

#SleepRevolution @ UCSB

SLEEP HYGIENE 101:

- **Set a sleep schedule.** Decide on a reasonable time you want to go to bed each night. Remember, most adults need between 7-9 hrs. Backtrack 1/2 hr to 1 hr before that to start getting ready for bed.
- **Make your bedroom conducive for sleep.** Dark, quiet, cool. Consider a sleep mask, earplugs, or dark curtains to help. And make sure to use your bed just for the activities it's meant for (not as a desk for studying!)
- **Turn off electronics.** Light from your t.v., computer, tablet, and phone tricks your body into staying awake. Turn off the ringer and other alerts on your mobile devices and power down the others.
- **Establish a bedtime routine.** The goal: slow down your mind and body to get a good night's sleep. What helps you to relax? Perhaps take a shower or do some stretching to de-stress your body. Read a book, color, journal about your day, listen to some chill music, or try an app with soothing nature sounds (e.g. rain, ocean waves).
- **Cut the caffeine.** The effects of tea, coffee, soda, & energy drinks can last up to 14 hrs and prevent you from falling asleep. Consider reducing your intake overall and cutting it out by mid afternoon.
- **Resist all-night study sessions.** Your brain needs sleep to consolidate information. You will also be more alert and sharp after a good night's sleep and better for that test.
- **Take a nap.** 20-30 mins can improve mood, attention, and performance. But make sure its only 20-30 mins...otherwise you will feel groggy and might throw off your sleep later
- **Limit alcohol before bedtime.** Just a few drinks can affect the quality of your sleep and prevent you from restoring your fuel