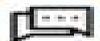


# 9 Sleep Tips for College students



01

Plan your schedule around your natural rhythm.



03

Get outside quickly.



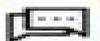
05

Reward yourself for getting up on time.



07

Aim to get to bed 8-9 hours before your wakeup time.



09

If you're sleeping through lecture, it's time to change your sleep schedule.



02

Get on the same schedule every night.



04

Be as active as you can in the morning.



06

Unplug before bed.



08

Avoid naps, especially early and late in the day.

# What Is Sleep Hygiene Tips Online For Students

**Louis Rosenfeld, Joseph Janes, Martha  
Vander Kolk**

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**The Gale Encyclopedia of Children's Health** Kristine M. Krapp, Jeffrey Wilson, 2005 Arranged alphabetically each volume provides in depth coverage of pediatric diseases and disorders along with issues related to physical and cognitive behavioral development

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**Teen Health Course 3** Wright Group-McGraw Hill, 2002-04

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Campus Activities Programming , 2006

*Health & Medicine on the Internet* James B. Davis, 2003 A comprehensive guide to websites pertaining to health and healthcare

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**The Annual Consumer's Guide to Health & Medicine on the Internet 2000** James B. Davis, 2000 The most comprehensive up to date guide to thousands of health medicine sites for the millions of people surfing the Internet for health resources

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*The Internet Compendium* Louis Rosenfeld,Joseph Janes,Martha Vander Kolk,1995 Edited by the team that compiled the acclaimed online University of Michigan Internet Clearinghouse for Subject Oriented Internet Resource Guides this unique 3 volume reference organizes a virtual mall of over ten thousand resources into hundreds of subject groupings familiar to librarians tells exactly how to find each resource and provides a critical analysis of each

**The Self-help Sourcebook** Edward Madara,Barbara J. White,Edward J. Madara,1995 *Library & Information Science Abstracts* ,2008

**Working with Children and Adolescents** Janet V. DeLany,Margaret J. Pendzick,2009 This book is a valuable resource for directing the clinical reasoning of occupational therapy assistants as they prepare to provide services to children and adolescents Divided into 4 sections this book explains best practice occupational therapy services based on knowledge about occupations occupation based and non occupation based conceptual models and the occupational development of children and adolescents Through the use of multiple vignettes and case studies the occupational therapy assistants learn how to implement interventions for children and adolescents who are experiencing specific health and learning challenges Reflection and application questions at the end of each chapter reinforce text content Occupational therapy assistant

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