

SLEEP FACTS



7 TO 9 HOURS IS OPTIMAL

Our bodies can function on less sleep, but our brains are not at their best. Getting enough sleep helps you retain and recall information.

CAFFEINE, ALCOHOL AND NICOTINE AFFECT SLEEP

Caffeine and nicotine are stimulants that interfere with your ability to fall asleep.

Alcohol may seem to help you fall asleep but you will end up having fragmented sleep.

ROUTINE IS IMPORTANT

Maintaining a regular bed time and wake up time is important. Waking up early and having good sleep habits has been shown to help with information retention and grade point average.

ONLINE INFORMATION

Sleep and mental health

health.harvard.edu/newsletter_article/Sleep-and-mental-health

Better Sleep Council Sleep FAQs

bettersleep.org/better-sleep/sleep-faq




How to sleep

www.vpul.upenn.edu/shs/howtosleep.php

CONTACT US

Counselling Services
519-888-4567, ext. 32655
Needles Hall North, 2nd Floor

Health Services:
519-888-4096
Across from the Student Life Centre

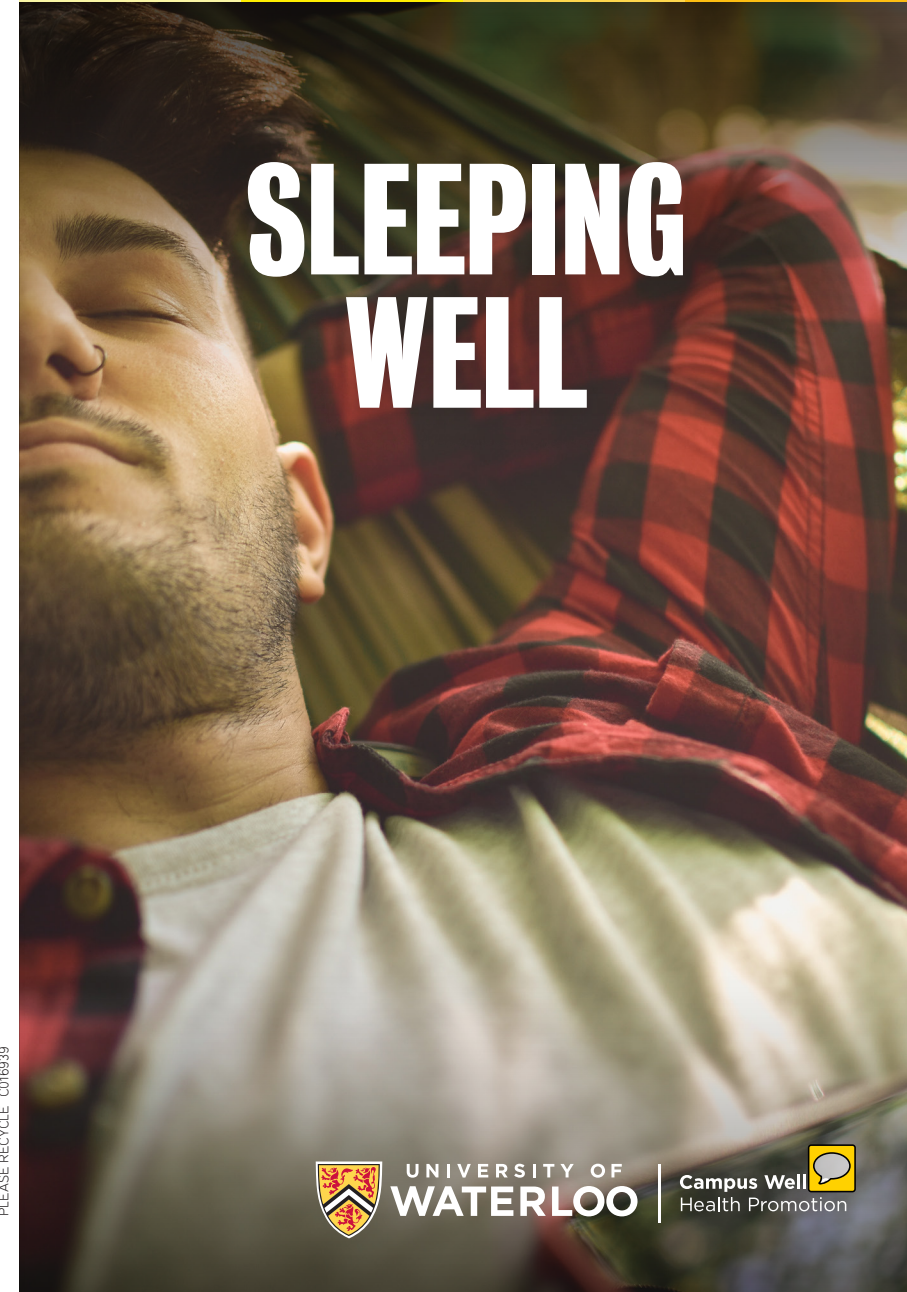
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SLEEPING WELL



Campus Well
Health Promotion 

TIPS FOR SLEEP SUCCESS

1. TIME YOUR EXERCISE

Exercise is important and recommended to help you sleep well, but exercising too close to your bed time can make it difficult to fall asleep.

2. DEVELOP A SLEEP RITUAL

It is important to give your body cues that it is time to sleep. Listen to relaxing music, turn off screens, have a cup of caffeine-free tea, or do a relaxation exercise.

3. BE GENTLE WITH YOURSELF

If you are having trouble falling asleep, be kind to yourself. Don't try to force yourself to sleep or go over all the ways a lack of sleep will affect you the next day. If you can't fall asleep within 20 minutes, get up and do something boring until you feel sleepy. Don't turn on bright lights, which will give your brain a cue to wake up.

4. DON'T TRY TO SLEEP HUNGRY

If your stomach is too empty, that can interfere with your sleep. However, don't eat a heavy meal, because that can interfere with sleep as well. Dairy products and turkey contain tryptophan which acts as a natural sleep inducer.



5. FOLLOW THE SUN

Use the daytime and sun to set your biological clock. Try to avoid naps if you can, which may make it harder to feel tired at night. If you have to nap, try to sleep less than an hour and before 3:00 p.m.

SET YOURSELF UP FOR SLEEP SUCCESS!

GET SOME SLEEP HELP

Counselling Services can provide some tips for life changes you can make to improve your sleep health. Contact us at 519-888-4567 ext. 32655.

If sleep disturbances are an ongoing issue for you, talk to a doctor or nurse at Health Services. Contact us at 519-888-4096.

OPTIMIZE YOUR ROOM FOR SLEEP

TEMPERATURE

A hot room can be uncomfortable. A cooler room with lots of blankets at hand is recommended. That way you can easily change your temperature to suit yourself.

LIGHT AND NOISE

Try a blackout blind or sleep mask if you cannot control the light outside or inside your room. If outside noises bother you, try earplugs or white noise like a fan.

COMFORTABLE ENVIRONMENT

Choose bedding and pillows you like and fit your firmness preferences.

ONLY USE YOUR BED FOR SLEEPING

Refrain from using your bed to pay bills, do work, or study. This way, when you go to bed, your body knows that it is time to sleep.