

# Well Devils Update

April 14, 2014

Sun Devils are Well Devils



## Well Devils – Make Sleep a Priority

59.6% of ASU students say they have enough restful sleep at least 3 nights a week, but only 6.6% say they have enough restful sleep all week long. Sleep is essential for physical restoration, stress management and learning. Learn more at [ASU Wellness Sleep](#) and the [Sleep Help Guide on Helpguide.org](#).



## Improve Your Sleep and Enhance Your Success....

Sleep in your bed and study at a desk. If you lay down to go to sleep, but your body sees your bed as a place to think, you might find it hard for your brain to shut down. The opposite could be true too: if your body understands that beds are for sleeping in, you may find yourself asleep on your books if you try to study there. For additional sleep tips, visit [ASU Wellness Sleep](#).



## Wellness Activities & Events

[Apr. 15-18 Clothesline Project, Downtown Phoenix](#)

[Apr. 15-17 Clothesline Project, Polytechnic and West](#)

[Apr. 15 STI/HIV Testing, West](#)

[Apr. 15 Earth Day Green Captain Event, West](#)

[Apr. 16 It's Your Identity, Polytechnic](#)

[Apr. 17 Earth Day Green Captain Event, Downtown Phoenix](#)



## Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Sun Devil Dining](#)

[Sun Devil Fitness](#)

[Well Devils](#)

\*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email [wellness@asu.edu](mailto:wellness@asu.edu)

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