

# 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!*

