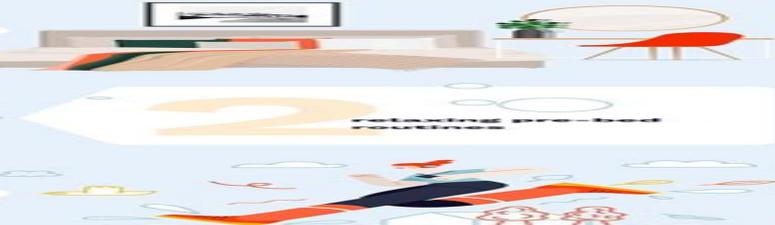


# Sleep Hygiene for Students

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.

# Simple Sleep Hygiene Tips For Students

**Karen Huffman, Karen  
Dowdell, Catherine Ashley Sanderson**

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

*Psychology in Action* Karen Huffman, Karen Dowdell, Catherine Ashley Sanderson, 2017 Revised edition of Psychology in action 2015     **A Clinical Guide to Pediatric Sleep** Jodi A. Mindell, Judith A. Owens, 2010 Written for busy primary care practitioners this book is a practical clinical guide to common pediatric sleep disorders and their treatment Information is organized by specific disorder and by the most frequent presenting complaints Symptom based algorithms will enable practitioners to evaluate sleep complaints in a stepwise manner Other features include symptom checklists for specific disorders and chapters on sleep problems in special populations Appendices provide practical tools for screening for sleep problems evaluating sleep studies and counseling families This edition includes updated ICSD 2 and ICD 10 diagnostic criteria and new and revised American Academy of Sleep Medicine Standards of Practice guidelines Other highlights include new chapters on sleep hygiene and sleep enuresis updated and expanded chapters on all sleep disorders and up to date information on sleep medications and sleep in special populations A companion Website will offer parent handouts for each age group and each sleep disorder as well as screening questionnaires and sleep diaries     **Material for the Health**

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American Library Association, 1912     **Journal of Health, Physical Education, Recreation**, 1963     *Strategies for*

*College Success* Diana Renn, 2005 *Strategies for College Success* introduces students to the language and culture of college Designed primarily for near native English speakers who are planning to attend or are just beginning their time at an American college this textbook presents skills and strategies that will help students succeed academically and adjust to the cultural aspects of college life It provides a wealth of study tips and strategies which are outlined in the front of the book to

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*Health Education* Joint Committee on Health Problems in Education,1925 **The Journal of Health and Physical Education** ,1932 **The Catholic Girl's Guide** Francis Xavier Lasance,1906 *The Dakota Farmer* ,1919 **Kentucky Medical Journal** ,1923 **Children** ,1929 **Readers' Guide to Periodical Literature** ,1910 *Iml-Creative Actvty/Yng Chldrn* Mary Mayesky,2005-03 Health Culture ,1917

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