

Healthy Sleep Tips *zzz*

Have trouble getting out of bed in the morning?

That doesn't mean you need more sleep! Sleep Inertia: "A body at rest stays at rest." People have different levels of sleep inertia!

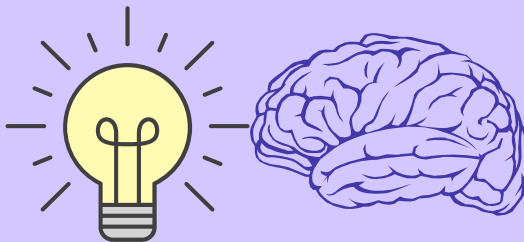
Try putting your alarm clock far away from you so in the morning, you have to get out of bed to turn it off. Once you're up, it will be easier to stay up. Or schedule something fun!



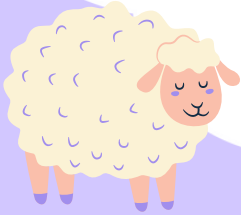
Are Monday mornings always the worst?

Social Jetlag: Sleeping in for 2-3 (or more) hours is like sending your body to a different time zone every weekend!

Set an alarm for around the same time on the weekends as during the weekdays (ideally within 1 hour) and plan something fun to motivate you to get out of bed in the morning.



Healthy Sleep Tips



Do you use your phone right before bed?

Did you know that the blue light from your phone can affect the sleep clock and production of melatonin in your brain?

This can trick your brain into thinking its time to be awake and feeling more alert!

Try not to use your phone in the 30 minutes (at a minimum) before you go to bed. Instead, try reading a book or doing something else that you find relaxing. Make sure your phone is on night shift/night mode in the last 1-2 hours before sleep.



Have you ever pulled an all nighter?

One night without sleep reduces your cognitive ability to an extent that is equivalent to having a blood alcohol content of 0.08, which legally drunk. It also can make you feel more irritable and stressed.

Make sleep a priority. 'When you have upcoming deadlines or exams, it is important to remember that losing sleep will impact how you perform, so getting another hour of sleep might help you more than staying up to study.

Don't drive while sleep deprived!

Healthy Sleep Tips

Do you do work or homework in bed?

Conditioned Arousal: Using your bed for studying and working creates an association for your brain between your bed and wakefulness, which might make it harder to fall or stay asleep in your bed at night.

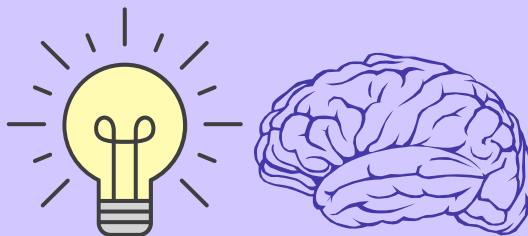
Use a desk, table, or another space either in your home or other location for doing any work. **Only use your bed when you are ready to relax and sleep.**



Do you take naps?

There is a myth that naps are detrimental to a normal sleep schedule, but they are actually beneficial in limited amounts!

Limit naps to 30-60 minutes, and typically before 5pm (farther away from bedtime). This will make sure you feel sleepy when you are ready for bed.





Healthy Sleep Tips

Do you drink coffee late in the day?

Caffeine is a stimulant that disrupts your body's sleep clock by making you feel more alert. It may worsen insomnia symptoms for those who have trouble sleeping. Coffee is a well-known source of caffeine, but it is also found in sodas, energy drinks, teas, and even dark chocolate.

Do not have coffee at least 6 hours before bedtime, or swap for decaf options if possible.

Limit caffeine consumption to **300-400 mg per day**.



Have you taken melatonin?

Melatonin is a hormone your body naturally produces to help you feel asleep, especially when it's dark or low light, which is why it is called "the hormone of darkness."

Melatonin can help some people fall asleep if you **take it 1-2 hours before sleep**. Sleep experts recommend taking **3-5 mg**. Do not take extended release since melatonin should only be increasing in the first half of the night.



Healthy Sleep Tips **zzz**

Is your sleep schedule all over the place?

Having a consistent sleep schedule sets your internal clock, so it's easier to fall asleep and wake up. You will feel more rested and be happier (and healthier) during the day!

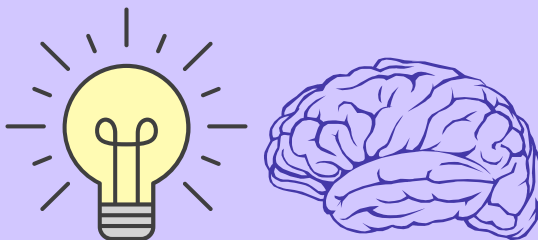
Try to go to **sleep and wake up around the same time every day, seven days a week.**



Are you chronically sleep deprived?

Sleep deprivation causes attention and memory issues, mood changes, cardiovascular problems and poor concentration. These changes are noticeable the next day and can affect you over time leading to long-term issues.

Get 7-9 hours of sleep and set a consistent sleep schedule.





Healthy Sleep Tips zzz

Do you exercise at night?

Intense exercise in the hour before sleep can make it difficult to fall asleep as it raises your body's level of arousal. Exercise during the day can help release energy and make falling asleep at night easier.

Try to **do more intense physical exercise earlier in the day**.
Try **yoga or meditation before bed** to relax your body and mind.



Do you spend hours in bed struggling to fall asleep?

Did you know that lying in bed awake and frustrated that you can't sleep actually increases your arousal? This makes it harder to fall or stay asleep, which can make your bed feel like the enemy!

When you can't fall or stay asleep for about 30 minutes, **get out of bed and do something relaxing, distracting, and in low light** (like reading, coloring, watching TV at a distance even).

When you feel sleepy, get back into bed! This will help your brain remember bed = sleep.