

Sleep Hygiene for Students

Sleep hygiene is a range of habits that improve your ability to fall asleep and sleep well through 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 5 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. |

How To Sleep Hygiene Tips Explained For Students

G Thomas



How To Sleep Hygiene Tips Explained For Students:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **How To Sleep Hygiene Tips Explained For Students**

In a world inundated with screens and the cacophony of instant communication, the profound power and mental resonance of verbal art frequently diminish in to obscurity, eclipsed by the regular barrage of sound and distractions. However, located within the lyrical pages of **How To Sleep Hygiene Tips Explained For Students**, a interesting work of fictional brilliance that pulses with organic emotions, lies an unforgettable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this magical opus instructions visitors on an emotional odyssey, delicately revealing the latent potential and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is main subjects, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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