

# Sleep Hygiene

TIPS FOR GETTING A GREAT NIGHT SLEEP!

## WHAT HAPPENS WHEN WE DON'T SLEEP

Inadequate sleep can lead to memory difficulties, delayed reaction time, weight gain, mood problems, impaired immune response, and increased blood pressure. Lack of quality sleep can have negative impacts on academic performance, relationships, and overall well-being.

### LIGHT



Try to decrease blue light from phones, tv, and other electronics one hour before bedtime. A sleep mask or dark curtains can also help block out unwanted light.



### TEMPERATURE

Keep the temperature in your room cooler at night than during the day. The best temperature to sleep in is between 54 and 75 degrees.

### EXERCISE



Getting regular physical exercise, especially during morning hours, can improve your ability to wind down when it's time to sleep.



### SOUND

Help tune out unwanted noise with a white noise machine, fan, or quiet, peaceful sounds on a phone app or speaker.

### NAPS



Taking power naps during the day can increase alertness, improve mood and performance, and even help with memory. Keep your naps to 10-30 minutes, and no later than 2 or 3 PM, for optimal benefits.



### SCHEDULE

Set & stick to a sleep schedule to help program your body to feel ready when it's time for bed. Establish a relaxing bedtime routine, such as meditating, stretching or taking a hot bath.

## AT BEDTIME, TRY TO AVOID:



Alcohol



Nicotine and caffeine



Large meals or too many fluids