

GOOD SLEEP HABITS CAN HELP YOU SOAR!



SLEEP 7-9 HOURS EACH NIGHT

Regular sleep leads to lowered stress, improved mental well-being, and restored energy. In addition, it can boost your productivity by improving memory, focus, alertness, and grades!



MAKE MINDFULNESS YOUR SUPERPOWER

The most commonly reported barrier to sleep is stress. Use your mindfulness abilities to calm your mind and drift off. When you can't sleep after trying for 20 minutes or more, get out of bed and do a relaxing activity. Try practicing deep breathing, gentle yoga, gratitude, or meditation.



DON'T LET ALCOHOL BE YOUR KRYPTONITE

Even though it can make you feel sleepy, alcohol disrupts our sleep cycle and keeps us from getting deep sleep (it also makes us take multiple trips to the bathroom). Don't let alcohol be your sleep kryptonite and avoid drinking 4 to 6 hours before bedtime.



USE YOUR BED ONLY FOR SLEEPING

Only use your bed for sleeping and sex. That way, your brain associates your bed as a place for only those activities. Your brain will not associate your bed with sleep if you use it as a place to study, work, watch TV, etc.



CREATE A SLEEP-FRIENDLY BEDROOM ENVIRONMENT

A cool room between 60-67 degrees makes for the best sleep. Dim the lights about an hour before bed to regulate your body and tell your brain it's time to shift into sleep mode. Use room darkening curtains to keep it dark or use an eye mask. Reduce noise with a fan, sound machine, or ear plugs. Choose mattresses, pillows and sheets that are comfortable to you. Surround yourself with peaceful scents such as lavender and peaceful and non-distracting colors.

STICK TO A CONSISTENT SLEEP SCHEDULE

One of the best ways to train your body to sleep well is to go to bed and wake up at approximately the same time every day, even on weekends and days off. Waking up at the same time each day helps gradually build a sleep drive so you can fall asleep easier at night.

Checklist

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PUT CAFFEINE IN ITS PLACE

Caffeine can help you be awake and alert during the day, but it turns into our worst enemy at bedtime. Caffeine stays in your system longer than you think. To see heroic sleeping benefits, cut the caffeine at least 6 hours before bed to make sure you get enough zzz's.



USE YOUR MOVEMENT SUPERPOWERS

Incorporating joyful movement (i.e. walking, running, yoga, biking, swimming, dancing) into your day can help you feel more awake during the day and sleepy at night. Try to avoid strenuous movement 4 hours before bedtime!



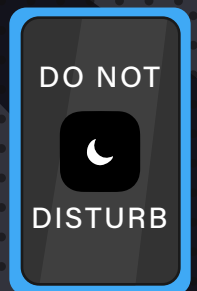
LIMIT NAPS

Avoiding naps during the day will help you be more tired at bedtime. If you need to nap, make sure it's for less than an hour (20-30 min.) before 3:00pm.



TURN OFF TECHNOLOGY AT LEAST 30 MIN BEFORE BED

Blue light from phone, TV, computer, and tablet screens stop the production of a natural sleep hormone, melatonin, keeping you from activating your sleeping superpowers. Turn off the screens at least 30 minutes before bedtime and keep your phone off your bedside table to unlock sleeping benefits!



Need a Sleep Sidekick? Let a Wellness Coach help you ignite better sleep habits! Sign up for a confidential Wellness Coaching session (in-person or via Zoom) today at studentwellness.uni.edu.

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