

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.

Beginner Friendly Sleep Hygiene Tips Online For Students

R Bogdan



Beginner Friendly Sleep Hygiene Tips Online For Students:

Embracing the Track of Term: An Psychological Symphony within **Beginner Friendly Sleep Hygiene Tips Online For Students**

In some sort of taken by monitors and the ceaseless chatter of fast transmission, the melodic elegance and psychological symphony created by the written term usually disappear into the backdrop, eclipsed by the relentless sound and disruptions that permeate our lives. However, nestled within the pages of **Beginner Friendly Sleep Hygiene Tips Online For Students** a stunning literary value filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts readers on a mental journey, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of the moving review, we will examine the book is key harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents Beginner Friendly Sleep Hygiene Tips Online For Students

1. Understanding the eBook Beginner Friendly Sleep Hygiene Tips Online For Students
 - The Rise of Digital Reading Beginner Friendly Sleep Hygiene Tips Online For Students
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Sleep Hygiene Tips Online For Students
 - 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 Beginner Friendly Sleep Hygiene Tips Online For Students
 - User-Friendly Interface

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4. Exploring eBook Recommendations from Beginner Friendly Sleep Hygiene Tips Online For Students
 - Personalized Recommendations
 - Beginner Friendly Sleep Hygiene Tips Online For Students User Reviews and Ratings
 - Beginner Friendly Sleep Hygiene Tips Online For Students and Bestseller Lists
5. Accessing Beginner Friendly Sleep Hygiene Tips Online For Students Free and Paid eBooks
 - Beginner Friendly Sleep Hygiene Tips Online For Students Public Domain eBooks
 - Beginner Friendly Sleep Hygiene Tips Online For Students eBook Subscription Services
 - Beginner Friendly Sleep Hygiene Tips Online For Students Budget-Friendly Options
6. Navigating Beginner Friendly Sleep Hygiene Tips Online For Students eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Sleep Hygiene Tips Online For Students Compatibility with Devices
 - Beginner Friendly Sleep Hygiene Tips Online For Students Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Sleep Hygiene Tips Online For Students
 - Highlighting and Note-Taking Beginner Friendly Sleep Hygiene Tips Online For Students
 - Interactive Elements Beginner Friendly Sleep Hygiene Tips Online For Students
8. Staying Engaged with Beginner Friendly Sleep Hygiene Tips Online For Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Sleep Hygiene Tips Online For Students
9. Balancing eBooks and Physical Books Beginner Friendly Sleep Hygiene Tips Online For Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Sleep Hygiene Tips Online For Students
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Sleep Hygiene Tips Online For Students
 - Setting Reading Goals Beginner Friendly Sleep Hygiene Tips Online For Students
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Beginner Friendly Sleep Hygiene Tips Online For Students
 - Fact-Checking eBook Content of Beginner Friendly Sleep Hygiene Tips Online For Students
 - 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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