

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:

School-age

9 to 11 h



Teen

8 to 10 h



Adult

7 to 9 h



Older adult

7 to 8 h



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 not for sleeping.
- ✗ Exercise in the evening. Finish your workout at least 3 hours before you go to bed.

Pro Sleep Hygiene Tips Tips For Students

Esme Whitaker

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle on the right side.

Pro Sleep Hygiene Tips Tips For Students:

Handbook of Research on Developing Competencies for Pre-Health Professional Students, Advisors, and Programs Ganjoo, Rohini, Schwartz, Lisa S., 2022-05-27 Today there is a significant need for healthcare professionals across disciplines and sectors as the world faces unprecedented health challenges and adopts innovative healthcare technologies. Despite this demand for a competent and eager healthcare workforce, the education and processes to becoming a qualified healthcare professional are complex and intricate, which may turn people away from this path due to confusion, fear, or doubt. In order to encourage and support those involved in medical education, further study on the best practices and challenges of developing confident and capable health professionals is required. The Handbook of Research on Developing Competencies for Pre-Health Professional Students, Advisors, and Programs provides insight into the critical skills and expertise essential for those interested in pursuing employment in healthcare, as well as current procedures and training to support them during their academic and professional careers. Covering topics such as lifelong learning skills, healthcare professions, and strategic learning, this major reference work is crucial for advisors, nurses, healthcare professionals, academicians, researchers, practitioners, scholars, instructors, and students.

Practice of Sleep Medicine Boris A. Stuck, Joachim T. Maurer, Angelika A. Schlarb, Michael Schredl, Hans-Günter Weeß, 2021-07-11 The book provides an overview of the entire field of sleep medicine, from the basics of sleep physiology to the diagnosis and treatment of specific sleep disorders. It offers a valuable introduction to the field of sleep medicine but also serves as a reference work on all aspects of clinical practice, including diagnosis, differential diagnosis, and treatment of all relevant sleep disorders in children and adults. It starts by presenting sleep physiology and the classification of sleep disorders and explains in detail all the relevant diagnostic measures in the field. Based on these introductory chapters, it discusses the relevant sleep disorders, including insomnia, sleep-related breathing disorders, hypersomnia, sleep-wake rhythm disorders, parasomnia, sleep-related movement disorders, and secondary sleep disorders, as well as various isolated symptoms. In addition, an entire chapter is dedicated to sleep disorders in children. Drawing on the long-time experience of five board-certified sleep physicians with different professional backgrounds, the book reflects the interdisciplinary nature of sleep medicine. It includes the current international classification systems, as well as scoring rules and clinical guidelines. It is intended for physicians and therapists from various specialties, including internal medicine, e.g., pulmonology and cardiology, psychology, psychiatry, neurology, paediatrics, otorhinolaryngology, and general medicine, who are interested in sleep medicine. It also serves as a textbook in these specialties. To optimize its clinical value, a uniform structure is used for the various chapters, including practical tips, comprehension questions, and clinical case presentations.

"Parenting Guide" For Children with ADHD: Matthew D. Moore, 2025-06-24 Parenting Guide For Children with ADHD: A Comprehensive Guide to Understanding, Dealing, and Raising a Child With ADHD. Mindful Concepts and Techniques to Deal With Hyperactive Child With Behavioral Problems. Have you ever wished you knew more about ADHD?

