

SLEEP TIPS

Avoid caffeine, alcohol and other substances

Reduce caffeine (found in coffee, tea, chocolate, some pain relievers) 4-6 hours before bed as they may interfere with the ability to sleep.

Create a sleep-inducing environment

- Reduce noise with earplugs or calming sounds
- Block light with heavy curtains or an eye mask
- Keep your room between 60 and 70 degrees

Create a pre-sleep routine

Ease the transition between wake and sleep by doing relaxing activities an hour before bed (avoiding screen time). If you take your plans for tomorrow to bed, try writing them down.

Sleep when you're tired

If you don't fall asleep within 20 minutes, get out of bed and do something relaxing until you are tired enough to sleep.

Let in the morning light

Let in the sunlight first thing in the morning to keep your internal clock on a healthy sleep-wake cycle.

Stick to your routine

Go to bed and wake up the same time each day to keep your internal clock regular.

Nap smarter

Afternoon naps may disrupt your nightly sleep, so if you must nap, keep it short (30 minutes or less) and before 5pm.

Move your body early

Body movement helps promote restful sleep and helps you fall asleep faster. Try to finishing exercising at least 3 hours before bed or work out earlier in the day.

Reach out

If your sleep difficulties don't improve with good sleep hygiene, you may want to consult a counselor, healthcare provider, or sleep specialist.

CONTACT US

UW La-Crosse Counseling and Testing Center

2106 Centennial Hall
8 - 4:30pm M-F
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:
www.uwlax.edu/counseling-testing

Emergency Resources

UWL Police:
608-789-9999

City of La Crosse
Police: 911 or 608-
785-5962

Great Rivers 211: 211
or 800-362-8255

Suicide and Crisis
Lifeline: Call or text
988



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