



SLEEP TIPS

Sleep is essential for positive mental and physical health. Benefits of good sleep hygiene include increased mood, improved productivity, and better overall physical health. Unfortunately, sleep is a common challenge faced by college students which contributes to poor academic performance, increased frequency of illness, and stress. See below for research supported habits which can facilitate a more restful sleep experience. Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.

- **Reduce use of caffeine, alcohol, and other substances.** These substances interfere with sleep by making it difficult to fall asleep and/or reducing the quality of sleep. Avoid substances close to bedtime can improve sleep quality.
- **Create a sleep-inducing environment.** A quiet, dark, and cool environment can facilitate a positive sleep experience. To reduce noise, try ear plugs or a white noise machine. Create a dark environment by hanging room-darkening curtains or wear an eye mask. An ideal room temperature for sleep is between 60-75°F.
- **Implement a pre-sleep routine.** Engage in relaxing activities during the final hour before bed. Decompress from the day with a shower, book, or mindfulness. Avoid stimulating and/or stressful activities such as homework, exercising, and technology.
- **Reduce frustration with sleep.** Go to bed when you're truly tired. Lying in bed wide-awake can contribute to sleep problems by increasing sleep-related frustrations. If you have tried to fall asleep for 20-minutes and haven't been successful, get out of bed and engage in a relaxing activity until you're ready to fall asleep.
- **Keep a consistent sleep schedule.** Go to bed and wake up around the same time each day to set your "internal clock."
- **Nap smarter.** Late afternoon or long naps might contribute to evening sleep issues. Nap early in the day and try to keep naps 30-minutes or less.
- **Implement a balanced diet.** Avoid eating heavy meals several hours before bedtime. Drink fluids throughout the day and reduce your fluid consumption in the evening to avoid needing to use the restroom in the middle of the night.
- **Practice.** It may take quite a while and many attempts to implement a bedtime routine that is right for you. Be patient and kind to yourself as you practice new sleep-improving skills.