

# KNOW THY SLEEP.



## MIT STUDENT TIP

“I always tried to maintain at least 7 hours of sleep otherwise I would not function. I recently got a [wearable device] to track it more precisely and that has helped a lot in maintaining a healthy schedule.”

## PRO TIP

“Have fun! Collecting data about yourself can be very interesting. But just remember sleep trackers tend to point to general trends in your sleep. The specifics need more sophisticated assessment.”

Sleep Health Foundation



MindHandHeart

[medical.mit.edu/community/sleep](https://medical.mit.edu/community/sleep)