

Well Devils Update

February 2, 2015

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 Sleep and Enhance Academic Success

Sleep in your bed and study at a desk. Create a bedtime routine. Set a bedtime and wake-up time and stick to it regularly. Limit caffeine and sugar intake. Get physical activity daily. For additional sleep tips, visit [ASU Wellness Sleep](#).



Wellness Activities & Events

[2/2 – 3/18 Fork the Smoke! Tobacco-free Challenge](#)

[2/2 – 2/28 ASU Celebrates Black History Month](#)

[2/2 – 2/6 Wellness Week, Tempe Sun Devil Fitness Complex](#)

[2/2 It's Your Identify Financial Wellness Workshop, Polytechnic](#)

[2/6 MU After Dark Outdoor/Indoor Recreation Night, Tempe](#)

[2/8 2015 Sun Devil Criterium, Tempe](#)



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

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