

# 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.               |

# Affordable Sleep Hygiene Tips For Students 2288

**SJ Ball**



## **Affordable Sleep Hygiene Tips For Students 2288:**

## Embracing the Song of Expression: An Mental Symphony within **Affordable Sleep Hygiene Tips For Students 2288**

In some sort of taken by monitors and the ceaseless chatter of fast connection, the melodic splendor and emotional symphony produced by the written term frequently disappear in to the backdrop, eclipsed by the constant noise and distractions that permeate our lives. However, nestled within the pages of **Affordable Sleep Hygiene Tips For Students 2288** a wonderful fictional treasure filled with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this captivating masterpiece conducts readers on a psychological journey, well unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching evaluation, we can explore the book is main harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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