



sleep hygiene

Strong Grades.
Social Life.
Adequate Sleep.

Pick Two.

You may have heard something similar when you first got to college. Finding a balance, especially adequate sleep, can become increasingly difficult as exams, projects, friendships, community involvement and job responsibilities become priorities. But it turns out that getting enough quality sleep is key to your success in ALL areas.

It turns out, there are ways to optimize your sleep time. By incorporating some of the tips below, you can maximize your valuable sleeping hours and reap the benefits of feeling rested: strong mental focus, greater sense of well-being, and improved energy to achieve your goals.

Lack of sleep can impact your ability to think clearly and manage your emotions. Excessive sleepiness can:

- Hurt work and academic performance
- Negatively impact on interpersonal relationships
- Cause irritability and anger
- Decrease ability to cope with stress
- Decrease reaction time

- Increase risk of developing a mood disorder, such as anxiety or depression.

Getting adequate sleep will:

- Help you work smarter, not harder.
- Improve concentration and performance
- Improve mood and well-being.

how lack of sleep can affect you

ditch bad habits, begin good habits

Fix your sleeping schedule: Fix a bedtime and an awakening time, and avoid daytime naps. This will help you fall asleep faster and be more alert when you wake up.

Avoid caffeine and alcohol 4 - 6 hours before going to bed: Coffee makes it hard to fall asleep, and alcohol can cause fragmented sleep.

Do exercise, but do not exercise right before bed: Strenuous exercise can be stimulating, making it hard to fall asleep.

Leave your worries: If you tend to worry about things while lying in bed, make an effort to do your worrying outside of bed. Make a list of things to deal with tomorrow before getting into bed.

1 Reserve your bed for the three S's: Sleeping, Sex, and Sickness.

2 Block out all distractions including cell phone lights and sounds.

3 Sleep in comfortable conditions.

4 Eat a light snack before bed.

5 Relax and do not take your worries to bed.

6 Perform your favorite pre-sleep ritual.

7 Don't watch the clock, as doing so can actually increase stress.

prepare your sleeping environment

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