**Sleep Hygiene**

Average adults need 7-9 hours of sleep

**Adequate quality sleep is associated with better physical and psychological health**

* Stronger immune system
* Increased energy
* Sharper concentration
* Increased coordination and performance
* Healthy body weight
* Higher GPA
* Stronger defense against negative mood & stress
* Better mood

**Tips to obtain adequate quality sleep**

1. Before you sleep
* Limit nap time to 30-45 minutes before 3 pm
* Avoid caffeinated beverages 6-8 hours before bedtime
* Leave enough time for the body to process alcohol
* Avoid marijuana use
* Do not smoke 4-6 hours before bedtime
* Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime
* Avoid rigorous exercise 2 hours before bedtime
* Exercise during the day
* Avoid blue light before bedtime
* Practice worry time, breathing exercise, meditation
* Drink chamomile tea or warm milk
1. When you sleep
* Consistent sleeping & waking time
* Only have sex & sleep in bed
* Eliminate light
* Eliminate noise
* Comfortable temperature & bedding
* Get up and do light reading if cannot fall asleep for 15 minutes