

Sleep Hygiene

The 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

- 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 exercises, meditation
 - Drink chamomile tea or warm milk
- 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