SLEEP WELL!

• Keep the electronics - and homework - out of bed.
• Have a consistent bedtime - and wake time. Your body likes routine.
• Have a supportive comfortable mattress and pillows.
• Drown out noise.
• Keep it cool.
• Keep it dark.
• Exercise regularly.
• No caffeine after 2:00 p.m.
• Avoid alcohol, nicotine, and eating close to bedtime.

Well-rested SIU students are healthier and perform better academically!