

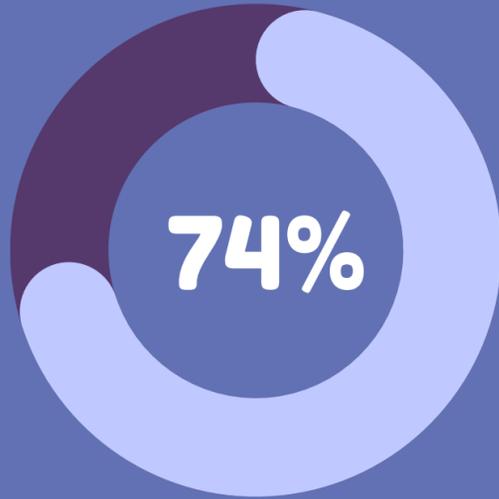
Sleep your way to Success



4 out of 10 students feel rested during the day



Quality sleep improves memory retention by



of students who do well in school sleep 7 to 9 hours each night

Hours of sleep impacts average GPA

Survey-based research shows that college students have higher grade point averages when they sleep 7 to 9 hours.



Set a Consistent Sleep Schedule

Going to bed and waking up at the same time every day helps your body's internal clock stay in sync.



Improve Sleep with Food & Drink

Melatonin-rich foods like cherries, fish, kiwi, milk, nuts, and rice can help you relax and sleep.



Wind Down and Relax

Calming activities like journaling, reading, and listening to calming music help your body prepare for sleep.



Manage Stress Before Bedtime

Practicing relaxation techniques like deep breathing, gentle yoga, and meditation can prepare your mind for sleep.

More Sleep Tips



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Data Sources



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