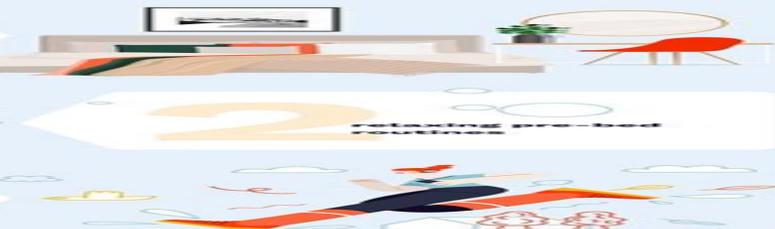


# Sleep Hygiene for Students

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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**SA Adler**



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### **Table of Contents Beginner Friendly Sleep Hygiene Tips For Students**

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

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

- Fact-Checking eBook Content of Beginner Friendly Sleep Hygiene Tips 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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