

## Keep Learning | Sleep for Success

Quality Sleep is important for attentiveness, recalling and retaining information, your mood and for boosting your immune system. Here are some tips to promote quality sleep.

### Maintain a consistent sleep/wake schedule

- + Aim for 7-9 hours each night
- + Don't vary your bed time--even on weekends. Variations in sleep affect your health just as much as getting too little sleep overall

### Create a relaxing bedtime routine to separate from your day

- + Turn off screens 30 minutes prior to bed
- + Try a warm shower or bath, sip some tea, read a book, practice meditation or breathing exercises, journal, listen to soothing music

### Create an environment conducive for sleep

- + Keep your room lights dimmed or off and turn off any technology/screens
- + Lower the air temperature, you sleep better in cooler temperatures and use white noise from a fan or app

### Reserve your bed for sleep and don't go to bed if you are not sleepy

- + Build an association that your bed is for sleep
- + Don't study in bed—doing so will build an association of stress with sleep or cause you to simply fall asleep while studying

### Exercise regularly, just not right before bed

- + While regular exercise promotes sleep, exercising too close to bed time can actually inhibit sleep.
- + Try for 3-4 hours before bed time

### Limit Alcohol, Caffeine Nicotine, or Marijuana Smoking to bedtime

Research shows that each of these substances actually inhibits your ability to fall asleep, stay asleep or achieve deep restorative sleep

### Master the art of napping

- + Short naps in the afternoon can be helpful.
- + Aim for 20-30 minutes for a restorative power nap
- + Try not to nap later than 3pm. Anything longer or later in the day inhibits sleep

## RESOURCES TO SUPPORT SLEEP

Calm [www.calm.com](http://www.calm.com)

Youtube for guided meditations [www.youtube.com](http://www.youtube.com)

National Sleep Foundation <https://www.sleepfoundation.org/>