

**COLLEGE
STUDENTS NEED
7-9 HOURS OF
SLEEP EACH
NIGHT**

Good sleep can improve:

- work
- concentration
- memory
- mood
- relationships
- health

Don't forget to change into your PJ's. Comfy clothes help you get more restful sleep.

Reading a book, listening to soft music, or taking a bath are all relaxing things to do before bed.

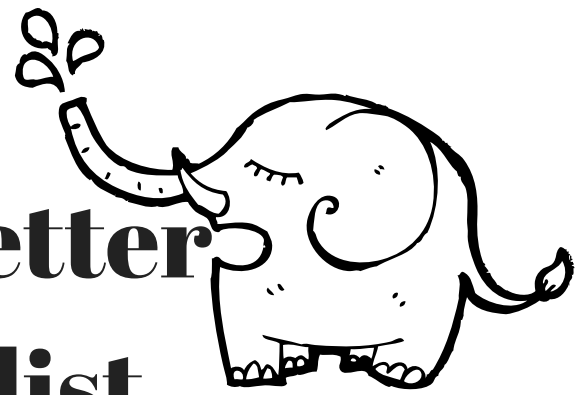


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DEPARTMENT OF
HEALTH PROMOTION
& PREVENTION

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Sleep Better Checklist



- Aim for 8-9 hours of sleep per night
- Have a regular bed time
- Turn off all "screens" 30-60 minutes prior to bed
 - TVs, iPhones, laptops, video games, computers, iPads...Any device with a backlight is too stimulating to the brain and can prevent you from falling sleep or getting a restful sleep. Use f.lux on your devices to help reduce the sleep-damaging light.
- Sleep in complete darkness
 - Use a sleep mask if necessary
- Keep your room cool
 - Optimal sleep temperature is 68 degrees F
- Reserve your bed for sleeping
 - Avoid watching TV, working, etc in your bed
- Tune out noise using ear plugs or white noise
 - Consider using a white noise machine or phone app (Sleep Pillow Sounds app)
- Drink decaffeinated hot tea 1 hour before bed (not coffee)
 - Try lavender or chamomile tea
- Regular exercise & Healthy diet
 - Get 30-60 minutes of exercise daily
 - Stay away from big meals at night
 - Avoid alcohol 3 hours before bed
 - Cut down on caffeine, especially after lunch
- Roommate sleep courtesy
 - Discuss with roommates your sleep habits and work with each other to get the sleep you both need.