



STUDENT SERVICES

Mental Health Monday

WEEKLY NEWSLETTER

HEALTHY SLEEP TIPS

<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>

It's well-established that sleep is essential to our physical and mental health. But despite its importance, a troubling percentage of people find themselves regularly deprived of quality sleep and are notably sleepy during the day.

Though there's a wide range of causes and types of sleeping problems, expert consensus points to a handful of concrete steps that promote more restful sleep.

Organizations like the CDC¹, the National Institutes of Health², the National Institute on Aging³, and the American Academy of Family Physicians⁴ point to the same fundamental tips for getting better rest.

For many people, trying to implement all these strategies can be overwhelming. But remember that it's not all-or-nothing; you can start with small changes and work your way up toward healthier sleep habits, also known as sleep hygiene.



To make these sleep hygiene improvements more approachable, we've broken them into four categories:

- Creating a Sleep-Inducing Bedroom
- Optimizing Your Sleep Schedule
- Crafting a Pre-Bed time Routine
- Fostering Pro-Sleep Habits During the Day

In each category, you can find specific actions that you can take to make it easier to fall asleep, stay asleep, and wake up well-rested.

Deep Sleep Relaxing Music



<https://www.youtube.com/watch?v=rCSCPujLs14>

Sleep Tips: How to Sleep Better

Tip 1: Keep in sync with your body's natural sleep-wake cycle

Tip 2: Control your exposure to light

Tip 3: Exercise during the day

Tip 4: Be smart about what you eat and drink

Tip 5: Wind down and clear your head

Tip 6: Improve your sleep environment

Tip 7: Learn ways to get back to sleep

