

GET REGULAR SLEEP.



MIT STUDENT TIP

“Most of it [consistent sleep] comes down to planning, and holding fast in my belief that sleep is MORE important to my wellbeing than the last five points on a pset.”

PRO TIP

In study after study, regular sleep timing is associated with feeling more refreshed and having better mood. To take advantage of this, try not to vary your bedtime/morning schedule by more than an hour or two (even on the weekends).



MindHandHeart

medical.mit.edu/community/sleep