
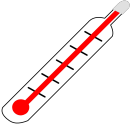













HEALTHY SLEEP TIPS

Read through the following sleep tips, and put notes next to the one(s) you'd like to work on!

	Create the right environment for sleep.	Notes
	Lighting: Make sure your bedroom is free from distracting lights. Darkness is a cue for your body to enter sleep mode! Can't make your room dark enough? Consider using a sleep mask!	
	Room temperature: Is your room too hot or too cold? Do your best to make sure your room is at a cool and comfortable temperature FOR YOU. This might mean adding a fan, using more blankets, wearing socks or extra layers.	
	Noise: Make sure there are no loud, distracting noises in your room. Can't control how loud your environment is? Try using a sound machine or wearing ear plugs.	
	Comfort: Is your bed/ bedding comfortable? Can you switch out blankets or pillows to find ones you like?	
Sleep Zone!	Sleep zone: Make your bed a stress-free zone used only for sleep! Doing homework or studying in bed sometimes makes falling asleep harder since you're trying to sleep in the same place you've been doing work!	

	Create healthy sleep routines.	
	Slow down routine: Act like a snail and sloooow down before bed. Create a calming sleep routine that involves your senses and signals to your body "it's time for bed" --this can be brushing your teeth, smelling lavender, putting on lotion, dimming lights, playing soft music, etc.	
	Wake up routine: Add some energizers to your morning routine. A little exercise like "bouncing" up and down for as little as 3 minutes can oxygenate the brain and provide up to 2 hours of energy. Smelling citrus, peppermint, or rosemary can energize the brain. Upbeat music (120 beats per minute) also helps your brain stay alert.	

	<p>Bedtime and waking time: Be intentional about your sleep and wake time! Having a regular sleep schedule helps your body naturally regulate its sleep patterns. Set an alarm for a bed-time and wake-time, and stick to it!</p>	
	<p>Bedtime and waking time variation: Try to NOT change your sleep and wake times on the weekends by more than 2 hours. Varying your sleep and wake times by more than 2 hours on the weekends can actually make you feel MORE TIRED that day and the next!</p>	

Set yourself up for restful sleep		
	<p>Caffeine: Consuming caffeine after 2PM is proven to disrupt your natural sleep cycle AND can increase stress responses later in the day. Limit your caffeine intake(this includes soda, chocolate, tea, and coffee)</p>	
	<p>Worry-less: Do your best to avoid emotionally intense conversations/situations right before bedtime. Make sure to journal, draw, or do something else to express any anxious thoughts before going to bed.</p>	
	<p>Daylight: Exposure to natural daylight throughout the day helps your body regulate its circadian rhythm. Eat lunch outside, or sit outside for 10-minutes when you get home. Even if it is overcast, the natural light is still significantly brighter than artificial light!</p>	
	<p>Exercise: Exercising for 30 minutes 3-times a week is a proven way to improve your quality of sleep! REMEMBER: if you're not used to exercising, ease into a routine and consult with your doctor as needed.</p>	
	<p>Screen time: Do only offline/ off screen activities 30 minutes before bedtime. Some examples include reading a book, listening to music, or taking a shower.</p>	

A Note on Sleep Amount: Most humans need between 7.5 and 10 hours of sleep.

If you need to get more sleep, try going to sleep just 15 or 30-minutes earlier than normal. Continue to add time in 15-minute increments each week.

Consult with your doctor about any sleep concerns you may have!