Sleep
HYGIENE

*Most adults need seven to nine hours of sleep a night but few adults are actually getting that. Getting enough quality sleep matters. Why? Because recent research shows that not getting enough sleep can lead to high blood pressure, cardiac disease, diabetes, and even Alzheimer's disease. There are also mental health impacts such as low mood, increased anxiety, irritability, impulsive and poor decision making, and an increase in high risk behavior. So yes, getting enough quality sleep matters **A LOT**. To improve your sleep, try these strategies.*

Keep consistent sleep and wake times.

Our bodies like consistency. When your body gets used to going to bed and waking up at the same time, you are better able to fall asleep quickly and wake up more refreshed. Keep a regular bedtime and limit napping.

Start your routine an hour before you need to be asleep.

Engage in calming activities before bed such as reading, taking a warm shower, practicing deep beathing, meditation, or journaling.

Be intentional about your sleep environment.

We know this can be difficult if you have a roommate with other preferences but try to keep the room you sleep in cool, dark, and quiet. Use blackout curtains or an eye mask and consider using a white noise machine to block out noise.

Don't eat or drink before bed.

Sometimes our schedules don't allow for this and it's better to eat dinner rather than skip it because it's late, but try your best to limit food and drink before bedtime to avoid waking up throughout the night. It's also important to limit caffeine and alcohol in the afternoon and evenings as both are disruptive to sleep.

Limit your
SCREEN TIME.

Avoid screens (phones, computers, or TVs) at least an hour before you want to be asleep. The blue light emitted from these screens can interfere with your ability to fall asleep.

Calm your mind.

Practice relaxation techniques before bed. Yoga, meditation, journaling, gentle stretching, adult coloring, or reading are all good techniques to help relax you in to sleep.