

# SLEEP YOUR WAY TO BETTER HEALTH!

## DID YOU KNOW...

Getting enough sleep each night improves your ability to manage stress, boosts your immune system, sharpens concentration and memory for studying, and enhances overall physical and emotional health! Students that get A's and B's go to bed earlier and wake up earlier than those with lower grades. So if you want better grades...Go to Sleep!

## HOW MUCH SLEEP DO YOU NEED? ARE YOU GETTING ENOUGH?

Different people need different amounts of sleep. Most adults need between 6-10 hours each night. If you are frequently tired or irritable during the day and find yourself sleeping more than an extra 2 hrs each night on the weekends, then you're probably not getting enough sleep during the week.

## TIPS FOR A BETTER SLEEP:

### GET UP AT THE SAME TIME EVERY MORNING

Your waking time is what sets your internal clock that regulates your sleep-wake cycle.

### GO TO BED ONLY WHEN YOU FEEL SLEEPY

Spending time wide awake in bed fosters increased mental activity and anxiety about getting to sleep. Instead, get up and do something relaxing until you feel sleepy – and do it away from your bed and bedroom.

## **GIVE YOURSELF ONLY 20 MINUTES TO FALL ASLEEP**

If you haven't fallen asleep in this time then get up, leave the bedroom and do something relaxing or monotonous. Go back to bed when you feel sleepy.

## **AVOID NAPS**

Napping can disrupt your daily rhythm and confuses your internal clock. It decreases both the quality and quantity of the following night's sleep.

## **HAVE A REGULAR RITUAL AND ROUTINE BEFORE BEDTIME**

Familiar acts like brushing your teeth, washing your face, and setting the alarm all reinforce sleepiness.

## **AVOID CAFFEINE, NICOTINE AND ALCOHOL IN THE EVENING**

These are stimulants and can delay sleep onset, disrupt sleep stages and cause arousals.

## **EXERCISE REGULARLY**

This will increase your 'deep' sleep, and is a great way to 'wind down' in the afternoon or early evening.

## **SAVE YOUR BEDROOM FOR SEX AND SLEEP**

You don't want your bed and bedroom associated with work, papers, or studying. If your bed and desk are in the same room, be sure to study, read, write etc. at