

Sleep Hygiene

Make and stick to a sleep schedule

Set a time to go to bed and a time to get up.

As you work towards the time to go to bed, start by going to bed 15 minutes earlier than you are currently going to bed.

Avoid naps as they interrupt your natural sleep cycle or if you do nap they can be helpful if planned for a short amount of time and not too close to bedtime.

Establish a relaxing routine 30 minutes before going to sleep.

This relaxing routine is screen free, helps train your body to get ready for bed and start relaxing.

Choose a calming activity to unwind your mind and help you fall asleep such as stretching, focusing on deep breaths, doing progressive muscle relaxation, visualization, listening to music or reading.

If you struggle with busy thoughts, write a to do list with what is going on tomorrow and leave it there.

Create a restful sleep environment.

Keep your bed for sleeping only and as a study free & screen free zone. We retain information in the way that we learned it so it is best to be sitting in a chair when studying or doing homework.

The blue light from electronics inhibits the production of melatonin, which is the hormone that controls our sleep/wake cycle

Put your phone on do not disturb mode, turn off notifications, and place it face down.

Use an actual alarm clock instead of a phone and move your phone away from arm's reach of your bed.