SLEEP 101!

TIPS

- Use ear plugs to block out noise and an eye mask to help you fall asleep faster. Enjoy your sleepytime tea about 30-40 minutes before bedtime.

- Naps do not replace nighttime sleep. Nighttime sleep quality and quantity is a life sustaining requirement.

- Go to sleep and wake up around the same time each day—yes, weekends too!

- Your bed should be used for sleep and sex only. Study somewhere else that won’t trick your brain into thinking it’s time for bed.

- Limit the light from your TV and gadgets. This light can interfere with sleep.

- Remember to always practice good time management—complete your work during the day so you can get to bed on time and get a good night’s rest. If you are sleepy during the day be sure to set an alarm so you don’t nap over the recommended amount (20-30 minutes). A multiple hour nap can be a huge time waster!

Learn more!
Sleepfoundation.org
usf.edu/wellbeing