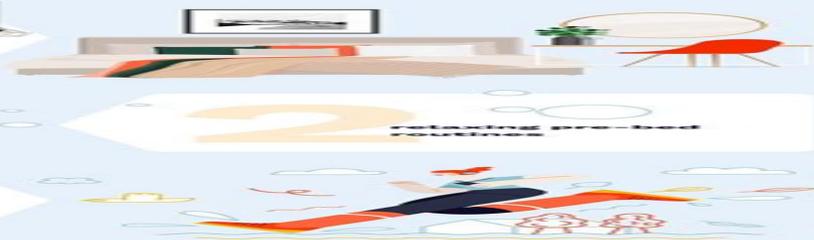


Sleep Hygiene for Students

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 for sleeping.
- ✗ Exercise in the evening. Finish your workout at least 3 hours before you go to bed.

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A Gutmann



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