



SUFFOLK UNIVERSITY COUNSELING, HEALTH & WELLNESS

TOP 5 TIPS FOR FINALS: HOW TO GET BETTER SLEEP TO FUEL YOUR STUDYING!

1. Get 7-9 hours
of sleep



2. Nap no longer
than 20 minutes

3. Reduce screen
time
30 minutes
before bed



4. Spend awake
time out
of bed



5. Reduce
noise before
bedtime

