



How to get enough sleep:

Maintain a regular sleep schedule.

Avoid oversleeping on weekends.

Take early afternoon naps for 15-20 minutes.

Turn off screens an hour before going to bed.

Avoid caffeine, smoking, alcohol, and drugs.

Centers for Disease Control and Prevention. (2022, April 8). Sleep and Sleep Disorders. *Center for Disease Control and Prevention.*



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MAKE IT MATTER

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