

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.

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Table of Contents Beginner Friendly Sleep Hygiene Tips For Students 25275

1. Understanding the eBook Beginner Friendly Sleep Hygiene Tips For Students 25275
 - The Rise of Digital Reading Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Sleep Hygiene Tips For Students 25275
 - 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 For Students 25275
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Personalized Recommendations
 - Beginner Friendly Sleep Hygiene Tips For Students 25275 User Reviews and Ratings
 - Beginner Friendly Sleep Hygiene Tips For Students 25275 and Bestseller Lists
5. Accessing Beginner Friendly Sleep Hygiene Tips For Students 25275 Free and Paid eBooks
 - Beginner Friendly Sleep Hygiene Tips For Students 25275 Public Domain eBooks
 - Beginner Friendly Sleep Hygiene Tips For Students 25275 eBook Subscription Services

- Beginner Friendly Sleep Hygiene Tips For Students 25275 Budget-Friendly Options
- 6. Navigating Beginner Friendly Sleep Hygiene Tips For Students 25275 eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Sleep Hygiene Tips For Students 25275 Compatibility with Devices
 - Beginner Friendly Sleep Hygiene Tips For Students 25275 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Highlighting and Note-Taking Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Interactive Elements Beginner Friendly Sleep Hygiene Tips For Students 25275
- 8. Staying Engaged with Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Sleep Hygiene Tips For Students 25275
- 9. Balancing eBooks and Physical Books Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Sleep Hygiene Tips For Students 25275
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Setting Reading Goals Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Beginner Friendly Sleep Hygiene Tips For Students 25275
 - Fact-Checking eBook Content of Beginner Friendly Sleep Hygiene Tips For Students 25275
 - 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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