

SPARTAN SNOOZE

When you become a Spartan, one of the most important things you can do to be successful is to get enough sleep. Adequate sleep...



IMPROVES MEMORY - Sleep helps to optimize memory consolidation, helping you remember all of that stuff you learned in class.



REGULATES MOOD - Anyone who has dealt with a sleepless night is aware of how much better they feel after a good night's sleep.



STRENGTHENS IMMUNITY - While asleep, your body releases chemicals that help respond to infections, inflammation, stress, and more.



SHARPENS FOCUS - Adequate sleep improves motivation and the ability to pay attention, helping to improve learning performance.



1 in 2 MSU students reported experiencing sleep difficulties in the past year*



1 in 4 MSU students reported sleep difficulties that were traumatic or very difficult to handle*

WHAT YOU CAN DO:



Try to get at least 7 to 9 hours of sleep daily



Exercise regularly and do things that help you to relax



Ditch your cell phone at bedtime - it will lead to a more restful sleep



Avoid substances that can inhibit sleep - especially closer to bedtime

