

SLEEP MAKES EVERYTHING GO BETTER.



MIT STUDENT TIP

“My mood and health have increased significantly, I’m doing better in my classes, I’m more willing to exercise...basically, everything has improved [with healthy sleep].”

PRO TIP

“If you have trouble sleeping, avoid naps, especially in the afternoon. Power napping is good for some people, but if you find that you can’t fall asleep at bedtime, eliminating even short catnaps may help.”

National Sleep Foundation