

# 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.

# Ultimate Sleep Hygiene Tips For Beginners For Students

**BM King**



## **Ultimate Sleep Hygiene Tips For Beginners For Students:**

This book delves into Ultimate Sleep Hygiene Tips For Beginners For Students. Ultimate Sleep Hygiene Tips For Beginners For Students is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Ultimate Sleep Hygiene Tips For Beginners For Students, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Ultimate Sleep Hygiene Tips For Beginners For Students
    - Chapter 2: Essential Elements of Ultimate Sleep Hygiene Tips For Beginners For Students
    - Chapter 3: Ultimate Sleep Hygiene Tips For Beginners For Students in Everyday Life
    - Chapter 4: Ultimate Sleep Hygiene Tips For Beginners For Students in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Ultimate Sleep Hygiene Tips For Beginners For Students. This chapter will explore what Ultimate Sleep Hygiene Tips For Beginners For Students is, why Ultimate Sleep Hygiene Tips For Beginners For Students is vital, and how to effectively learn about Ultimate Sleep Hygiene Tips For Beginners For Students.
  3. In chapter 2, the author will delve into the foundational concepts of Ultimate Sleep Hygiene Tips For Beginners For Students. The second chapter will elucidate the essential principles that must be understood to grasp Ultimate Sleep Hygiene Tips For Beginners For Students in its entirety.
  4. In chapter 3, the author will examine the practical applications of Ultimate Sleep Hygiene Tips For Beginners For Students in daily life. The third chapter will showcase real-world examples of how Ultimate Sleep Hygiene Tips For Beginners For Students can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Ultimate Sleep Hygiene Tips For Beginners For Students in specific contexts. This chapter will explore how Ultimate Sleep Hygiene Tips For Beginners For Students is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Ultimate Sleep Hygiene Tips For Beginners For Students. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Ultimate Sleep Hygiene Tips For Beginners For Students.

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