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

*2018 MSU NCHA Survey, N=1,226

MICHIGAN STATE UNIVERSITY
Student Health & Wellness Services