

# 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 2 hours before you go to bed.

# Affordable Sleep Hygiene Tips For Students

**AW Rasmussen**



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