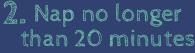


SUFFOLK UNIVERSITY COUNSELING, HEALTH & WELLNESS

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

1. Get 7-9 hours of sleep





3. Reduce screen time 30 minutes before bed



4. Spend awake time out of bed



5. Reduce noise before bedtime



