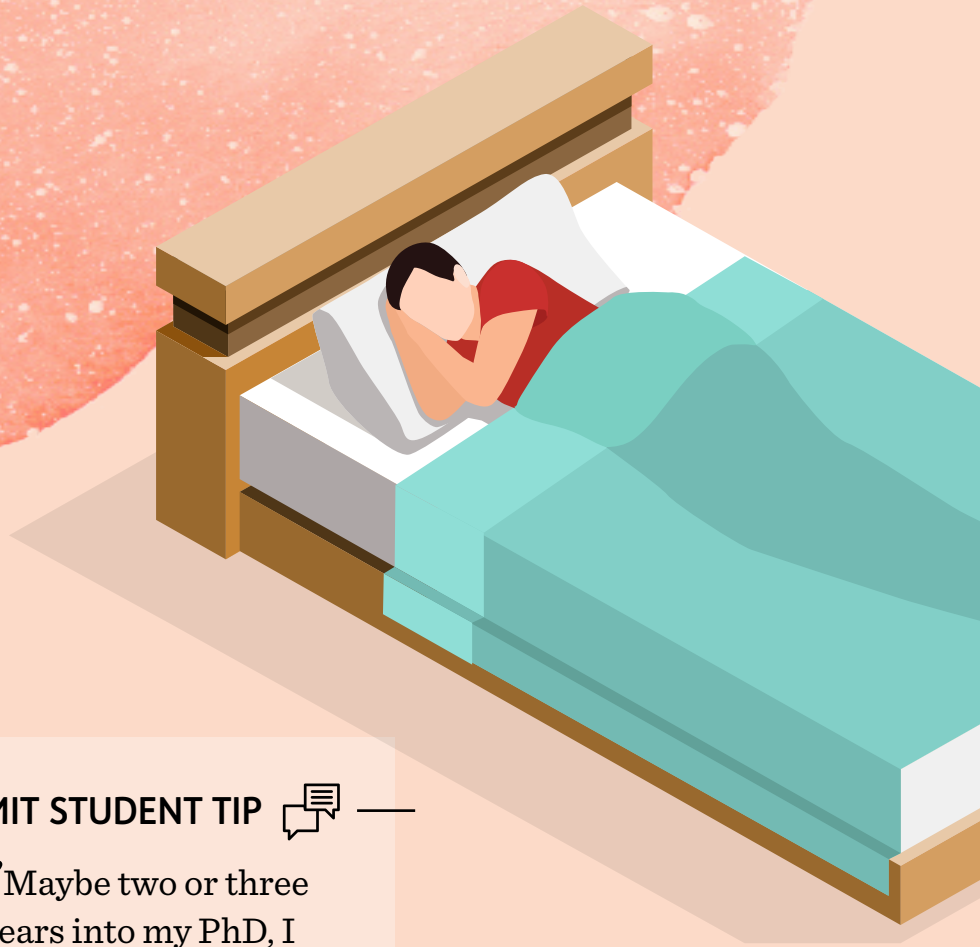


SLEEP YOUR WAY TO EFFICIENCY.



MIT STUDENT TIP

"Maybe two or three years into my PhD, I realized that efficiency is just as important, if not more important, than the absolute number of hours I spent in front of my computer. A healthy sleep schedule helps me focus on work."

PRO TIP

Avoid alcohol and stimulants, like caffeine, sugar, and nicotine, 6-8 hours before bedtime as they can interfere with your sleep cycle.



MindHandHeart

medical.mit.edu/community/sleep