



# HOW'S YOUR SLEEP?



It's easy to tell students that good sleep is essential, but are you getting the amount and kind of sleep your body needs? Here are some tips to encourage restful and productive sleep:

- Stop the consumption of caffeine after 12-noon.
- Stop eating three hours prior to bedtime. You want to go to bed when you almost feel like you can eat again.
- Establish a relaxing, consistent bedtime ritual that you do every night before bed.
- Limit exposure to lights from electronics before bedtime. They're stimulating and can interfere with your ability to fall asleep.
- Avoid watching TV or working in bed.
- Make sure your bedroom environment is peaceful, dark, and cool.

PERSONAL COACHING  
GET STARTED

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