

WIND DOWN FOR BETTER SLEEP.



MIT STUDENT TIP

"I have always prioritized sleep. I find I work better when I'm rested and I feel better. I have always preferred to go to bed and wake up early if I still have work to do. I stop doing work when I leave the office, making my home a place for relaxation."

PRO TIP

Check your screen time: blue light from your phone and tablet screens can impact your sleep. If you want to use these devices at night, we recommend finding an app to dim and alter the light from your screen.