

WORK SMARTER, SLEEP BETTER.



MIT STUDENT TIP

“Freshman year, I used to just waste time during breaks between class during the day. Sophomore year, I started treating my schedule as a 9 to 5 schedule so when I didn’t have classes, I would still do work and then I had less to do at night.”

PRO TIP

“Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps to regulate your body’s clock and could help you fall asleep and stay asleep for the night.”

National Sleep Foundation



MindHandHeart

medical.mit.edu/community/sleep