

# BE A SLEEP ROLE MODEL.



## MIT STUDENT TIP

"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."

## PRO TIP

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.



MindHandHeart

[medical.mit.edu/community/sleep](https://medical.mit.edu/community/sleep)