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short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

In Brief: Your Guide To Healthy Sleep

HOW TO GET A GOOD NIGHT'S SLEEP The following guidelines are recommended to help you improve both the quality and amount of your sleep. 1. Exercise during the day, preferably in the late afternoon before dinner. Aerobic exercise, not necessarily "aerobics," but the type that gets your heart beating, gets you sweating and panting for

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HOW TO GET GOOD GRADES IN 10 EASY STEPS. By Linda O'Brien 1. Believe in Yourself. "To succeed, we must first believe that we can." Michael Korda. 2. Be Organized. If you're organized, you have what you need, when you need it. Use an assignment notebook or student planner. Use three-ring notebooks for class notes. Use folders for schoolwork.

HOW TO GET GOOD GRADES IN 10 EASY STEPS By Linda O'Brien

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