

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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The Art of Restful Sleep: Practical Sleep Hygiene Tips Fingley,2024 **Sleep Hygiene Practices and Knowledge in Different Groups of College Students** Kristy Lucero-Gorman,1997 Sleep Hygiene Practices Ivan Noe Martinez Salazar,2016-06-24

There is consensus that a sizeable percentage of people in most developed countries do not obtain adequate amounts or quality of sleep. These disruptions in sleep when chronic and severe can lead to psychological, behavioral, and health consequences. The focus on behavioral and contextual factors that impact sleep has been termed sleep hygiene. An online anonymous survey collected sociodemographic information as well as self-reports on sleep, sleep hygiene practices, and dreaming across two cultural groups: English and Spanish speaking responders. A total of 204 participants, majority of them college and graduate students, answered the survey. Both cultural groups, English and Spanish speaking, reported similar results in terms of sleep quantity and quality as well as sleep hygiene practices. In general, respondents do not actively and consistently practice any of the sleep hygiene recommendations. These results are similar to previous research on sleep quality and sleep hygiene practices, but the results also revealed surprisingly high levels of night awakenings, use of medications, and disruption of sleep by environmental factors. Results on the frequency of dreams were similar to previous research, but nightmares were more frequent within this population. Percentage of people who reported that dreams or nightmares affected their behavior and/or emotional status the following day were also similar to previous findings.

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