Spring Forward With Your Sleep Hygiene

Good sleep is one of the most overlooked and most important parts of maintaining physical and mental health. Check out these tips and make a plan to clean up your sleep routine for Spring!

Tidy Up

Adopt habits like making your bed and organizing your space. A clean and neat space helps you improve focus throughout the day, especially if you will be studying and working indoors.

Get Your HPV Vaccine

January is Cervical Cancer Awareness Month, during which increased attention is placed on cervical cancer, HPV and getting screened and vaccinated. The HPV Vaccine is available for all genders as early as age 9 and late as age 45.

You can schedule an appointment to get vaccinated and get answers to common questions about the vaccine, HPV and cervical cancer at the University Health Center.

Learn more about the HPV vaccine, the many cancers it prevents (cervical, mouth and throat, penis and anus) and our nation's target for the HPV vaccine at Healthy People 2030.