

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 (15 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. |

Simple Sleep Hygiene Tips Usa For Students

Tao Wei



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The Compassionate-Mind Guide to Ending Overeating Ken Goss,2011-07-13 You know the cycle you have a stressful day and find yourself snacking or overeating at dinner to make yourself feel better The ritual of eating becomes so calming you can't stop and the guilt and self criticism you feel can lead you to overeat even more the next day What you may not know is that simply replacing your negative feelings with compassion for yourself can interrupt this cycle so that you can meet your emotional needs without resorting to overeating The Compassionate Mind Guide to Ending Overeating presents an evidence based program designed to help you grow a deep and abiding love for your body and health that transcends your emotional connection with food As you work through the worksheets and evaluations in this book you'll discover the specific reasons for your overeating find out which foods trigger you to overeat and then develop satisfying meal plans for getting your eating back on track You'll also build compassionate mind skills for dealing with stress self criticism and shame and establish a balanced eating pattern that will free you from the overeating cycle

The Mental Health of Medical Students Andrew Molodynski,Sarah Marie Farrell,Dinesh Bhugra,2024-01-04 Medical students are the medical workforce of the future responsible for both individual and population health With an ageing global population changes brought about by the COVID 19 pandemic and the increased computerisation and roboticization of medicine doctors will require ever more flexibility foresight and courage going forward It is crucial that their training equips them for the challenges ahead However recent research has found worryingly high levels of stress and burnout amongst these individuals leading to more students dropping out or leaving the profession early This volume presents research findings on the rates of burnout in medical students from around the world and provides ideas for a model of care to help educators and individuals take steps towards better student wellbeing The first section covers the development of medical teaching likely future directions of healthcare and the role of doctors the current global situation in high middle and low income countries and how we measure and define burnout The second section analyses case studies from countries across the globe reviewing regional themes of burnout mental health symptoms and stressors The third section hears from the medical students themselves considers circumstances such as studying abroad or studying with health conditions and looks at potential interventions and good practice for the future including the role of the universities and institutions and advice to medical students on how to look after themselves A truly international collaboration with a focus on medical student mental health and wellbeing this book will be of interest to medical education professionals occupational health physicians and medical practitioners as well as researchers medical students and trainees

The Neuroscience of Excellent Sleep Stan Rodski,2023-01-01 How to use the insights of neuroscience and the techniques of mindfulness to get a good night's sleep Everyone's familiar with the consequences of lost sleep you're groggy and irritable your focus is off you don't perform at your best and you're likely to dump sugary foods and caffeine into your system for an energy boost But the effects of poor sleep go way beyond these concerns Indeed they can be

life threatening It s one thing to know the problem it s another to fix it In this book renowned neuroscientist Dr Stan Rodski takes us through the fundamentals of sleep how sleep works why we sleep and how much sleep we need but most importantly he gives us exercises to help overcome the bane of insomnia In any endeavour the key to achievement is proper preparation and sleep is no different Drawing on the techniques of mindfulness meditation and relaxation and the neuroscience that underpins them all Dr Stan gives you the tools to prepare yourself and your children for an excellent sleep and enjoy it

Therapy in Sleep Medicine E-Book Teri J. Barkoukis, Jean K. Matheson, Richard Ferber, Karl Doghramji, 2011-10-31 Therapy in Sleep Medicine by Drs Teri J Barkoukis Jean K Matheson Richard Ferber and Karl Doghrami provides the clinically focused coverage you need for rapid diagnosis and effective treatment of sleep disorders A multidisciplinary team of leading authorities presents the latest on sleep breathing disorders including obstructive sleep apnea neuropharmacology parasomnias neurologic disorders affecting sleep sleep therapy for women sleep therapy in geriatric patients controversies and future trends in therapy in a highly illustrated easy to follow format Diagnose and treat patients effectively with complete coverage of the full range of sleep disorders Find diagnostic and treatment information quickly and easily thanks to a highly illustrated easy to read format that highlights key details Stay current on discussions of hot topics including sleep breathing disorders including obstructive sleep apnea neuropharmacology parasomnias neurologic disorders affecting sleep sleep therapy for women sleep therapy in geriatric patients controversies and future trends in therapy Tap into the expertise of a multidisciplinary team of leading authorities for well rounded trusted guidance *Health Culture*, 1918

Happy Families Beth Mosley, 2024-07-02 A groundbreaking guide for parents to help protect the mental health of children aged four to twenty one Happy Families How to Protect and Support Your Child s Mental Health is the definitive guide to understanding your child s mental health so they can survive and thrive Whether you re afraid that anxiety is controlling your child s life struggling with getting your child out of a low mood cycle or you just want support on how to communicate with them this book is here to help Written by an experienced and respected consultant clinical psychologist who works with children young adults and their families every day Dr Beth Mosley offers a comprehensive toolkit that will help you make sense of what your child is going through and show you how to work through it together Filled with invaluable tips quick fire exercises case studies and access to online worksheets Happy Families has everything parents need to protect and support their child s mental health

The Health Bulletin North Carolina. State Board of Health, 1928 Health Education Christine Bednar, 1930 Bulletin of the State Board of Health of Kentucky Kentucky. State Board of Health, 1915 Public Health Nursing ..., 1921 **Bureau publication (United States. Children's Bureau). no. 6, 1914**, 1914 The Public Health Nurse, 1921 Consumer Health USA Alan M. Rees, 1997 Virginia Health Bulletin Virginia. Department of Health, 1928 *Journal of Health, Physical Education, Recreation*, 1931

How to Sleep Better Deepa Kannan, 2023-12-14 Did you know that 10 30 per cent of adults struggle with chronic insomnia In How to Sleep Better Allied

Functional Medicine and Ayurvedic health counsellor Deepa Kannan explores the root causes of poor sleep and provides expert tips and advice that will enhance the quality and duration of your resting hours and rejuvenate your life She explains how and why we sleep what our body does while we rest and the reasons behind many common sleep problems She also enlightens us on how to use each of our ten senses or indriyas mentioned in the Upanishads the eyes ears nose skin tongue rectum genitals legs hands and mouth effectively to enjoy a restful night This comprehensive guide offers an easy to adapt prescriptive lifestyle programme that will empower us with incredible tools for a healthier life *Health* ,1883 **Illinois Health News** Illinois State Board of Health,1917 Bureau publication (United States. Children's Bureau). no. 15, 1917 ,1917 **Bureau publication (United States. Children's Bureau). no. 14, 1915** ,1915

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