In undergrad, I stayed up late to ‘have fun’ but realized regularity was just as important as quantity. I started to prioritize rest much more and take regular power naps. [In grad school] I slowly became the morning person I’d never thought I’d be.

Be upfront with friends about your sleep goals. If you can’t always go out with them at night, find ways to stay connected socially like going for a run or coffee in the morning.