



ZZZS = DEGREES

Don't let lack of sleep affect your academic performance.
Try these tips to help you get 7-9 hours of sleep every night.



Drink warm milk or non-caffeinated tea before bed. Stop drinking caffeine 6 hours before going to sleep.



Turn off electronics 1 hour before going to sleep.



Do some light stretching or yoga before bed.



Read a book or magazine before bed (not on a screen)



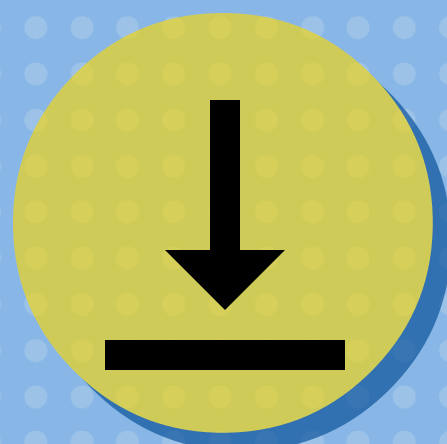
Try a deep-breathing exercise to help you relax.



If needed, take a 10-30 minute nap to help you get more sleep.



Use your calendar to help you manage your time to get at least 7 hours of sleep.



Download a sleep app to help you track your sleep patterns.



Try going to sleep 15-30 minutes earlier or waking 15-30 minutes later to help you get more Zzz's.