HEALTHY HABITS FOR SUCCESSFUL SLEEP

☆ Maintain a consistent sleep/wake schedule
  - you need 7-9 hours of sleep each night
  - plan your bed time 8-9 hours before you need to be awake
  - don't vary your bed time--even on weekends. While tempting to stay up later or sleep in, variations in sleep affect your health just as much as getting too little sleep overall

☆ Create a relaxing bedtime routine to separate from your day
  - turn off screens 30 minutes prior to bed
  - try a warm shower or bath, sip some tea, read a book, practice meditation or breathing exercises, journal, listen to soothing music

☆ Create an environment conducive for sleep
  - keep your room lights dimmed or off and turn off any technology/screens
  - lower the air temperature, you sleep better in cooler temperatures and use white noise from a fan or app

☆ Reserve your bed for sleep and don’t go to bed if you are not sleepy
  - You need to build an association that your bed is for sleep. Tossing and turning because you can’t sleep breaks that association and studying in bed can either build an association of stress with sleep or cause you to simply fall asleep while studying.

☆ Exercise regularly, just not right before bed
  - while regular exercise promotes sleep, exercising too close to bed time can actually inhibit sleep. Try for 3-4 hours before bed time.

☆ Limit Alcohol, Caffeine Nicotine, or Marijuana close to bedtime
  - research shows that each of these substances actually inhibits your ability to fall asleep, stay asleep or achieve deep restorative sleep

☆ Master the art of napping
  - short naps in the afternoon can be helpful. Aim for 20-30 minutes for a restorative power nap and try not to nap later than 3pm. Anything longer or later in the day inhibits sleep and is also a sign you are not getting adequate sleep.