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 asleep 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.

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.