

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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Table of Contents Simple Sleep Hygiene Tips Ideas For Students 21085

1. Understanding the eBook Simple Sleep Hygiene Tips Ideas For Students 21085
 - The Rise of Digital Reading Simple Sleep Hygiene Tips Ideas For Students 21085
 - Advantages of eBooks Over Traditional Books
2. Identifying Simple Sleep Hygiene Tips Ideas For Students 21085
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Simple Sleep Hygiene Tips Ideas For Students 21085
 - User-Friendly Interface
4. Exploring eBook Recommendations from Simple Sleep Hygiene Tips Ideas For Students 21085
 - Personalized Recommendations
 - Simple Sleep Hygiene Tips Ideas For Students 21085 User Reviews and Ratings
 - Simple Sleep Hygiene Tips Ideas For Students 21085 and Bestseller Lists
5. Accessing Simple Sleep Hygiene Tips Ideas For Students 21085 Free and Paid eBooks

- Simple Sleep Hygiene Tips Ideas For Students 21085 Public Domain eBooks
 - Simple Sleep Hygiene Tips Ideas For Students 21085 eBook Subscription Services
 - Simple Sleep Hygiene Tips Ideas For Students 21085 Budget-Friendly Options
6. Navigating Simple Sleep Hygiene Tips Ideas For Students 21085 eBook Formats
 - ePub, PDF, MOBI, and More
 - Simple Sleep Hygiene Tips Ideas For Students 21085 Compatibility with Devices
 - Simple Sleep Hygiene Tips Ideas For Students 21085 Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Simple Sleep Hygiene Tips Ideas For Students 21085
 - Highlighting and Note-Taking Simple Sleep Hygiene Tips Ideas For Students 21085
 - Interactive Elements Simple Sleep Hygiene Tips Ideas For Students 21085
 8. Staying Engaged with Simple Sleep Hygiene Tips Ideas For Students 21085
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Simple Sleep Hygiene Tips Ideas For Students 21085
 9. Balancing eBooks and Physical Books Simple Sleep Hygiene Tips Ideas For Students 21085
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Simple Sleep Hygiene Tips Ideas For Students 21085
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Simple Sleep Hygiene Tips Ideas For Students 21085
 - Setting Reading Goals Simple Sleep Hygiene Tips Ideas For Students 21085
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Simple Sleep Hygiene Tips Ideas For Students 21085
 - Fact-Checking eBook Content of Simple Sleep Hygiene Tips Ideas For Students 21085
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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