Consequences of sleep loss include:

- Feeling stressed
- Weight gain
- Increased risk of both depression and anxiety
- Car accidents
- Lower GPA
- Illness

Limit daytime naps to 30 minutes.

Go to sleep and wake up at the same time every day—yes, even weekends.

Avoid stimulants like caffeine and nicotine 3 to 4 hours before bedtime.

If you choose to drink, always drink in moderation. Too much alcohol close to bedtime can disrupt sleep in the second half of the night as the body begins to process the alcohol.

Ensure daily exposure to natural light.

Establish a relaxing bedtime routine and keep your room cool and dark.

Exercise. Just 10 minutes of walking can improve nighttime sleep quality. Finish workouts 2+ hours before bed.

Steer clear of certain foods right before bedtime: foods that are heavy or rich, fatty or fried, spicy, citrus, or carbonated can disrupt sleep.

Log Your Sleep:
If you’re sleeping an extra 2+ hours per night on weekends, it can be a sign you aren’t getting enough sleep during the rest of the week.

Have a loud bedroom?
For quality sleep, try to use a white noise machine or soothing audio of rain or white noise from a YouTube video to drown out sounds.

Minding Mental Health

Q: WHAT IS SLEEP HYGIENE?
A: SLEEP HYGIENE IS A VARIETY OF PRACTICES AND HABITS NECESSARY TO HAVE GOOD NIGHTTIME SLEEP AND FULL DAYTIME ALERTNESS.

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