



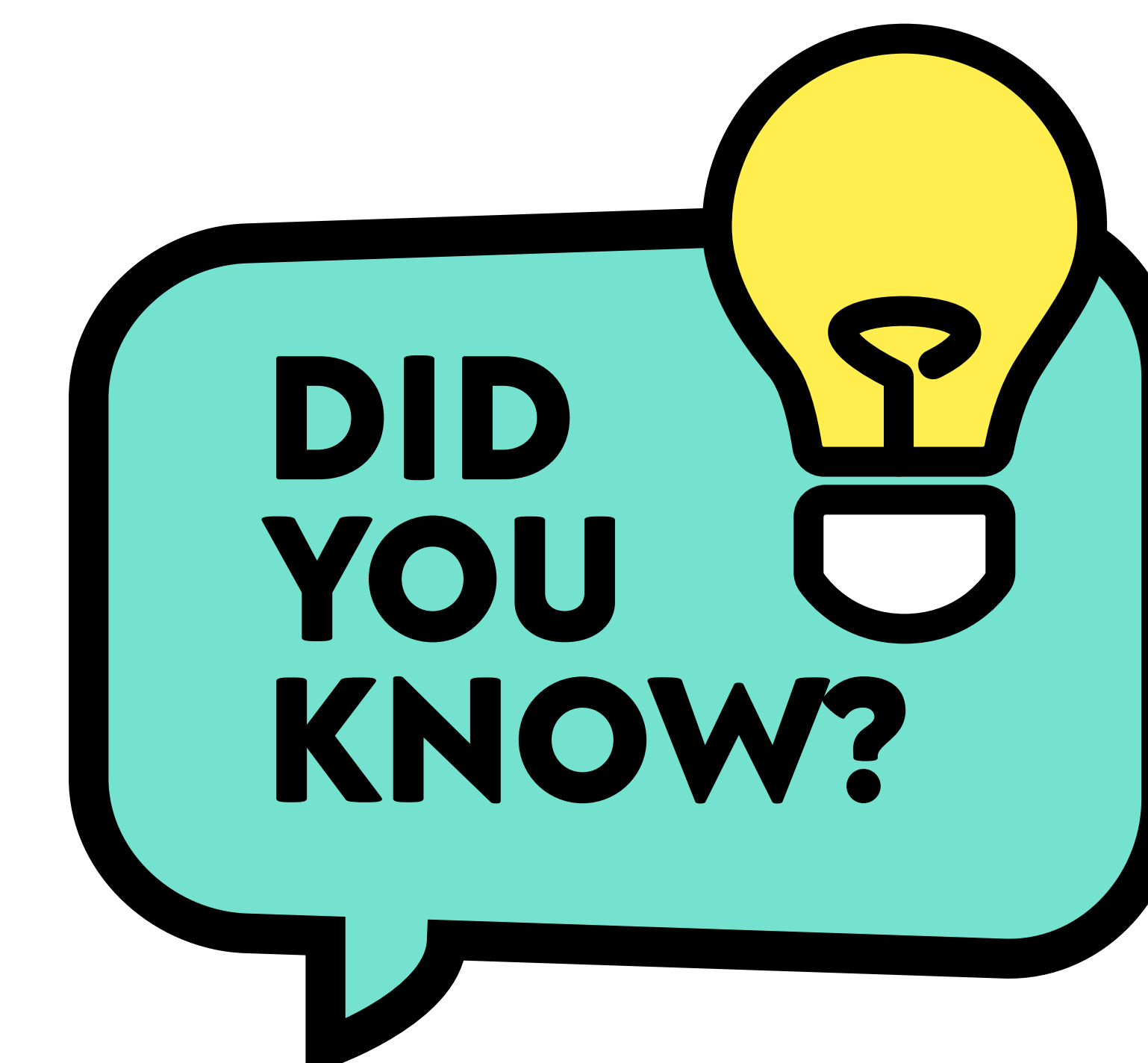
- Improve concentration and academic success
- Lower stress and improve your mood
- Get sick less often
- Remain at a healthy weight
- Reduce your risk of injury
- Reduce your risk of diabetes and heart disease



- Keep a consistent wake time and bed time
- Create a quiet and comfortable sleep space
- Avoid napping during the day
- Avoid nicotine, alcohol, and caffeine before bed
- Avoid vigorous exercise before you go to bed
- Spend time outdoors and get fresh air during the day
- Create a relaxing bedtime routine

CATCH SOME ZZZ'S

Check your sleep environment



- It's recommended you get between 7 and 9 hours of sleep each night
- Only about half of Ontario Tech students report getting the recommended amount of sleep
- Only about 1 in 10 Ontario Tech students report getting enough sleep to feel rested most days of the week
- Sleep is important for learning and storing new information
- Studies indicate that students with better quality sleep report better grades
- Research suggests that a night without sleep impairs your motor skills and reaction time as much as if you were driving drunk