

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.

Trending Sleep Hygiene Tips Online For Students

Michael Hoelscher



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Healthcare Informatics and Analytics: Emerging Issues and Trends Tavana, Madjid, Ghapanchi, Amir Hossein, Talaei-Khoei, Amir, 2014-07-31 Healthcare practices have been enhanced through the use of information technologies and analytical methods A cross between computer science healthcare and information science is needed for the optimization of data resources and information systems within the healthcare industry Healthcare Informatics and Analytics Emerging Issues and Trends introduces the latest research concerning the innovative implementation of information technology and data analysis in the healthcare field Highlighting current concerns and recent advances in patient care and healthcare delivery this book is a comprehensive reference source for academics researchers medical students and healthcare practitioners interested in the application of information science within the health sector **Handbook of Research on Adult and Community Health Education: Tools, Trends, and Methodologies** Wang, Viktor, 2014-06-30 This book presents educational and social science perspectives on the state of the healthcare industry and the information technologies surrounding it offering a compilation of some of the latest cutting edge research on methods programs and procedures practiced by health literate societies Provided by publisher **Research Trends in Multidisciplinary subjects - Volume 2** Sruthi.S, Dr.D. David Winster Praveenraj, Trends and Challenges of Medical Education in the Changing Academic and Public Health Environment of the 21st Century Mainul Haque, Mohammed S. Razaque, Md Anwarul Azim Majumder, 2023-04-20 **Cultural Psychiatry With Children, Adolescents, and Families** Ranna Parekh, M.D., M.P.H., Cheryl S. Al-Mateen, M.D., Maria Jose Lisotto, M.D., R. Dakota Carter, M.D., EdD, 2020-12-04 Rapidly changing demographics in the United States over the past few years have resulted in a majority of minority youth This has far reaching implications for mental health clinicians for whom knowledge of cultural context is critically important to understanding their patients and rendering effective compassionate treatment In addition to addressing cultural context the book addresses the emerging crisis of the COVID 19 pandemic and the significance of the movement for social justice **Online Guide to Medical Research** Michelle Kienholz, 1999 Discover how to use the Internet to locate primary sources for medical information This focused guide zeros in on the most valuable sites and techniques for staying up to date on medical issues grasping new technologies and enhancing medical practice Companion CD software Data zip 1MB Demos zip 2 1MB Resource zip 1 4MB **Sandy Berger's Great Age Guide to Online Health and Wellness** Sandy Berger, 2006 Que s Great Age Guides celebrate the vital role and lifestyle of today s young active 50 adults Most well known middle aged people of sixty five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time People in this great age are transforming retirement s traditional laid back golden years in pure platinum Great Ager s break retirement tradition by working well past typical retirement age not only by need but also by the desire to remain productive members of society The Great Age Guide to Online Health and Wellness is written specifically for those adults 50

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