

# LEAVE IT UNREAD WHEN TUCKED INTO BED

**More sleep can lead to better grades**

**1 in 2** MSU students reported experiencing sleep difficulties in the past year.<sup>1</sup>

**21%** reported that it seriously affected their academic performance.<sup>1</sup>

## Keep in mind:

- Artificial light from technology may decrease melatonin, a chemical in your body that promotes sleep
- Avoiding screen time 30 minutes before bed can make it easier to fall asleep
- “Sleep debt” is real. Getting quality sleep every night prevents ‘crashing’ in the future



Visit [bit.ly/msusleep](https://bit.ly/msusleep) or scan the QR code for resources on improving sleep quality and to learn more about how lack of sleep affects performance.



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1. 2022 National College Health Assessment (NCHA II), N=1,157

    
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