

SLEEP IS FOR THE STRONG.



MIT STUDENT TIP

"I had a crap sleep schedule my freshman and sophomore year. With the onset of some mental health problems my sophomore year I started sleeping all the time but was still tired. It really wasn't until my junior year that I realized that I benefitted tremendously from extremely regular sleep, exercise, and eating habits."

PRO TIP

Create a bedtime ritual: find something relaxing to do each night before bed, like listening to music, reading, or meditating.