

Do you want...

less stress? better grades?

less sickness? better mood?



Go to bed!

★ 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:

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

A public service
announcement from
your friends at



CAMPUS
HEALTH
SERVICE
www.health.arizona.edu