but had no idea where to start from In this comprehensive book we embark on a journey through unique chapters that shed light on various aspects of ADHD and explore the strategies interventions and insights necessary to empower these young individuals Here Is A Preview Of What You ll Learn The Neurobiology of ADHD Unraveling the Brain Mechanisms Understanding the Genetic Factors in ADHD Development Early Identification and Diagnosis of ADHD in Children The Impact of ADHD on Executive Functioning Parenting Strategies for Managing ADHD Related Behaviors Cognitive Behavioral Therapy for Children with ADHD Social Skills Training for Children with ADHD The Role of Diet and Nutrition in Managing ADHD Symptoms Sleep Disorders and ADHD Exploring the Connection Addressing Emotional Regulation Challenges in Children with ADHD Sibling Relationships and ADHD Nurturing Understanding and Support School Based Interventions for Supporting Children with ADHD And Much much more Take action now follow the proven strategies within these pages and don t miss out on this chance to elevate your mindset to new heights Scroll Up and Grab Your Copy Today *Steady State: Mastering Stress with Science and Simple Shifts A Professional's Guide to Regaining Balance, Energy, and Calm* Esme Whitaker,2025-09-06 Stress is inevitable but being ruled by it is not Modern science reveals that cortisol the body s stress hormone plays a central role in shaping energy mood and health Yet with the right lifestyle levers you can reset your system and achieve a steadier calmer state of being This book translates cutting edge research into practical everyday strategies for professionals and researchers who want clarity without clinical jargon You ll explore how movement light sleep and nutrition influence cortisol rhythms and discover simple shifts that bring lasting calm Presented in a casual yet authoritative voice the guide offers a blend of evidence and action frameworks for stress awareness tools for nervous system balance and sustainable methods for maintaining resilience Instead of temporary relief you ll gain a roadmap for meaningful transformation Harness the science of stress to your advantage and step into a life of stability energy and calm

Parenting Children with Adhd Joe Mallari,2023-09-08 Discover practical strategies and expert insights for parenting children with ADHD This concise eBook provides helpful tips on understanding ADHD fostering communication navigating the educational system and supporting your child s development Get the tools you need to create a harmonious home environment and empower your child to thrive **The Family Guide to Better Sleep** Dawn Howarth,2025-07-18 SLEEP SCIENCE MEETS ANCIENT WISDOM IN THIS GROUNDBREAKING GUIDE TO A HAPPIER HEALTHIER FAMILY LIFE Is tiredness eroding your family s ability to learn and thrive Do you worry your family isn t getting enough sleep If bedtimes are a challenge whether it s anxious children who can t settle teenagers struggling to disconnect from devices or adults dealing with insomnia and stress this book has the help you need Find a tried and tested easy to follow range of techniques to help the whole family sleep better Learn how to diagnose sleep issues and find the best solutions tailored to your family s needs Dawn Howarth has worked with children adolescents and adults for over 15 years bringing a wealth of knowledge experience and a generous dose of empathy to help you resolve sleep issues and build a toolkit for lifelong health It s time for a

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Gentle Ways to Help Your Baby Sleep Through the Night Elizabeth Pantley,2002-03-22 A breakthrough approach for a good night s sleep with no tears There are two schools of thought for encouraging babies to sleep through the night the hotly debated Ferber technique of letting the baby cry it out or the grin and bear it solution of getting up from dusk to dawn as often as necessary If you don t believe in letting your baby cry it out but desperately want to sleep there is now a third option presented in Elizabeth Pantley s sanity saving book *The No Cry Sleep Solution* Pantley s successful solution has been tested and proven effective by scores of mothers and their babies from across the United States Canada and Europe Based on her research Pantley s guide provides you with effective strategies to overcoming naptime and nighttime problems *The No Cry Sleep Solution* offers clearly explained step by step ideas that steer your little ones toward a good night s sleep all with no crying Tips from *The No Cry Sleep Solution* Uncover the stumbling blocks that prevent baby from sleeping through the night Determine and work with baby s biological sleep rhythms Create a customized step by step plan to get baby to sleep through the night Use the Persistent Gentle Removal System to teach baby to fall asleep without breast feeding bottlefeeding or using a pacifier *The Journal of Health and Physical Education* ,1930 *Journal of Health, Physical Education, Recreation* ,1938

Professional Safety ,2001-07 *Material for the Health Education of the Public ...: School hygiene* American Medical Association. Bureau of Health and Public Instruction,1920 *Public Health Nursing ...* ,1923 **The Public Health Nurse** ,1923 **Educational Tests for Use in Elementary Schools** Charles Watters Odell,University of Illinois (Urbana-Champaign campus). Bureau of Educational Research,Walter Scott Monroe,Marion Eugene Herriott,Thomas Tristram Hamilton,Max Dissette Engelhart,1929 **The Michigan Journal** ,2010 *Fast Help for Major Medical Conditions* Caryn E. Anders,Lynn M. Pearce,2000 Instant answers to common medical questions are covered in 100 condition specific essays Also includes lists of associations agencies clinics and treatment centers *Books Added* Chicago Public Library,1916 *The Nation's Schools* Michael Vincent O'Shea,1928

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