



## Sleep

The National Sleep Foundation recommends that young adults (age 18-25) average 7-9 hours of sleep every night for optimal emotional and physical wellbeing. Naps are beneficial, but try to keep them under 30 minutes for a quick energy boost without feeling groggy. Also try to keep a consistent sleep and wake schedule, even on the weekends. In addition, regular exercise and relaxation before bedtime can help reduce the time it takes to fall asleep, and research shows it can provide almost an hour more sleep at night. Consistently getting the right amount of sleep helps us thrive by contributing to a healthy immune system, regulating hormone levels, and increasing energy levels throughout the day.