

MAKE SLEEP HAPPEN.



MIT STUDENT TIP

“My partner (who I live with) needs a lot less sleep than me, and often goes to bed after me and wakes up before me naturally. That has been the hardest for me because I really notice when my sleep is interrupted or cut short.”

PRO TIP

Your environment matters: investing in a mattress pad, eye mask, or ear plugs to counter bright, noisy halls or uncomfortable mattresses can make a BIG difference.



MindHandHeart

medical.mit.edu/community/sleep