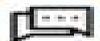


9 Sleep Tips for College students



01

Plan your schedule around your natural rhythm.



03

Get outside quickly.



05

Reward yourself for getting up on time.



07

Aim to get to bed 8-9 hours before your wakeup time.



09

If you're sleeping through lecture, it's time to change your sleep schedule.



02

Get on the same schedule every night.



04

Be as active as you can in the morning.



06

Unplug before bed.



08

Avoid naps, especially early and late in the day.

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LM Reder



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web the figure given below represents the functional block diagram of smps initially the unregulated ac input signal from the source is provided to the input rectifier and filter circuit here the ac input signal is rectified to generate a dc signal and further smoothed to remove high frequency noise component from it

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