



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

How to sleep better?



CONSISTENCY

GO TO BED
AND
GET UP
AT THE
SAME TIME
EACH
DAY



SLEEPING AREA

RELAXING

QUIET

DARK

COMFORTABLE
TEMPERATURE



#UHCares

Source: WHO HEALTH
ADVISORY



Trunkline: (046) 416 4531

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph