

Sleep Hygiene

NDSU Counseling Center
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What is sleep hygiene?

- Sleep practices that help you maintain your health.
- These practices can help you get to sleep easier and feel more rested.

Why does it matter?

Sleep deprivation can cause the following

- shortened life spans
- increased risk of heart disease and stomach problems
- irritability, depression
- increased risk of automobile crashes
- decreased work performance and memory lapses
- marital, social and employment problems
- difficulty learning

Basics of Good Sleep Hygiene

- Protect your need for sleep
 - Ensure that you have 7.5-8 hours set aside for sleep every day
- Keep regular sleep hours
 - an erratic sleep schedule messes up your biological clock and can make getting a full night's sleep more difficult
 - go to bed at the same time every night and get up at the same time every morning

Basics of Good Sleep Hygiene

- Avoid vigorous exercise before sleep
- Avoid late afternoon or evening naps
- Avoid eating large meals before bed
- Do not allow yourself to lie in bed and worry
 - get up and do something to alleviate the worry (like journaling)

Basics of Good Sleep Hygiene

- Avoid caffeine before bed
- Take a warm bath before bed if you have a particularly difficult time getting to sleep
- Listen to soothing music
- Use your bed only for sleeping
 - do not read, watch tv, or study in bed - learn to associate your bed with relaxation

Basics of Good Sleep Hygiene

- Ensure a dark, quiet, cool environment
- Avoid oversleeping or lying in bed for prolonged periods of time after your sleep is completed

If you can't sleep . . .

- Try not to care whether you fall asleep or not - sometimes worrying about falling asleep is enough to keep you awake
- Do something relaxing to distract yourself from your inability to sleep

If you can't sleep . . .

- Avoid activities like housekeeping, laundry, reading, etc. that will get you active
- Try boring activities
- Eat a light snack

To Learn More

Visit with the Counseling Center

212 Ceres Hall - 231-7671
www.ndsu.edu/counseling

□ Visit Student Health Services

Wellness Center - 231-7331
<http://wellness.ndsu.nodak.edu/shs/>