

# 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.

# Pro Sleep Hygiene Tips For Students

**Roberta Larson Duyff**



## **Pro Sleep Hygiene Tips For Students:**

**"Parenting Guide" For Children with ADHD:** Matthew D. Moore, 2025-06-24 Parenting Guide For Children with ADHD A Comprehensive Guide to Understanding Dealing and Raising a Child With ADHD Mindful Concepts and Techniques to Deal With Hyperactive Child With Behavioral Problems Have you ever wished you knew more about ADHD but had no idea where to start from In this comprehensive book we embark on a journey through unique chapters that shed light on various aspects of ADHD and explore the strategies interventions and insights necessary to empower these young individuals Here Is A Preview Of What You ll Learn The Neurobiology of ADHD Unraveling the Brain Mechanisms Understanding the Genetic Factors in ADHD Development Early Identification and Diagnosis of ADHD in Children The Impact of ADHD on Executive Functioning Parenting Strategies for Managing ADHD Related Behaviors Cognitive Behavioral Therapy for Children with ADHD Social Skills Training for Children with ADHD The Role of Diet and Nutrition in Managing ADHD Symptoms Sleep Disorders and ADHD Exploring the Connection Addressing Emotional Regulation Challenges in Children with ADHD Sibling Relationships and ADHD Nurturing Understanding and Support School Based Interventions for Supporting Children with ADHD And Much much more Take action now follow the proven strategies within these pages and don t miss out on this chance to elevate your mindset to new heights Scroll Up and Grab Your Copy Today

**Practice of Sleep Medicine** Boris A. Stuck, Joachim T. Maurer, Angelika A. Schlarb, Michael Schredl, Hans-Günter Weeß, 2021-07-11 The book provides an overview of the entire field of sleep medicine from the basics of sleep physiology to the diagnosis and treatment of specific sleep disorders It offers a valuable introduction to the field of sleep medicine but also serves as a reference work on all aspects of clinical practice including diagnosis differential diagnosis and treatment of all relevant sleep disorders in children and adults It starts by presenting sleep physiology and the classification of sleep disorders and explains in detail all the relevant diagnostic measures in the field Based on these introductory chapters it discusses the relevant sleep disorders including insomnia sleep related breathing disorders hypersomnia sleep wake rhythm disorders parasomnia sleep related movement disorders and secondary sleep disorders as well as various isolated symptoms In addition an entire chapter is dedicated to sleep disorders in children Drawing on the long time experience of five board certified sleep physicians with different professional backgrounds the book reflects the interdisciplinary nature of sleep medicine It includes the current international classification systems as well as scoring rules and clinical guidelines It is intended for physicians and therapists from various specialities including internal medicine e g pulmonology and cardiology psychology psychiatry neurology paediatrics otorhinolaryngology and general medicine who are interested in sleep medicine It also serves as a textbook in these specialties To optimize its clinical value a uniform structure is used for the various chapters including practical tips comprehension questions and clinical case presentations

**Educational Tests for Use in Elementary Schools** Charles Watters Odell, University of Illinois (Urbana-Champaign campus). Bureau of Educational Research, Walter Scott

Monroe, Marion Eugene Herriott, Thomas Tristram Hamilton, Max Dissette Engelhart, 1929 **Encyclopedia of Sleep**, 2013-01-17 In a world of 24 hour media saturation sleep has become an increasingly fraught enterprise The award winning four volume Encyclopedia of Sleep Four Volume Set is the largest reference either online or in print on the subject of sleep Written to be useful for the novice and the established researcher and clinician Topic areas will include sleep across the life cycle and in other species sleep and women sleep and the elderly pediatric sleep sleep deprivation and loss sleep mechanisms sleep physiology and pathophysiology sleep disorders neurobiology chronobiology pharmacology and impact of other disorders on sleep Recognizing the many fields that are connected to sleep science the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders and anyone involved in this exciting field should find this work to be an invaluable reference 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers Thoroughly interdisciplinary looks at sleep throughout the life cycle with exceptional coverage of basic sleep concepts the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations covering the lifespan as well as gender and ethnic differences among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICSD 2 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia to related content and to external sources such as primary journal content so that users have easy access to more detailed information if needed **Health and Wellness** Gordon Edlin, Eric Golanty, 2009-07-16 *Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed* Roberta Larson Duyff, 2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life At once accessible and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike Opting for flexibility over rigid dos and don'ts it allows readers to personalize their own paths to healthier living through simple strategies This newly updated Fifth Edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering Choices for Wellness Food from Farm to Fork Know Your Nutrients Food for Every Age and Stage of Life and Smart Eating to Prevent and Manage Health Issues Bulletin University of Illinois (Urbana-Champaign campus). Bureau of Educational Research, 1929 **Locating Educational Information in Published Sources** Walter Scott Monroe, Thomas Tristram Hamilton, Vivian Thomas Smith, 1930 Bulletin, 1929 *Zero to Three*, 2004 *St. Louis Medical and Surgical Journal*, 1899 Health Education Christine Bednar, 1930 **Chicago Schools Journal**, 1928 **The Medical Journal of Australia**, 1994 **Yearbook of**

**Pediatric Endocrinology 2007** J. -C. Carel,Z. Hochberg,K. Ong,2007-06-19 The body of knowledge in most medical specialties is rapidly expanding making it virtually impossible to follow all advances in clinical and basic sciences that are relevant to a given field This is particularly true in pediatric endocrinology at the cross road of pediatrics endocrinology development and genetics The Yearbook of Pediatric Endocrinology 2007 brings you abstracts of articles that reported the year s breakthrough developments in the basic sciences and evidence based new knowledge in clinical research and clinical practice that are relevant to the field Twelve Associate Editors and their co authors selected from several thousand papers those that brought the most meaningful new information summarized them and provided comments to put them into perspective The papers are classified into those that identify new genes involved in diseases new hormones concepts revised or re centered important observations for clinical practice large scale clinical trials new mechanisms new paradigms important review articles new fears and new hopes This is the fourth volume of the Yearbook of Pediatric Endocrinology To acknowledge the European Society for Paediatric Endocrinology ESPE endorsement of the Yearbook the publication of the Yearbook is linked to ESPE s annual meetings covering the medical and scientific literature from May 2006 through April 2007 The Yearbook of Pediatric Endocrinology 2007 will help busy clinicians and scientists pediatric endocrinologists and also pediatricians and endocrinologists keep informed on new advances in their field Cassell's Household Guide ,1911  
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