

It's time for "lights out"

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You are ready to finish up the Fall semester and final exams are around the corner. This is the time where your academic performance and hard works are evaluated. You usually spend the last two weeks of the semester on studying late at night which will affect your sleep cycle.

Did you know that not getting enough sleep the night before your exam can affect your performance? As the exams approach, remember that getting enough sleep will aid to improve your memory. Don't try to study the night before the exam. Last minute information will not help much. If you get enough sleep, then reviewing your test material will likely improve your recall. Have you ever thought about how to improve your sleep during exam time and do well? Here are some advices that can help you improve.

- **Try to cram your studying during the day time** so you will have more time to sleep at night.
- **Plan to sleep only in the evening hours.** Taking too many naps during the day when you are taking finals can mess up your sleep schedule.
- **Know your stuff very well.** Try to revise your material ahead of time this way you will be less stressed and sleep more easily
- **Avoid caffeine late at night before your exam day:** caffeine tends to awaken your body and make it hard to fall sleep.
- **Add physical activity to your weekly schedule:** exercise will improve your regular sleep and awake patterns
- **Have a cup of warm milk before you sleep:** milk has an amino acid called tryptophan which helps you fall sleep
- **Reduce bright lights in the evening.** This will help your body to know it's time to sleep.

