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 cafffeinated 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