Do you rely on an alarm to wake you up every day and need caffeine and/or nicotine to keep you alert?

If you answered yes, you’re probably sleep deprived. Not getting enough sleep can be linked to illness and disease, struggling in class or at work and depression.

What to do:
- Everyone’s needs are unique. Figure out the amount of sleep you need.
- Set and stick with a consistent sleep and wake schedule.
- Set up your sleeping area for quiet, dark and cool.
- Create a relaxing bedtime routine.
- Exercise daily, preferably in the morning or early afternoon
- Avoid nicotine, caffeine and heavy meals beyond early evening hours

If you routinely have trouble falling asleep or staying asleep, see a doctor to see what help is best for you.

For more info contact: Judy Lyle, Health Services, Wells Hall, 270-809-3809, judy.lyle@murraystate.edu


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