 24 HOURS (LEGAL DRUNK)

How to Get 8 Hrs of Zzz's
- Sleep in complete darkness (use a sleep mask)
- Get regular exercise
- Have a regular bedtime
- Turn off screens 30-60 minutes before bed
- Keep your room cool

The blue light produced by our electronics suppresses melatonin production - a hormone that regulates our circadian rhythms. So try turning theses off at least an hour before bedtime.

8 Hours of Sleep: Always the Smart Choice
56% of Tufts students get at least 4 nights of restful sleep

Give It A Try

71,000
The amount of non-fatal car accidents per year caused by tired drivers

go.tufts.edu/healthyliving

BALANCE YOUR LIFE
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FACTS ABOUT SLEEP

ALCOHOL, CAFFEINE, SPICY FOOD, CHOCOLATE CAN KEEP YOU UP AT NIGHT.

Try eating them earlier in the day

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Benefits of Sleep

- Increased Heart Health
- Maintain a Healthy Weight
- Increased Alertness and Reaction Time
- Less Stress
- Increased Healing

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In the United States we lose $63 billion in productivity every year due to sleep deprivation.

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Let sleep work for you!

When you sleep, your brain process all the information you learned so that you remember it better.

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