

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. |

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lives of others Students will be equipped to put words into practice through the development and practice of a personal wellness plan that will help them deal with the inevitable stressors they will experience on the job in the justice system Written by a criminal justice professor with professional work experience in the field and a community public health professor with expertise in health and wellness this text prepares the instructor to discuss stress and its impact on the psychological and physical health of an individual and the process of resiliency building Each chapter includes exercises with both academic and real world applicability that help students draw connections between the lessons and their usefulness for their personal academic and professional lives Resiliency and the Justice Professional is ideal for all students interested in a career in the justice or justice adjacent fields at all degree levels and can be used with students along the continuum of professional involvement from those not yet employed in the field to veteran professionals seeking to expand their knowledge

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