**Sleep & Stress**

**Why Is Sleep Important?**
Sleep is important because the more sleep you get the better you can function throughout the day. Sleep also allows you to preserve more energy and mental capacity.

**Stress For Everyone**
- Academic stress usually stems from long hours of learning or studying.
- For athletes stress may come from long hours at practice.
- General stress comes from work, bills, and other responsibilities.

**Stress Impacts Sleep**
Chronic stress can negatively impact sleep quality and duration. It can prolong the time it takes to fall asleep, and it can wake you up from sleep.

**Getting A Good Night’s Sleep**
- Consider how much time you are spending on things that cause you stress.
- Set an allotted time for sleep, put all distractions away.
- Avoid eating big meals before bed.
- Develop a bedtime routine.

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