

# Well Devils Update

October 20, 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](#).



## Want to Feel Better? Have More Energy?

Get one extra hour of sleep each night. It's free! For additional sleep tips, visit [ASU Wellness Sleep](#).



## Wellness Activities & Events

[10/20 – 10/24 Consent Week Fall 2014, West](#)  
[10/20 – 10/24 Clothesline Project Display, Campus-wide](#)  
[10/20 – 10/21 Tunnel of Awareness, Tempe](#)  
[10/20 It's Your Credit Financial Workshop, Downtown Phoenix](#)  
[10/21 Farmers Market @ ASU Tempe](#)  
[10/21 Sexual Misconduct and the University Panel Discussion, Tempe](#)  
[10/26 Sun Devils AIDS Walk Team, AIDS Walk Phoenix & 5K Run](#)



## 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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