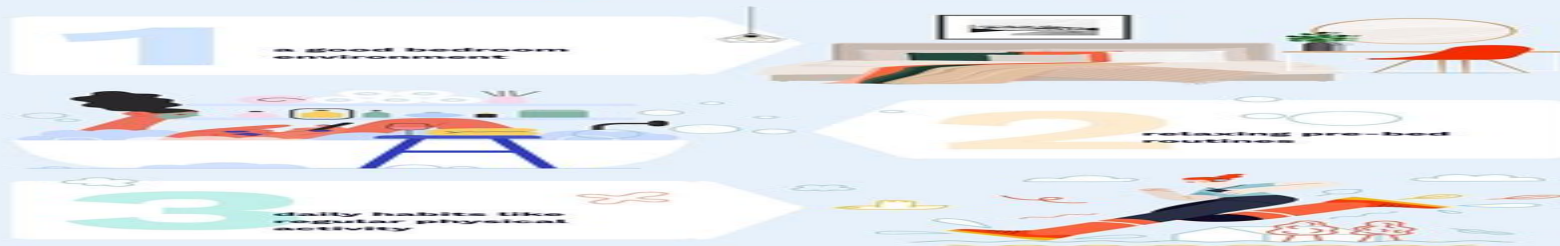


Sleep Hygiene for Students

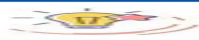
Sleep hygiene is a range of habits that improve your ability to fall asleep and sleep well enough the night.



Why does it matter?

Obtaining healthy sleep is important for:

Physical & mental health
Productivity Overall quality of life



Most Americans would be happier, healthier, and safer if they were to sleep an extra 60 to 90 minutes per night.

How much sleep do I need?

Obtaining healthy sleep is important for:



Healthy sleep checklist

- 1 Do you usually wake up at the same time?
- 2 Do you get up before your alarm clock?
- 3 Do you feel productive during the day?
- 4 Can you survive without caffeine?
- 5 Are you always alert while driving?
- 6 Do you maintain weight easily?
- 7 Is your skin clear and glowing?
- 8 Do you often feel happy and motivated?



If you have at least one "no" answer, consider changing your sleep habits.



Staying awake for 24 hours equates to a blood alcohol content of 0.10 % (higher than the legal limit of 0.08 %).

Dos & don'ts of a good night's sleep

Do:	
✓	Go to bed and get up at the same time every day. This will reinforce your body's sleep-wake cycle.
✓	Create a restful environment: dark and quiet. Use blackout curtains and earplugs.
✓	Set a soothing temperature for sleeping. The best temperature is 60 to 67 °F (16 to 20 °C).
✓	Invest in a quality mattress and bedding. Your sheets and bedding should be comfortable.
✓	Get enough physical activity earlier in the day. Regular exercise makes it easier to fall asleep.
✓	Try mindfulness techniques to quiet your brain. Use breathing exercises to relax.

Don't:	
✗	Take your phone or other devices to bed. Blue light delays the release of melatonin.
✗	Eat large meals before bedtime. This might keep you up and cause weight gain.
✗	Use stimulants like caffeine or nicotine in the evening. They stay in the body for up to 6 hours.
✗	Drink alcohol close to bedtime. It decreases sleep quality by increasing awakenings.
✗	Use your bed for studies, work, or other activities. It is for sleeping.
✗	Exercise in the evening. Finish your workout at least 3 hours before you go to bed.

Why Sleep Hygiene Tips For Beginners For Students

LL Leslie

A decorative graphic consisting of a light blue horizontal bar with a rounded right end, and a red circular gradient shape partially visible behind it.

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In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Why Sleep Hygiene Tips For Beginners For Students**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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Table of Contents Why Sleep Hygiene Tips For Beginners For Students

1. Understanding the eBook Why Sleep Hygiene Tips For Beginners For Students
 - The Rise of Digital Reading Why Sleep Hygiene Tips For Beginners For Students
 - Advantages of eBooks Over Traditional Books
2. Identifying Why Sleep Hygiene Tips For Beginners For Students
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Why Sleep Hygiene Tips For Beginners For Students
 - User-Friendly Interface
4. Exploring eBook Recommendations from Why Sleep Hygiene Tips For Beginners For Students
 - Personalized Recommendations
 - Why Sleep Hygiene Tips For Beginners For Students User Reviews and Ratings
 - Why Sleep Hygiene Tips For Beginners For Students and Bestseller Lists

5. Accessing Why Sleep Hygiene Tips For Beginners For Students Free and Paid eBooks
 - Why Sleep Hygiene Tips For Beginners For Students Public Domain eBooks
 - Why Sleep Hygiene Tips For Beginners For Students eBook Subscription Services
 - Why Sleep Hygiene Tips For Beginners For Students Budget-Friendly Options
6. Navigating Why Sleep Hygiene Tips For Beginners For Students eBook Formats
 - ePub, PDF, MOBI, and More
 - Why Sleep Hygiene Tips For Beginners For Students Compatibility with Devices
 - Why Sleep Hygiene Tips For Beginners For Students Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Why Sleep Hygiene Tips For Beginners For Students
 - Highlighting and Note-Taking Why Sleep Hygiene Tips For Beginners For Students
 - Interactive Elements Why Sleep Hygiene Tips For Beginners For Students
8. Staying Engaged with Why Sleep Hygiene Tips For Beginners For Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Why Sleep Hygiene Tips For Beginners For Students
9. Balancing eBooks and Physical Books Why Sleep Hygiene Tips For Beginners For Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Why Sleep Hygiene Tips For Beginners For Students
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Why Sleep Hygiene Tips For Beginners For Students
 - Setting Reading Goals Why Sleep Hygiene Tips For Beginners For Students
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Why Sleep Hygiene Tips For Beginners For Students
 - Fact-Checking eBook Content of Why Sleep Hygiene Tips For Beginners For Students
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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