MY SLEEP HYGIENE

Why is it important for me to enhance my sleep quality & quantity?

1.

2.

3.

Why is Sleep Important?

- Supports good health and well-being
- Protects mental health, physical health, quality of life, and safety
- Supports health brain function
- Supports growth and development
- Critical for memory consolidation

Sleep Facts

60% of adults experience poor night of sleep a few nights each weeks

35% of adults do not receive the recommended 7 hours of sleep each night

More than 40% of adults experience severe daytime sleepiness that interfere with daily activities a few days each month

Effects of Inadequate Sleep

- Poor memory
- Depression
- Anxiety
- Impaired motor tasks
- Impaired learning
- Moodiness
- Decreased attention span
- Impaired cognitive function
- Increased stress
- Poor concentration
- Increased risk of motor vehicle accidents

SLEEP HYGIENE BEST PRACTICES
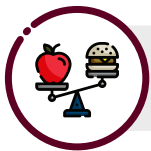
Limit naps

Nap for only 20-30 min, before 3 p.m.

Avoid stimulants 4 hours before bedtime

Exercise

Avoid activity close to bedtime

Good Nutrition

- Avoid heavy fried or fatty meals, spicy dishes, citrus fruits, and carbonated drinks (triggers indigestion and heartburn)
- Reduce fluid intake before bed

Use bed for sleep only

Limit blue light exposure close to bedtime

Avoid tossing & turning

If still awake after 20 minutes, get out of bed to do a relaxing activity

Honor a sleep-friendly environment

- Relaxed and peaceful room
- Keep room clean and uncluttered
- Dim the lights
- Cool temperature (60-67 degrees)
- Comfortable mattresses, pillows, sheets
- Reduce fluctuating noises
- Induce consistent soothing backdrop noise
- Soothing scents

Sleep hygiene adjustments I will make to my personal sleep routine:

1.

2.

3.

Health Promotion
STUDENT LIFE