

## 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 finish 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](http://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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