**YOUNG ADULTS**
(18-25)
need an average of
**7-9 hours sleep**
per night
*Less than 6 hours is detrimental!*

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**Establish a routine before bed**
To help you relax and stick to a regular sleep schedule.

**Keep your room quiet, dark, and cool**;
Keep stress out of the bedroom - avoid studying in bed!

**Get up early and out into the sun**!
Bright light in the morning sets your clock for the day.

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**Consequences of sleep deprivation**
- Increased risk of illness
- Negative effects on memory
- Increased moodiness, anxiety, and depression
- Unhealthy diet and increased intake of caffeine
- Driving drowsy
- Decreased ability to concentrate, learn, and problem-solve

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**Limit substances**
- Alcohol
- Caffeine

**Avoid technology use before bed**

**Don’t schedule events late at night**