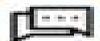


9 Sleep Tips for College students



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.

How To Sleep Hygiene Tips For Students

Jessie I. Lummis, Williedell Schawe



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