

STAY FIT FOR BETTER SLEEP.



MIT STUDENT TIP

“My mood has improved so much! I am energetic throughout the day, can get in 3 intense fitness routines a week. It has improved my sense of well-being. Earlier, I was irrationally proud of my ability to skip sleep. Now, I chide myself whenever I miss sleep.”

PRO TIP

“Want to fall asleep faster and wake up feeling more rested? As little as 10 minutes of aerobic exercise, such as walking or cycling, can dramatically improve the quality of your nighttime sleep, especially when done on a regular basis... if you find that physical activity in the evening revs you up too much, do it earlier in the day.”

National Sleep Foundation



MindHandHeart

medical.mit.edu/community/sleep